



Tucson Community Supported Agriculture

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Fall 2011

Harvest list is online

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Many more recipes in
our online recipe archive

Local Food Event at Antigone Bookstore

Friday, November 18, 7:00 PM: Join
in a lively discussion with two experts
in local, seasonal and sustainable food,
each of whom has a new cookbook:
Cooking the Wild Southwest by
Carolyn Niethammer & *Southwest
Comfort Food* by Marilyn Noble.

Discussion will be moderated by local
foodie, Linda McKittrick.

The event is free to the public and
samples will be served.

Grass-fed beef shares will be here
next week. We still have some
available if you haven't yet reserved
your share.



NEWS FROM THE FIELDS

As many of you know, many of Crooked Sky Farms summer vegetables come from their fields in Duncan along the Gila river. Duncan's higher elevation (3,700 ft.) allows Farmer Frank to grow summer crops that cannot be grown in Phoenix because of the high heat. The Duncan fields are now reaching the end of their growing season. The first frost is expected any day now, so these past few days the farm crew has been busy harvesting all the remaining summer crops. These include the green chiles, bell peppers, watermelons and tomatoes we may get this week in our shares. What this means is that some vegetables have been picked before they could reach full maturity: tomatoes may be green (just let them ripen on your kitchen counter); we also recommend that you leave your watermelon on your counter top for an extra 3-4 days before consuming it, to allow it to finish ripening (when ripe it will have that telltale hollow sound when you tap on it). Sadly, this also marks the end of the chile season and this may be the last week we get them. We will miss the rich smell of roasted chiles at the CSA.

Meanwhile, Crooked Sky Farms' Phoenix fields have been prepared and planted for the cool season. Already we are getting arugula and dandelion greens from that field. Lettuce mixes and Asian leafy greens are just around the corner and we should have our first root vegetables before Christmas.

DANDELION GREENS



Dandelion greens, which are named after the French phrase "dent de lion" or lion's tooth, usually have jagged, irregular leaves.

Dandelion greens are commonly enjoyed raw, but they also taste fantastic sautéed, braised, or even stewed.

To eat raw, toss a few leaves in your favorite salad medley or make a more elaborate salad with eggs and goat cheese. I also like them simply tossed with an Italian dressing, red chili flakes and fine onion slices.

For a quick fix, sauté them with garlic, onions and pine nuts and finish with goat cheese crumbles. If you're in a lazy mood, just throw them in a stew or a soup. If you're more adventurous, try one of the recipes on the back page. Or look on our online recipe archive under endive: you can substitute dandelion greens for endive, escarole or frisée.

Dandelion greens have a slightly bitter note: this is why you often see them prepared with eggs, bacon, pork fat, cheese, vinegar, lemon juice, mustard, chili flakes or hot sauce. Fats, acids and spices are perfect to balance the bitterness of dandelion greens. Try any of those ingredients as part of your dandelion dish and those bitter greens will shine. Another way to mitigate their bitterness is to blanch them for a few minutes before using them.

Dandelions are known to support digestion, reduce swelling and inflammation, and treat jaundice, edema, gout, eczema and acne. This sunflower relative boasts potent medicinal properties with laxative and diuretic properties (its other French name, "pissenlit" or piss-the-bed, confirms its effectiveness).

Sautéed Dandelion Greens - New

Philippe, Tucson CSA

2 tablespoons olive oil
1 bunch dandelion greens
1 small onion, chopped
2 cloves garlic, minced
1-2 teaspoons red chile flakes
2 tablespoons grated Parmesan cheese
salt and pepper to taste

Chop the greens in 2-inch segments and blanch them in salty water until the stems are tender (about 5 minutes). Drain the greens in a colander.

Sauté onions, garlic and red chile flakes in olive oil on medium heat until onions are translucent. Add greens and stir gently until well mixed. Salt and pepper to taste. Sprinkle with Parmesan cheese before serving.

Braised Ground Pork, Potatoes and Dandelion Greens - New

Philippe, Tucson CSA

There is something about dandelion greens and pork that makes them a perfect combination as the fat of the meat balances the bitterness of the greens.

I usually don't blanch the dandelion greens for this recipe because I like their bitter flavor, but if you prefer a milder flavor, just blanch the greens for a few minutes in salted water.

1 pound ground pork, chorizo or Italian sausage
1 bunch dandelion greens, chopped in 2-inch segments
1 pound potatoes, cubed
1 onion, chopped
2 garlic cloves, minced
Salt and pepper to taste

In a skillet on medium heat, sauté the meat until browned. No need to add olive oil, as the meat will provide its own fat. Add onions, garlic and potatoes. Stir until the onions are translucent. Cover and reduce heat. Cook for 30 minutes or until the potatoes are soft. Add the chopped greens and stir until mixed. Add salt and pepper to taste.

Bitter Greens Salad with Bacon Bits

Philippe, Tucson CSA

This recipe works just as well with dandelion greens as it does with endive, frisée or escarole.

1 head or bunch of bitter greens, washed and chopped in 1-inch segments
2 hard boiled eggs, crumbled
½ pound bacon, cubed and sautéed
Toss together ingredients and add dressing (see below)

Dressing:

Juice of 1 lemon
2 spring onions with greens, or one small onion
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

Roasted Bell Peppers Bruschetta - New

Philippe, Tucson CSA

4 slices of Barrio bread (or 8 slices of baguette)
1-2 garlic cloves
Olive oil
Salt and pepper to taste
2 tomatoes, seeds and juice removed
2 roasted bell peppers, seeds and skins removed
Basil, finely chopped

Barrio Bread's pain au levain or their baguettes work best for this recipe.

Toast the bread slices, then gently rub one side of each slice with the clove of garlic. Drizzle that side with some olive oil.

Cut the tomatoes and bell peppers in small cubes and mix them in a bowl with the basil.

Scoop a soup spoon of the tomato and bell pepper mixture on each slice. Season with salt and pepper and add another drizzle of olive oil.

Arugula Pasta

Sara Jones, Tucson CSA

Arugula goes really well with a hearty, whole-wheat pasta. You can add more ingredients to this simple recipe, or leave it as is. I like mine best with garbanzo beans or pecans mixed in, plus Parmesan on top.

1-2 bunches arugula or other green, washed and chopped
1/2 onion, diced
2 cloves garlic, minced
1 tablespoon olive oil
Cooked whole wheat pasta for 2-4 people, plus 1/4 cups reserved pasta water.
Salt and pepper to taste.
Grated Parmesan cheese (optional)

Cook onion in oil over medium heat, stirring often, until brown and caramelized. Stir in garlic and cook briefly then add greens and cooked pasta and water. Season with salt and pepper and cook until water is mostly evaporated and greens are wilted. Mix pasta and greens and sprinkle with Parmesan cheese if desired