



# Tucson Community Supported Agriculture

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## Spring '13

Harvest list is online

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Many more recipes on  
our website

### Sprout shares

As the weather warms up we'll be getting fewer and fewer greens from Crooked Sky Farms, and soon, none at all. If you're still like to get some greens throughout the summer, remember that we have weekly sprout shares. You can add or remove sprout shares from your subscription via your online CSA account.

We have 3 kinds of sprout shares:

- 1/4 lb sunflower sprouts (\$18 for 6 weeks)
- 1/2 lb sunflower sprouts (\$31.50 for 6 weeks)
- an alternation of 1/4 lb sunflower sprouts and 1/4 lb sprout mix (\$18 for 6 weeks)

### Lard, pig feet, and pork side

We've had members' requests for lard, pig feet and pork side from Guzman. We already have the lard: it's leaf lard, which is the highest-grade lard there is. It comes in approx. 2-lb packs at \$2.50 per pound. It's raw, so it still needs to be rendered (easy to do - just ask us or Google it)

Pork side and pig feet will be available in a couple of weeks.

Pork side is raw, uncured bacon. It'll come in 1-lb packs, both sliced and unsliced. The sliced one can be used as bacon. The unsliced one is perfect for making pork belly.

We've ordered a small quantity of pig feet too, in 2-lb packs.

## LAST WEEK AT MY TABLE by Philippe

I often make up a dish out of thin air from what I got in my CSA share, which I'm sure most of you also do, in rewarding ways. However, if I follow a recipe I must often replace an ingredient I don't have with one that I do have because the genuine article is not in the share or I don't have it in stock. Now, you can sometimes omit that ingredient if it's not a key one. Or you can go out and buy it. Or you can substitute, which is what I usually do because going to the grocery store is something I only do when I absolutely have to. The trick with substitutions is to be willing to experiment. You can substitute with something similar or with something entirely different. With time and practice you develop a good sense for successful substitutions. And when you made a successful substitution you are rewarded with a delicious sense of accomplishment. I did many such substitutions last week.



Lori's picture of her zucchini quiche and squash blossoms which she posted on the Tucson CSA Facebook last Thursday was absolutely mouth-watering as well as eye-pleasing. Alas, I had already consumed my squash blossoms the night before. If we get squash blossoms again I will definitely attempt to replicate it. This time I had simply stuffed the squash blossoms with crumbled goat cheese from Black Mesa Ranch. We sat on the back porch

munching on them while sipping a glass of white wine and watching a family of javelinias who were moving peacefully through the backyard and were helping themselves to the contents of the compost pile (I really need to fix that fence!) It was one of those magical Tucson spring evenings!

The potatoes and radishes went into a *Radish Potato Salad* \* on Thursday. The recipe calls for green onions but since I didn't have any, I added thinly sliced arugula instead, for the zing.

Although I love artichokes simply steamed and leaves dipped into lemon butter, I do try to get out of my rut. Last Friday, I pared my artichokes to their hearts and made *Citrus Stewed Artichokes* \*, but instead of using white beans as the recipe calls for, I used small chunks of summer squash. These are still so small and tender that they barely need cooking and I only added them to the artichokes 2-3 minutes before the end, just to warm them up. This dish is also delicious at room temperature.

With the evenings still cool I decided to use the oven to roast my beets on Saturday. I had some grapefruit left from last week, so I made *Grapefruit Glazed Beets* \*. I served this as a main dish with some thin slices of Barrio Bread. This recipe also works without the grapefruit: I made the same dish the week before without the grapefruit but I added some fresh rosemary and chunks of carrots. Yum!

I usually have a light breakfast of either cold cereal or toasted bread with Nutella or homemade marmalade, but on Sundays I like a cooked breakfast. Actually, it often turns into some kind of an improvised brunch. This past Sunday's brunch included toasted Barrio Bread, topped with sautéed Swiss chard and onions, and fresh eggs from my hens, fried sunny side up (the eggs, not the hens).

\* These recipes are on the Tucson CSA website. Note: the recipe page loads slowly. Just click on Recipes (on the homepage navigation bar) and wait a few seconds until the page appears.

## **Raw Squash Salad-new**

Sara Jones, Tucson CSA

This is a very simple but incredibly delicious salad. You can use any fresh, leafy herbs you have available. A combination of parsley, mint and chives would be perfect. Ideally, you want small, thin slivers of squash for this salad. Do not grate it, it loses too much of its juice that way. If you don't have the patience to julienne the squash, simple cut into thin coins or half moons.

1 medium squash, cut into small pieces  
2 teaspoons vinegar or lemon juice  
1 large handful fresh herbs, finely chopped  
2 tablespoons good olive oil or walnut oil  
Salt and pepper to taste

Mix together herbs, oil and vinegar. Toss gently with squash. Add salt and pepper and more acid, if needed, to taste.

## **Linguine with Arugula, Pine Nuts and Parmesan Cheese**

Phoenix SW Valley CSA

Arugula grows fairly well this time of year, but tends to suffer a bit from insect damage. Since it is not as pretty in a salad, quickly wilting it and tossing with pasta is a great way to use it.

1 pound linguine  
1/2 cup olive oil  
4 ounces arugula, trimmed  
1 cup freshly grated Parmesan cheese, plus extra for garnish  
1/2 cup pine nuts, toasted

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add

1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately.

## **Potato, Squash and Greens Gratin**

Philippe, Tucson CSA

1 lb potatoes  
1/2 lb summer squash  
1 bunch greens, chopped  
4 oz goat cheese, crumbled  
1/2 cup milk  
1/2 cup Grated Parmesan cheese  
Salt and pepper  
1/4 cup basil, chopped  
Olive oil

Pre-heat oven at 400. Grease an oven dish with olive oil. Blanch the chopped greens in boiling water for 1 minute. Drain well and set aside. Slice potatoes and squash very thinly. Take half the potatoes and half the squash and make a layer at the bottom of the dish. Cover with half the cheese and half the greens. Season with salt and pepper. Repeat with the other halves of the potatoes, squash, cheese, greens, and with some more salt and pepper. Pour the milk evenly over the dish. Sprinkle with grated Parmesan. Bake in oven 30-40 minutes, until bubbling and slightly browned. Let cool at least 5 minutes before serving.

## **Stuffed Squash Blossoms (fried)**

Adapted from Cooks.com

Mix equal parts of ricotta and cottage cheese with a clove of fresh garlic (minced). Add fresh herbs such as basil or summer savory or lemon thyme. Chopped bell pepper, black olives and some grated natural cheddar are optional.

Fill blossoms with mixture and pull petals forward to close blossom and twist lightly. Mix a beaten egg with some milk.

Roll blossoms in mixture and then in fine sourdough bread crumbs or corn meal.

Fry breaded blossoms lightly in olive oil. Serve as soon as squash buds are al dente. Serve on a bed of mixed rices.

## **Stuffed Squash Blossoms (raw) - New**

Philippe, Tucson CSA

6-8 squash blossoms  
1/4 cup walnuts  
1/2 avocado  
1/2 tablespoon lemon juice  
1/4 cup water  
1/4 cup herbs of your choice (cilantro, rosemary, basil, etc.)  
Salt and pepper to taste  
1 small onion or shallot, finely chopped

In a blender, purée the walnuts, avocado, lemon juice, water, herbs, salt and pepper and purée until smooth. Add more water if necessary: you want the mix to be soft enough to spoon into the blossoms, but it must not be runny.

Place the mix into a bowl and mix in the chopped onions.

Gently stuff each blossom with a tablespoon or so of the mix.