



Tucson Community Supported Agriculture

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Spring 2011

Harvest list is online

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Where's the Beef (and the Pork and the Lamb)?

We made a special trip to Willcox this Monday, and we've now got some beef and pork in stock and available for individual sale. We have ground beef (grass fed of course), pork breakfast sausage, regular bacon and shoulder bacon. The lamb shares will be available starting Tuesday and Wednesday April 19 and 20 (next week). The beef shares will be available starting Tuesday and Wednesday April 26 and 27 (two weeks from now). And next week we'll start taking deposits for pork shares, which will be available starting Tuesday and Wednesday May 10 and 11 (four weeks from now, assuming most of the beef shares fly out of the freezers in time). The pork shares will be comprised of ground pork, Italian sausage, breakfast sausage, regular bacon, chops, bratwurst links and a roast.

Cooking Demo This Week!

Our outstanding chef Sara will give another one of her incredible cooking demos this week. She'll be at her demo table from 4:00 to 6:30 each pickup day, showing us how to cook some of the vegetables we're now or will soon be receiving. And she will have [free samples](#) for any member who walks up to her table!

Newsletter Editors

Paul Durham & Kimi Eisele

TIME FOR NOPALITOS!

Many prickly pear cacti here in Tucson were hammered by this winter's frost, but this cactus is resilient! New pads are forming and it's time to eat them! They come in CSA shares from time to time, but if you want more you need go no farther you're your front yard! Or into a neighbor's. (Ask first!)

Opuntia engelmannii or Englemann's Prickly Pear is native to the Sonoran Desert, and likely can be found very near your house. *Opuntia ficus indica* is a larger, cultivated prickly pear that is often thornless and therefore easily harvested.



Harvest new pads, which are darker green in color than established pads. They will have small, pointed, succulent or rubbery "leaves" that will eventually become spines. Hold the pad with kitchen tongs and cut the base of the pad from the cactus.

With a sharp kitchen knife, scrape off the spines, which are still soft and rubbery at this young stage. Store in an airtight container in the refrigerator for up to a week.

Prickly pear pads (nopales) make delicious additions to salads, egg dishes, and red chile. They have a slight tangy or lemony taste and constancy similar to cooked green beans. When ready to cook the pads, use a knife or the tip of a vegetable peeler to cut or scoop out the spines on the flat part of the pad. (You can also do this before storing them.) Rinse the pad under cool water and then cut in strips or cubes. Cut up nopales into small cubes then sauté or boil them. Or place them right on the grill until they are soft and browned (or slightly charred on the outside!)

NOTE: Nopales produce a gummy, healthy juice when cut. Cooking the pads will help reduce this. Be careful not to overcook them, as that can increase the gumminess. Pay attention to their consistency and experiment!

(Information courtesy of Desert Harvesters. Learn more about harvesting food from the desert at www.DesertHarvesters.org.)

FOOD DAY DECLARED FOR OCTOBER 24

October 24, 2011 will mark the nation's first official "Food Day," a day to bring together Americans "to push for healthy, affordable food produced in a sustainable, humane way." Sponsored by the Center for Science in the Public Interest and spearheaded by Honorary Co-Chairs Senator Tom Harkin (D-IA) and Representative Rosa DeLauro (D-CT), the effort seeks to inspire parents, teachers, students, health professionals, community organizers, local officials, chefs, school lunch providers, and eaters to talk and think about healthy food, animal welfare, public health, farmers markets and more. A grassroots effort, Food Day does not accept funding from government or corporations, but encourages cities, states, and restaurants to get involved in their own ways. Organizers are hoping people everywhere will help create thousands of events in homes, schools, churches, farmers markets, city halls, and state capitals.

What do you say, CSA?

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. The tahini provides an excellent foil to the bite of bitter greens. Use this as an interesting filling for sushi, too.

1 or 2 bunches strong flavored greens (radicchio, dandelion or mustard)
1 tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by submerging in boiling water for about one minute, then remove to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of water, if necessary, to make a thick sauce. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

Beet and Walnut Dip

Sara Jones, Tucson CSA

This is a great dip or spread for bread or pita. Top with fresh herbs and chopped olives, if you like.

1 bunch beets, roasted, peeled and roughly chopped
3 cloves garlic
1 cup walnuts
2 tablespoons olive oil
1/4 cup plain yogurt or sour cream
Salt to taste

Process garlic and walnuts in a food processor or blender until finely ground. Add beets and olive oil and process until smooth. In a medium bowl, combine beet mixture with yogurt or sour cream. Salt to taste. Store in refrigerator covered with a layer of oil for up to one week.

Citrus Stewed Baby Artichokes

Sara Jones, Tucson CSA

This recipe is perfect for smaller artichokes, medium ones work fine, but you may only be able to use the tender heart of really big artichokes. A blend of different citrus works best, a bit of sour and sweet. To bulk up the recipe add any other spring veggies you have available.

3-4 baby artichokes
Generous tablespoon olive oil
Juice of one sweet citrus fruit, plus several slices of a combination of sweet and sour citrus
1/2 teaspoon dried thyme
About one cup cooked white beans
1/2 cup spring veggies
Salt and pepper to taste

Fill a medium bowl with water and lemon juice. To prepare artichokes, peel away outer layer of leaves and cut about 1/4 of the top. To make sure that you are discarding all the fibrous

pieces from the artichokes test one of the remaining leaves by snapping it in half. If it does not snap in half, continue removing leaves until you reach more tender leaves. Peel, but do not remove stem. Quarter artichokes and dunk in lemon water to prevent browning. (Drain artichokes before using!) In a medium saucepan, with a tight fitting lid, toss together all ingredients. Bring to a simmer, cover, and reduce heat to low. Artichokes should be ready after 15-25 minutes, depending on size. Taste for salt and serve hot or at room temperature.

Carrot and Orange Soup

From Philippe, Tucson CSA

1 tablespoon oil
1 onion, chopped
1 clove garlic, minced
1 bunch carrot (approx. 1 pound), coarsely sliced
1/4 teaspoon paprika
1/4 teaspoon coriander
zest of 1 orange
1 cup fresh orange juice
4 cups vegetable stock
Salt and pepper to taste

Sauté onions in oil until translucent. Add carrots, garlic, spices and stock. Cover and simmer until carrots are tender about 30 minutes. Purée soup in food processor or blender. Return purée to pot. Add orange zest and juice and additional stock to desired consistency. Simmer and serve.

Carrots and Greens in Coconut Milk

Sara Jones, Tucson CSA

The sweetness of carrots and the creaminess of coconut help to balance the bitter flavor of radicchio. Blanching it first also helps to calm its bite.

1 bunch CSA greens, cleaned and roughly chopped
About 2 cups carrots, sliced
1 inch fresh ginger, grated
1 onion, sliced thinly
1/2 teaspoon ground coriander
2 teaspoons oil
1/2 can coconut milk
Red chile flakes, to taste
Soy sauce, to taste
Lime juice

Bring a large pot of water to a boil and cook greens for a couple minutes, then remove and dunk into cold water. Squeeze well. In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until carrots are tender. Season to taste with soy sauce and a bit of lime juice.