



# *Tucson Community Supported Agriculture*

Newsletter 331 ~ March 26, 2012 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## **Spring 2012**

**Harvest list is online**

### **The Back Page**

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T-Dart Pinto Beans

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

### **Lamb shares are ready for pickup**

See front desk.

### **Park Your Car Carefully Around The Historic Y**

Parkwise has been aggressively patrolling our neighborhood lately. Please be aware of where and when you park, especially on blocks with resident parking restrictions. **Read the signs carefully, don't block sidewalks, and leave some space from corners and driveways.**

### **Price Reduction on Josh's Eggs**

Josh has dropped the price on his eggs because he has so many. They're now \$4.75 instead of \$5. By continuing to buy Josh's eggs in the summer, you help Josh to provide us with a sufficient supply of eggs in the winter.

### **Stewing Chickens from Josh**

For the first time, we've got stewing chickens from Josh. These are two- to three-year-old laying chickens. They're less expensive -- \$3.50 per pound instead of the \$4.50 per pound price for the fryers. Make soup with them, or check the web for other stewing chicken recipes.

## **THE P'ITOI ONION**



This amazing little bunching onion, dear to the Tohono O'Odham, is a regular part of our shares and many of us have learned to love it. It can be used raw or cooked like any onion. Its sharp and peppery flavor make it well suited for southwestern stews and sauces, which often have robust, piquant flavors. For long-term storage, chop it in rings and let dry in a cool, dry place, then use as needed by adding to dishes.

## **LAST WEEK AT MY TABLE – by Paula Redinger**

The people, the concept, and the cornucopia of sustenance that our Tucson CSA brings into my life often find their way to the top of my daily “gratitude list.” This week was no exception.

Collard Greens – Doesn't everyone have an enormous bowl of spaetzle topped with sautéed collard greens and bacon after spending the day working on taxes? I do!

Kale – slow cooked in a legume dish using the last of the beautifully patterned Native Seed Search “Christmas Lima Beans” I received as a gift for, yes, Christmas! Hearty and delicious.

Beet greens – My neighbor's chickens seem to have gone into overdrive, and since they kindly left 18 eggs on my doorstep, omelets with wilted beet greens made up more than one lunch for me this week.

Carrots, Beets, Kohlrabi – In a decadent mood fueled by a literal thirst for vitamins, I ran the lot of my root vegetables through my juicer this week. I slurped up the entire quart of electric pink-peachy juice in one sitting, and it felt about as luxurious and wonderful as anything I could ask for. I brought the pulp to the chickens next door to return the favor.

Romaine – Oh, those darling baby heads of romaine lettuce! I was excited to try a grilled Caesar salad, by splitting them lengthwise, flash grilling them and topping them in the traditional manner. Alas! I do believe they bounced out of my bicycle basket on my way home. I hope someone on Fourth Avenue made good use of them.

Snap peas – So sweet and delicious, the peas disappeared quickly, as I found myself nibbling on them each time I cooked a meal in the kitchen. They brought back the days of stealing sweet peas from my grandfather's vegetable garden.

Oranges – I hope to use them for a chocolate covered candied orange peel project, but I admit they are in grave danger of being spontaneously gobbled up after a bicycle commute as our weather warms up.

*Paula contributes a monthly article to our newsletter about how she uses her CSA share.*

## **Grapefruit Glazed Beets**

By Heidi DeCosmo, Tucson CSA

Makes 4 servings

4 medium beets, peeled and cut in small cubes  
1 teaspoon extra virgin olive oil  
1/8 teaspoon sea salt  
1/8 teaspoon freshly ground black pepper  
1 tablespoon orange zest  
1/2 cup fresh unsweetened grapefruit juice  
1/2 cup orange juice  
1 teaspoon honey  
1/2 teaspoon minced fresh ginger

Preheat the oven 425°. Place the beets on a baking sheet. Toss with the olive oil, salt and pepper. Bake for 15-20 minutes or until the beets have just softened.

For the glacé: Heat a small saucepan over medium high heat and add the ingredients. Bring to a low boil and reduce the sauce by half. Toss the beets with the thickened sauce.

## **Beet and Carrot Cake**

Sara Jones, Tucson CSA

2 cups grated carrots and beets, mixed  
1/3 cup granulated sugar  
2/3 cup packed dark brown sugar  
2/3 cup vegetable oil  
2 large eggs  
1/4 cup yogurt  
2 1/2 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon  
1/2 teaspoon baking soda  
1/4 teaspoon salt

Streusel topping:

2/3 cup oats  
2/3 cups walnuts  
1/4 cup butter  
1/2 cup brown sugar

Preheat oven to 350°.

Make topping by mixing streusel ingredients together in blender, pulsing, until well mixed.

Combine the granulated sugar, brown sugar, oil, eggs and yogurt in a large bowl; beat with a mixer on medium speed until well blended.

Add beets and carrots; beat well. Combine flour and spices in a large bowl. Add to wet mixture and mix well.

Pour batter into a greased and floured 9x13" cake pan, then sprinkle evenly with streusel mixture.

Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan.

## **Slow Cooker Risotto with Swiss Chard**

Lorraine Glazar, Tucson CSA

1 tablespoon olive oil  
1 small yellow onion, finely chopped  
1 1/4 cups uncooked Arborio rice  
2 (14 ounce) cans reduced sodium broth, vegetable or chicken  
1/2 cup dry white wine  
Dash salt  
1/2 bunch Swiss chard, rinsed clean, well-dried and coarsely chopped

Heat olive oil in small skillet. Add onion and cook until softened, 4 to 5 minutes.

Place in slow cooker. Add rice and toss well to coat. Stir in broth, wine, salt and Swiss chard. Cover and cook on high for 2 to 2 1/2 hours or until all liquid is absorbed.

## **Beans & Greens Soup**

Gretel Hakanson, Tucson CSA

2 bunches greens (Swiss chard, beet greens, etc.)  
3 tablespoons extra virgin olive oil  
4 cloves garlic, minced  
2 cups cooked beans (teparty, anasazi, navy, etc.)  
3-4 cups chicken or veggie stock  
Salt and freshly ground pepper  
Parmesan-reggiano

1. Wash greens. Remove any tough stems and chop into bite-size pieces.
2. Heat oil in medium soup pot. Add garlic and sauté until golden.
3. Add greens and sauté until soft (you may have to add them in batches if they don't all fit into your pot).
4. Add beans and stock. Simmer 15 minutes or so.
5. Add salt and pepper to taste, top with freshly grated parmesan-reggiano

## **T-Dart Pinto Beans (from the T-Dart Ranch in Arizona)**

Adapted from The Best in American Cooking, by Clementine Paddleford.

1 cup pinto beans  
1 lb ground beef  
1 clove garlic, crushed  
1 pinch salt  
1 teaspoon oregano  
1 teaspoon chile powder  
1 tablespoon lard  
1 bunch I'toi onions (stalks and bulbs), chopped

Wash the beans, soak them overnight and drain.

Place beans in pot. Add enough water to cover the beans. First bring to a boil, then simmer.

Heat lard in skillet, then add all other ingredients and sauté until mixture becomes golden brown, 20 minutes or so.

Add the meat mixture to the bean mixture and simmer for an hour or so.

Salt to taste.