



Tucson Community Supported Agriculture

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Spring 2011

Harvest list is online

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Many more recipes in our online recipe archive

Ironwood Festival celebrates desert habitats, indigenous animals, and native foods

Learn about the special desert habitat of Ironwood-Saguaro this weekend at the Ironwood Festival. Sponsored by Tucson Audubon, the Friends of Ironwood Forest, and the Tortolita community, the event features bird walks, presentations on birds and reptiles, a used book sale, live music. Desert Harvesters will also offer demonstrations about gathering native foods from the desert.

Tucson Audubon's Mason Center (SW corner of Thornydale and Hardy)

Saturday, May 14, 8:00 am-1:30 pm (first bird walk at 7:00 am)

For more information, visit the Tucson Audubon web site at www.tucsonaudubon.org.

Farm Tour: Mark Your Calendars

Want to meet your farmer and see where your CSA vegetables grow?

Crooked Sky Farm will have an open day on Sunday, June 5th

Details in future newsletters. Stay tuned!

DIVE INTO ENDIVE

Endive, or *Chichorium endivia*, also known as chicory, is a leafy vegetable that shares a family with daisies! Rich in beta-carotene, vitamin K and folate and high in fiber, *Chichorium endivia* comes in several forms. One, known as curly endive or **frisée**, has slightly bitter curly leaves and makes a nice "spicy" complimentary leaf for salads.

Another variety, **escarole**, has broader, flatter leaves and tends to be less bitter. It can be eaten in salads, sautéed, or added to soups and stews.

A third kind of endive, known as **Belgian endive**, is a cultivated variety of chicory. Unlike the curly leaves of the other endives, this one is a small head of light green leaves. These boat-like leaves are often stuffed, baked, or boiled.

A fourth kind, the one we are currently getting in our shares from Crooked Sky Farms, is a flatleaf endive closer to the wild endive, or chicory. Its leaves are like large dandelion leaves.

All endives are bitter. To mitigate the bitterness, endive is often served raw with lemon juice. A typical dish is endive salad with bacon bits and hard-boiled eggs (see recipe on back page). Endive can also be cooked and added to many different types of dishes. Prepared with a little garlic powder and pepper, the leaves will lose some bitterness and form the perfect pocket for a section of boneless chicken or fish. When it comes to soup, escarole can be cut into fine strips and added as a green to just about any type of soup. Escarole can be used in vegetable soups, as an ingredient in various types of chick pea soups, and even as a nice touch in old favorites like egg drop soup. Like with all bitter greens, blanching them before using, or cooking them with fatty foods, will also remove some of their bitterness. For example, blanch endive leaves in boiling water for a few minutes, drain, and incorporate them in cheese sauce to go with pasta or for a gratin.

IT'S POTATO TIME!

Several of our members have been asking us when we would get potatoes again. Well, here they are. We received our first batch last week and we will get them for a while. Crooked Sky Farm harvests its potatoes three times a year: in April, August and December. Yes, our Arizona climate often calls for non-intuitive planting and harvesting times, something local gardeners know very well. When the farm digs its potatoes out of the ground, they have very fragile skins. They have to be cured in the open air for a few days to allow their skin to harden enough so that the potatoes can then either be shipped to the CSAs, or stored for future deliveries. The farm grows two kinds: Red LaSodas, which we get the most frequently, and Yukon Golds, which we get less frequently because they don't store as long as the red ones. While both are excellent potatoes, the Yukon Golds are special, because we get them less often and because they have an amazing buttery texture.



Endive Salad

Sara Jones, Tucson CSA

This is a great way to use fresh chicories. The key to this salad is the mint, which, along with the lemon juice, adds freshness to balance the strong flavors of the cheese and olives. If you can, use a combination of endive and radicchio for a prettier salad.

A few large handfuls chicory, washed, drained well and chopped

2-3 baby fennel bulbs, thinly sliced

½ small red onion, thinly sliced

Small handful of mint leaves, roughly chopped

1 handful good quality black olives, pitted and chopped

2-3 tablespoons feta cheese, crumbled

Juice from one lemon

Good drizzle of olive oil

In a large bowl, toss together greens, fennel, onion and mint. Top mixture with olives, cheese and lemon juice. Toss gently, add a large drizzle of olive oil and toss again.

Blanching Endive

Place endive leaves in boiling for 3-4 minutes or until completely wilted. Drain. Use in any cooked greens recipe.

Endive Salad with Bacon Bits *new*

Philippe, Tucson CSA

1 head or bag of endive, washed and chopped

2 hard boiled eggs, crumbled

½ lb bacon, cubed and sautéed

Toss together ingredients and add dressing (see below)

Dressing:

Juice of 1 lemon

2 spring onions with greens

1 clove garlic

3 tablespoons olive oil

1 tablespoon mustard

Salt and pepper to taste

Combine all dressing ingredients in a chopper and blend until smooth and creamy

Braised Endive with Garlic and Lemon

1 head or bag endive (or braising mix), sliced crosswise in ribbons

¼ cup extra-virgin olive oil

1 tablespoon unsalted butter

4 garlic cloves, sliced

½ teaspoon red pepper flakes

2 bay leaves

½ lemon, cut in thin slices

2 cups water or chicken broth

Pinch sugar

Salt and freshly ground black pepper

Place a large deep skillet over medium heat and add the olive oil and butter. Toss in the garlic, red pepper flakes, bay leaves, and lemon slices; cook and stir for a couple of minutes, tossing to combine. Nestle the escarole into the pan and sauté until it begins to wilt and shrink down, about 2 minutes. Sprinkle the escarole with a pinch of sugar and season with salt and pepper. Pour in the water and cover the pan. Simmer for 20 minutes until the escarole is tender.

Scalloped Potatoes and Greens

Philippe, Tucson CSA

4 medium potatoes, thinly sliced

2 tablespoons butter

3 green onions, sliced

1 bunch or bag of greens (any greens), sliced in ribbons

2 tablespoons flour

2 cups milk

1 dash nutmeg

1 teaspoon dry mustard

Salt and pepper to taste

Heat oven to 350°. Lightly grease an 11 x 7-inch baking dish.

Melt butter in a medium saucepan. Add onions and sauté for one minute. Stir in flour until smooth.

Add milk and stir until thick and bubbly. Add salt, pepper, mustard and nutmeg. Stir in greens. Pour mixture over potatoes in the baking dish and mix well, but gently. Cover with foil.

Bake for 45 minutes. Uncover and bake for another 15-20 minutes, or until potatoes are tender.