



# *Tucson Community Supported Agriculture*

Newsletter 418 ~ December 16, 2013 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

**Fall 2013**

Harvest list is online

### **The Back Page**

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**Many more recipes on our website**

### **Reminder: Holiday Break**

We will be taking our annual vacation at the end of this year: there will be no pickups during the weeks of Christmas and New Year's. This means there will be no pickups on Dec. 24<sup>th</sup> & 25<sup>th</sup>, and on Dec. 31<sup>st</sup> & Jan 1<sup>st</sup>.

Pickups will resume after the New Year on Jan. 7<sup>th</sup> & 8<sup>th</sup>.

### **Food and Community: courses**

The Sonoran College of Leadership is launching leadership courses and certificates that could help you be more effective in your food initiatives, community development work, non-profit jobs, and more. For a full list of courses, check out the website at [sonoranleadership.org](http://sonoranleadership.org), or stop by the Open House this January 9th from 6-7pm at 1300 S. Belvedere Ave.

If you have any questions, please contact the college coordinator at: [coordinator@sonoranleadership.org](mailto:coordinator@sonoranleadership.org) or 520-304-3865.



### **A WEEK AT MY TABLE**, by Paula Redinger

I recently endured a full six weeks of culinary adversity. For the first time in what must be a decade, I've have to feed myself from grocery stores rather than our wonderful CSA here in Tucson, or my favorite farmers' market during my summer work in northern Utah. This time, work life suddenly has me commuting to southern Florida, and I haven't been in one spot long enough to do more than grab a few items from the nearest grocery. Picking up my CSA share here in Tucson last week, and finally spending time in my own house, in my own kitchen, was a sweet homecoming, after having been away since mid-October. And even though I missed an Arizona Thanksgiving, I knew there to be plenty of leftovers stashed in my boyfriend's freezer. In a happy exchange of labor, he has been working wonders on my old 1916 house, and I spent the week re-purposing these leftovers into an assortment of little frozen dinner pies for him and his son. (I kept a few for my own freezer, too!)

**Potatoes** - They found their way into six turkey mole tamale mini pies, giving a little variation in texture to the filling rather than just meat and sauce. There's something elementally satisfying about having the mixer purring away, whipping the tamale masa into what must be one of the most captivating of all culinary textures.

**Chard** - Still having more turkey to process, I made a variation of my favorite white bean and chard pot pie, using shredded turkey, a velouté sauce made from turkey broth, and wilted chard. Six more pielets in the freezer!

**Beet greens** - Isn't it odd when you find yourself cooking all day, but simultaneously fainting from hunger? While in pie production mode, I sustained myself on thin crackers spread with goat cheese and topped with wilted ribbons of beet greens and lots of cracked pepper. This simple snack is delicious enough to appear at my next post-opera soiree.

**Summer Squash** - I diced and sautéed this week's circus-striped colorful squash with corn kernels, cherry tomatoes, and garlic (garlic! always garlic!) for a sort of lima-less succotash.

**Lettuce, Beets, Onion** - I served the popular combination of walnuts and roasted beets atop a bed of the tender lettuce leaves we received in our share this week, and dressed it all with my usual vinaigrette which always includes some minced onion.

**Rapini** - It wouldn't be my table if there wasn't a meal of pasta and vegetables, tossed with raw garlic, olive oil, chile flakes and parmesan at least once over the course of the week. While this is almost always a vegetarian dish for me, for some reason when the featured vegetable is rapini, I always add browned sausage.

**Daikon Radish** - This week I hope to employ them in something a little more adventurous than usual: Chinese Daikon Radish cakes, anyone? Results TBA!

### **DILL**

This beautiful herb, *Anethum graveolens*, comes from the same family as parsley and cumin. Both its leaves and seeds can be used to season food. The leaves are slightly sweet, while seeds are sometimes compared to caraway, bittersweet and orange-y.

A "chemoprotective" food (like parsley), dill can help neutralize carcinogens such as those in some smoke from cigarettes and burning trash. Its anti-oxidant and antibacterial properties have made it a favored medicine through the millennia.

