



# Tucson Community Supported Agriculture

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## Winter 2011/2012

Harvest list is online

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**Many more recipes in  
our online recipe archive**



Fennel

### Courtyard Musician Profile



Hans Hutchison was found on a remote island as an infant.

Rescued from jungle cats, he was raised listening to his beatnik father's record collection and discovered an affinity for such artists as Alfred Apaka, Martin Denny, Eydie Gorme, and Laurindo Almeida. He went on to study Flamenco, Mariachi, Classical, Blues and Jazz guitar and pulls from all of these disciplines as the inspiration for creating his original sound.

Hans is playing in the courtyard this Tuesday from 5 to 6 PM. He plans to release his second album in May. For more information about Hans, to download some of his music or find out where to see him play, check out [www.hanshutchison.com](http://www.hanshutchison.com)

## FUNNY FENNEL

Fennel has been used as a vegetable, an herb, and as a medicinal plant since ancient times. In medieval times it was used in conjunction with St. John's wort to keep away witchcraft and other evil things. This practice may have originated from fennel's use as an insect repellent.

Fennel may be used raw or cooked. It is delicious braised, baked, steamed, sautéed, or grilled. Cook fennel as little as possible in order to preserve its flavor. With its soft anise flavor, fennel is sweet, refreshing, and delectable. Because a fennel bulb has a well-defined shape, it can assume a strong role on the plate, especially when cooked in halves. Fennel bulb is a key ingredient in some Italian and German salads, often tossed with chicory and avocado, or it can be braised and served as a warm side dish.

Baby fennel is perfect for salads. Good partners for baby fennel include olive oil, butter, thyme, bay parsley, fennel seeds, orange, lemon, saffron, tomatoes, potatoes, olives, garlic, Parmesan, Gruyere, and goat cheese.

Many egg, fish, and other dishes employ fresh or dried fennel leaves. One may also blanch and/or marinate the leaves, or cook them in risotto. In all cases, the leaves lend their characteristically mild, anise-like flavor.

Try Sara's *fennel and carrot pasta* recipe on the Back Page or check our online recipe archive for more fennel recipes!

## BOKASHI RECYCLING, AN ALTERNATIVE TO COMPOSTING

If you pick up on Wednesdays, you have probably noticed Mike's bokashi stand in the courtyard. Bokashi recycling offers a way to quickly and easily recycle all your food waste at home. You throw all your food waste into the bucket, including dairy or meat products. Sprinkle on the dried rice or wheat bran inoculated with effective microorganisms. Then cover your bucket and repeat until the container is full. Inside the bucket, the beneficial microorganisms from the inoculated wheat bran take over the processing of your food waste into food for the soil and keep harmful microorganisms from proliferating or even surviving at all.

Advantages of bokashi recycling vs. composting:

- it is easy, convenient, odor-free, and can be kept indoors
- it is vermin-free and attracts no pests
- requires no building, watering or turning of compost piles and no need for browns and greens
- accepts all kinds of food waste
- food waste can become fertilizer in as little as 3-4 weeks
- produces no greenhouse gases and no heat
- retains more nutrients than traditional composting for feeding life in the soil and healthy plants

If you are looking for an easy alternative to composting your food scraps, talk to Mike during the Wednesday pickup: bokashi recycling may be for you.

**Rice Pilaf with Dill**

Sara Jones, Tucson CSA

With a simple salad, this rice could make an easy meal. It can use up a lot of the dill that we get at the CSA.

1 1/2 cups long grain white rice  
2 tablespoons butter or oil  
1 onion, diced  
1 cup dill, chopped  
2 tablespoons capers  
1 large can garbanzo beans, drained  
Juice from 1 lemon  
Salt and pepper to taste

In a medium saucepan over medium high heat, cook onion in a bit of oil until beginning to brown. Add butter and rice and cook about 3 minutes, stirring frequently, to toast rice. Add lemon juice, dill, beans, salt and pepper and 2 and 3/4 cups water to rice. Bring to a boil. Cover rice, reduce heat to low, and cook for 20 minutes. Stir in capers and more salt and pepper and lemon juice to taste.

**Zesty Daikon Salad**

From Phoenix CSA

2 cups peeled and thinly sliced daikon  
1/2 cup thinly sliced mild onion  
1 cup peeled and chopped apple  
Juice of one lime

Mix all ingredients together and enjoy. This is incredibly clean and fresh tasting, and is a great accompaniment to more earthy foods. For a sweeter taste, replace the lime juice with orange juice.

**Carrot and Fennel Pasta**

Sara Jones, Tucson CSA

This is a fast and easy recipe, everything is ready by the time the pasta is done cooking. The vegetables, cut into long thin strips, cook quickly. Use a vegetable peeler to cut strips of carrot, and a very sharp knife to cut long strips of fennel and onion. Butter complements the taste of fennel, but you can use olive oil if you prefer.

2-3 carrots, sliced into thin strips (or grated)  
1 large head fennel or several small, any woody core removed, sliced into thin strips (use leafy fennel fronds for garnish if desired)  
3 green onions, sliced lengthwise into thin strips  
3 cloves garlic, minced  
2+ tablespoons butter  
Salt and pepper to taste  
Cooked pasta

While pasta is cooking, stir carrots, fennel, onion and garlic into melted butter, in a skillet over medium high heat. Stir often, sprinkling mixture with a little of the boiling pasta water or white wine if it appears too dry. When pasta is cooked through, drain and add to vegetable mixture. Season with salt and pepper and another pat of butter, if desired, and toss to mix. Serve hot.

**Spinach, Orange and Beet Salad**

Lorraine Glazar, Tucson CSA

Lorraine's original recipe calls for arugula, but spinach works just as well. Shredding beets is an excellent method for integrating them raw into salads.

1 bunch spinach, washed and stemmed  
2 oranges  
2-3 beets, depending on size  
1/4 cup orange juice  
1/4 cup olive or canola oil  
1/2 to 1 teaspoon marmalade (optional)  
2 tablespoons finely chopped cilantro or dill (optional)  
1 teaspoon Dijon mustard  
Salt and pepper to taste

Arrange the spinach on individual plates or a large platter. Cut the peel off the oranges, then slice crosswise into rounds. If the beets are large, they may need peeling, but if small, simply grate them. Mix the orange juice, oil, mustard, marmalade and cilantro in a blender to make a dressing. (Alternatively, shake in a jar until emulsified or whisk in a bowl). Add salt and pepper to taste. Top the salad with orange slices and sprinkle with the grated beets. Top with the orange vinaigrette.

**Butternut Squash Breakfast**

Wendy McCrady, Tucson CSA

Once you have cooked and mashed your squash you have plenty of options for the next step. If you have accumulated more than one squash, cook them at the same time to save energy and mash and freeze any that you can't use immediately. It will come in handy for impromptu breakfasts like this one.

1 cup cooked, mashed butternut squash, pumpkin, or sweet potato  
1/2 cup soymilk  
1/4 teaspoon cinnamon  
1/8 teaspoon nutmeg  
Dash salt and pepper  
2 teaspoons brown sugar  
1/2 teaspoon vanilla or maple flavor extract  
1 tablespoon rolled oats, oat bran, or cream of wheat (like Maltomeal)

In a blender, process all ingredients except oats or cereal until well mixed. Pour into a pan and add oats or cereal. Heat until slightly bubbly, cook for 1-2 minutes, and let cool.