



# *Tucson Community Supported Agriculture*

Newsletter 328 ~ March 5, 2012 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter 2011/2012

Harvest list is online

### The Back Page

Baked Kale Chips  
Spaghetti Squash at it's sweet best  
Shungiku in Sesame Dressing  
Rice Pilaf with Dill  
Italian-Style Beet Greens

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

### Grass-fed beef shares are ready to be picked up

If you ordered a beef share, you can now pick it up at the front desk.

### Now taking orders for grass-fed lamb shares

A \$20 deposit now will secure your lamb share. We expect to have them available just before Easter. Numbers are limited, so place your order soon.

### Shungiku (edible chrysanthemum)

Also known as edible chrysanthemum, and chop suey greens, Shungiku chrysanthemums have deeply lobed dark-green leaves that resemble the foliage of ornamental chrysanthemums. The chrysanthemum flavor and aroma is mild, providing a nice addition to salads and soups. Used by the Japanese in soups and such one-pot dishes as sukiyaki and by the Chinese in stir-fries, these tender young leaves add piquant flavor. In Western cuisine, shungiku can be used like one would use parsley, chopped and added to dishes and salads for extra flavoring.



## **IT'S SPRING TIME AT THE FARM**

The weather is warming up. The birds are nesting. The ground squirrels are coming out of the ground. This is when the rest of the country starts getting leafy greens. Here, in Southern Arizona, is when they are gradually phasing out. It is almost the end of the kale season for example, but we are still getting some this week. We may get them in bunches or in bags. Note that if they come in bags, they will likely include smaller, tender leaves. Those are ideal to make kale chips (see recipe on back).

Luckily, all of our greens don't end at once. We will still get them, but in reduced quantities and frequency, and they will gradually be replaced by warm weather crops

Many of those warm weather crops are now going in the ground for spring and summer harvests: tomatoes, cucumbers, summer squash, sweet corn, etc.

## **IT'S SPRINGTIME AT THE FARM, WATCH OUT FOR APHIDS**

With the warmer weather come aphids, those small green or black insects that hatch in the spring to suck the sap of cruciferous vegetables (Brassicas). This usually happens every year in March. Aphids are particularly fond of cabbage, kale, cauliflower and broccoli. They hatch early and start colonizing the plants. Luckily, this doesn't last, for after a few weeks comes the counteroffensive: ladybugs and lacewings start appearing in great numbers to eat the aphids, and they avidly do so. Soon, all the aphids are gone. You wouldn't think the sweet-looking ladybug to be such a voracious predator. But it is – and a very effective one.



Because Crooked Sky Farms grow their crops organically, they don't spray pesticides to get rid of the aphids. Instead, they rely on the natural pest control mechanism provided by the ladybugs and lacewings. You may have heard that farmers and gardeners buy boxes of ladybugs as pest controls. But it is not primarily the

ladybugs that eat the aphids, although they do eat a few. It is mostly their babies, the ladybug larvae, who are the most voracious and effective. Ladybugs are homing insects, and they will naturally try to fly back to where they came from, with mixed success. But if they stay long enough to lay eggs, their babies and future generations will stay where they were born and do their job year after year. This is why Farmer Frank always leaves some crops in the field un-harvested, such as carrots and arugula for example, to provide a stable and continuous habitat for those natural pest predators.

So, be prepared to find some aphids in your veggies for a few weeks. It can be a bit annoying but it doesn't last. If you see some aphids clinging to some of your greens, just swish the latter thoroughly in a large bowl of water. This usually shakes them off. If they are particularly clingy, add a few drops of dish soap and/or a good splash of white vinegar to the water and swish even more vigorously.

### **Baked Kale Chips**

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

For people like me who really don't like stewed or sautéed greens, here's a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens  
2-3 teaspoons olive oil  
1 teaspoon apple cider vinegar  
salt and pepper to taste

Preheat the oven to 325°. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

### **Spaghetti Squash at it's sweet best**

Ms. Dallas Scott, Tucson CSA

1 spaghetti squash  
A few tablespoons butter, or Earth Balance for dairy-free  
Cinnamon and/or ginger and nutmeg  
Agave nectar or honey  
Water

Preheat oven to 350°. Position a rack in the center. Halve a spaghetti squash long ways and scoop out the insides. Place a cooling rack onto a baking sheet and place the squash cut side down onto it. Open your oven and pull the rack out halfway, place the baking sheet with the squash on the rack then add a half-inch of water to the pan. Push the rack back into the oven and bake about 1 hour or until a fork can easily pierce the flesh and the insides come out easily. They should be tender, but still hold their snap when you bite 'em. Use a fork to scrape out strands of squash and toss immediately with butter, spices and sweetener. Serve warm.

### **Shungiku in Sesame Dressing**

Philippe, Tucson CSA  
Adapted from [www.japanesefoodreport.com](http://www.japanesefoodreport.com)

Shungiku are leaves of a variety of chrysanthemum and have a distinctive taste. Though they have many uses in Japanese cooking, this might be the simplest preparation.

Blanch the leaves quickly (submerge in boiling water until the stems soften and the leaves turn bright green).

Transfer to a colander and rinse under cold running water to stop the cooking, then cut them into bite-size pieces and set them aside.

In a bowl, mix 1 ½ teaspoons ground sesame seeds, 1 teaspoon brown sugar and 2 tablespoons soy sauce to make a savory-sweet paste, then add the shungiku and mix everything together.

### **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 ½ 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 ¾ 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, pepper and lemon juice to taste.

### **Italian-Style Beet Greens**

Lorraine Glazar, TCSA

1 bunch beet tops  
Salt  
1-2 cloves garlic, minced  
2 teaspoons olive oil  
Lemon wedges or Parmesan cheese

Strip leaves from the stems, while roughly cutting the leaves into one inch wide slices. Cut the stems in julienne cut (matchsticks).

Heat several quarts of water. When they come to a boil, add 1 teaspoon salt. Working in batches, put in the greens and let them cook a minute or two, until softened. Remove from boiling water and drain. Put the matchstick cut stems in the boiling water for 30 seconds to a minute. Remove and drain. Heat the oil in a sauté pan, then add garlic and sauté just until fragrant. Don't let the garlic burn. Add the parboiled greens and stems, stir well, and cover the pan. Cook for one to three minutes until the greens are coated with the oil. Serve with lemon wedges or garnished with some Parmesan cheese.

Note: Steps one and two can be done ahead, and the vegetable refrigerated until mealtime