As a spice, fresh dill leaves are revered for their sweet grassy taste. The Scandinavians favor it as an accompaniment to salmon, and it pairs well with other fish, cheeses, eggs, cream sauce, and potatoes. It is also a perfect addition to soups and salads.

To store fresh dill, wrap it in damp paper towel or keep its stems in water and store in the fridge. An effective way to store dill for future use is to freeze it as is: just put a whole bunch in a freezer bag, force the air out and seal, and freeze it. When needed, chop the amount you want and the remainder of the dill bunch back in the freezer.

## **Risotto with Greens**

Philippe, Tucson CSA

Risotto is such a warming dish on cold days! Any leafy greens would do well in this recipe, with slight flavor differences with each, but greens with thicker stems, such as rapini, swiss chard and bok choy, are particularly well-suited for this recipe. Some people stir-fry or boil the greens separately. I like to add them directly to the rice to preserve their full flavor.

1 bunch (or bag) greens, chopped  
1 cup arborio rice  
1 onion, finely chopped  
2 cloves garlic, minced  
2 tablespoons olive oil  
1 onion  
1 cup dried mushrooms  
2 cups vegetable or chicken stock, heated  
1 teaspoon thyme  
1/2 cup grated Parmesan  
salt (or dried chile flakes) and pepper to taste

Place dried mushroom in a bowl, cover them with 1 cup of boiling water and soak for 5 minutes. Drain and reserve the drained water.

In a skillet, heat oil to medium hot and sauté mushrooms and onions until onions are translucent, about 5 minutes.

Add rice and stir. When rice is hot, add half of the reserved mushroom water. Add thyme and garlic. Stir gently and continuously until liquid is almost absorbed.

Repeat the process, 1/4 cup at a time, with the rest of the mushroom water and heated stock, stirring the rice continuously. The rice should be kept to a mild simmer throughout this process, which takes about 20 minutes. Add more stock if necessary, until rice is cooked. Never let the rice dry entirely, nor make it swim in stock.

When rice is almost cooked (it should still be al dente), add the chopped greens and stir them into the rice. Add a little more stock if the mixture becomes too dry. Continue to stir until the greens are cooked (another 5 to 10 minutes, depending on the greens). At that point, the rice should be soft and ready.

Add grated Parmesan and salt and pepper to taste.

## **Twice Baked Pumpkin Pie**

From Forever Yong Farm, Arivaca

1 (9") unbaked pie shell  
1 (14 ounces) can sweetened condensed milk (not evaporated milk)  
Approx. 20 ounces pumpkin puree (you will need approx. a 3-lb pumpkin for 1 pie, and a 5 pounder for 2 pies)  
2 eggs  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon ground nutmeg  
1/2 teaspoon salt  
2 tablespoons brandy (optional)

Preheat oven to 350°. Cut pumpkin into quarters and bake till tender (about 40 minutes). Let cool and scoop out pumpkin meat. Preheat to 425°. Puree or mash baked pumpkin. In a large bowl, combine all ingredients then pour into pie shell. Bake 15 minutes. Reduce temperature to 350° and bake 35-50 minutes longer or until knife inserted 1 inch from edge comes out clean. Let cool on rack.

Note: you can freeze unused baked pumpkin meat, completed filling or baked pies for later use.

## **Dill Dressing**

Sara Jones, Tucson CSA

The large bunches of dill that we get from the farm are perfect for dressing up winter salads. This is a creamy, yogurt based dressing, but if you prefer not to use dairy, simply omit the yogurt and add more oil/vinegar or juice.

½ large bunch dill, finely chopped  
¼ yellow onion, minced  
1 cup plain yogurt  
1 tablespoon olive oil  
2 tablespoons apple cider vinegar  
Salt and pepper to taste

Whisk together all ingredients. Store any leftovers in a jar in the refrigerator for up to 1 week.

## **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 sauce pan 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 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 and pepper and lemon juice to taste.