



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**

Barrio Bakery Subscription Bread

Tucson CSA offers Barrio Bakery organic artisan bread either in shares (one or more loaves per week) or by individual purchase (while they last). But there have been some days recently when a number of the individual sale loaves were left over at the end of the pickup time. This creates a loss for Don Guerra of Barrio Bakery, and results in the same sort of retail store inefficiency (leftover perishables that can't be sold) that the CSA subscription model was created to avoid.

To reduce this waste, and ensure that he can continue to provide us with his terrific bread at the best possible price, Don will soon be reducing the number of individual sale loaves that he sends us each pickup day. That means we'll be more likely to run out of them before 7:00 p.m. If we do have some of these loaves left over, we'll freeze them and offer them the following week at a reduced price.

If you wish to be sure of getting bread, we strongly encourage you to get a bread share. Remember that you can add and remove bread shares through your CSA online account (even from one week to the next), but you must do so after your pickup day and before midnight Friday.

A WEEK (OR TWO) AT MY TABLE

In the maddening annual scheduling mishap that is the month of February, the heartbreakingly beautiful weather arrives simultaneously with the bumper crop of work we symphony musicians depend upon to finance our leaner months. Since it's all I can do to keep up with the notes that arrive with alarming rapidity on my music stand, cooking becomes a call for efficiency. The days of experimentation and creativity are temporarily set aside. Now is the time to draw upon trusted standards and the contents of my freezer.

I find it a wise investment of time to wash, trim and ogle the entire share as soon as it enters my front door. When you're racing to get to work by 7 pm, you'll feel quite clever indeed having already checked one task between you and dinner off the list. Besides, it all fits into the fridge more easily in tidy little packages, the chickens next door enjoy the windfall of trimmings, and even my plants benefit from the leftover bowls of greens washing water.

This week's delights were dispatched thusly:

Belgian Endive: Thanks to Philippe for his new endive gratin* recipe in the newsletter. If you've got your kitchen kung-fu going strong, you make (and eat) this in 30 minutes.

Purple Cabbage: Great piles of Asian slaw at the ready (toss shredded cabbage with peanut oil, rice wine vinegar, hot sauce, soy, sesame oil, garlic, ginger, sesame seeds) make a meal when consumed with sandwiches, soup, or the potstickers (previously made from CSA pork and greens) stashed in my freezer some weeks ago.

Escarole: Salade Lyonnaise, non? Bitter greens are perfectly complemented by the richness of bacon and eggs. Toss the escarole in a warm mustard vinaigrette (make it right in that bacon pan!) and bacon pieces, top each portion with a poached egg.

Collard and Beet Greens: I wilted the entire lot of it at once, and tossed it with lots olive oil, raw pureed garlic and chile flakes. Prepared as such, it's the foundation of two of my favorite quick meal standards: greens, beans and pasta* (navy beans cooked and frozen in ½ cup portions a lifetime ago) or heaped atop a cheese melt sandwich.

Broccoli: a simple soup* made in the off hours is reheated in an instant. Half of the soup made its way into the freezer for another busy week.

Dill: One big handful in a batch of no-knead, no-effort bread, the other handful in a dill garlic yogurt dip.

Beets: Roasted while the no-knead, no-effort bread was in the oven. Plunged directly into that garlic dill yogurt dip, leaving a pink streaky sunrise in the bowl.

Fennel: still pending. As much as I'd like to try candying thin slices, my schedule will likely insist I mound those thin slices atop a piece of salmon, wrap the lot in foil and bake.

I split my share with a friend, as I find one share will feed me well for two weeks if I choose wisely and eat in order of perishability. I've got another week to go, but almost all the work is done and the fridge is stocked with mighty meals! Back to the practice room I go!

*Recipe in the CSA on-line archive. Article by Paula Reddinger, who also writes a blog, Eating on Two Wheels, <http://operaflute.blogspot.com/>, where this article also appeared.

Green Garlic Cauliflower-new

Sara Jones, Tucson CSA

To preserve the beautiful color and/or crazy shape of this weeks cauliflower, try lightly steaming it. Divide the cauliflower into bite size florets and steam for about 5 minutes until tender-crisp. Gently toss the steamed veggies with a little bit of green garlic cooked briefly in brown butter or olive oil and salt to taste! Drizzle with a bit of lemon juice. Serve as a side dish or over pasta with a grating of parmesan or other hard cheese.

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. This is perfect recipe for bitter greens that have been lightly blanched. If using a milder green like shungiku, just chop the raw greens as small as possible. This is a great filling for sushi, too.

1 or 2 bunches bitter greens, blanched or 1 bunch shungiku or other mild green, roughly chopped
1 tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Stir together tahini and miso paste, adding a bit of hot water, if necessary, to thin a bit. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

Endive Salad with Bacon Bits

Philippe, Tucson CSA

1 head or bag of endive, washed and chopped
2 hard-boiled eggs, crumbled
A few slices bacon, cubed and sautéed

Toss together ingredients and add dressing (see below)

Dressing:

Juice of 1 lemon
A couple tablespoons roughly chopped green garlic
3 tablespoons olive oil
1 tablespoon mustard
Salt and pepper to taste

Combine all dressing ingredients in a blender or food processor and blend until smooth and creamy. Store in the refrigerator for up to one week.

Stir Fried Pak (Bok) Choi or Yukina Savoy

Lorraine Glazar, Tucson CSA

1 and 1/2 teaspoons oil (canola or peanut) plus a few drops toasted sesame oil
1 quarter-sized piece fresh ginger, cut into julienne sticks
1/2 tablespoon fresh green garlic peeled and cut into thin slices or julienne sticks
1 bunch Yukina Savoy, cleaned and cut into long pieces
1/2 teaspoon rice wine vinegar
Drizzle of tamari or soy sauce, to taste

Heat oils over medium heat in a 10 inch frying pan or wok until it is very hot, about 2-3 minutes. Put in ginger, garlic and Pak Choi and stir vigorously with a wooden spoon or paddle to circulate the greens. When the greens are cooked through but the stalks are still crispy, add the rice wine vinegar and the tamari or soy sauce. Cook for one more minute and serve.

Belgian Endive and Blue Cheese Boats-new

Sara Jones, Tucson CSA

This is a fun, fancy but simple way to use the gorgeous endive from Crooked Sky Farm.

1 bag Belgian endive, washed and trimmed (keep leaves whole)
1 small chunk blue cheese, crumbled
1 small handful finely chopped walnuts
Dried currents, chopped, for garnish

Mix together cheese and nuts. Lay endive leaves out on a platter. Place a small scoop of cheese and nut mixture on each leave. Sprinkle with the chopped currents and serve immediately.

Quick Pickled Kohlrabi

Sara Jones, Tucson CSA

Crisp and crunchy kohlrabi is great raw. Adjust the seasoning to your taste. Be sure to peel the woody outer layer of the kohlrabi.

1 bunch kohlrabi, peeled and thinly sliced
1 pinch of salt
1 tablespoon rice wine or apple cider vinegar
1 teaspoon soy sauce
1 pinch sugar
Freshly grated ginger and red chile flakes, to taste
Sesame seeds, for garnish

Toss sliced kohlrabi with the salt and squeeze and toss gently. Combine rest of ingredients and massage those into kohlrabi as well. Put kohlrabi into a sealable bag and refrigerate for at least 1 hour before serving. Serve sprinkled with sesame seeds, if desired.