



Tucson Community Supported Agriculture

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Winter 2014

Harvest list is online

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Lambs Quarters or Quelites

In Mexico, the word quelites often refers to amaranth greens, although it is also often used for wild greens in general, including lambs quarters.

Lambs quarters are the common name for *Chenopodium*, an herbaceous plant of the goosefoot family.

Just use them as you would spinach. When small, they can be eaten raw. When mature, they are better cooked. Just remove the stems if they are fibrous, which they can be in more mature plants.

Using Your Dried Red Chiles

I always love getting dried chiles in my share and I often wish we would get them more often. I use them instead of black pepper.

I simply crush them into chile flakes in the food processor and then store them in a glass jar in my spice cabinet.



BLACK MESA RANCH GOAT CHEESE

January to March is kidding season at Black Mesa Ranch. Until the end of April, most of the goat milk will go to the kids (baby goats) and so there is not enough milk to make cheese for goat cheese shares. However, because not all goats kid at the same time, there usually is some small amount of milk available for humans, so David will likely be able to send us some cheese every week until the season for goat cheese shares resumes - usually in late April or early May.

So, if you'd like to buy some goat cheese, come inside and check the glass-front refrigerator. We will usually have some cheese in there, either feta or fresh logs, or both. If there's no fresh cheese in the glass-front refrigerator, ask at the front desk if we have frozen cheese (it freezes very well and we freeze our extra cheese when we haven't sold it all).

If you are subscribed to a goat cheese share, you will start receiving it as soon as the shares are available again. In the meantime, you will of course not be charged for goat cheese.



David and Kathryn Heining and their goat herd at Black Mesa Ranch

NEW SPROUTS: THE MICRO-GREEN SALAD MIX!

We mentioned it briefly in last week's weekly email, but here is the full explanation: we have introduced a new mix in the sprouts mix share rotation.

You're probably already aware that we have three types of sprouts shares: ¼ lb. Sunflower Sprouts, ½ lb. Sunflower Sprouts, and ¼ lb. Sprouts Mix. The last one, Sprouts Mix, consists of a weekly rotation of different kinds of sprouts, which is ideal for members who like something different every week.

Until now, the Sprouts Mix consisted of a weekly rotation of sunflower sprouts, clover sprouts, and pea shoots. We've now added a fourth item to that rotation: the **micro-green salad mix**. It includes eight micro-greens: sunflower, clover, pea tendrils, kale, cabbage, broccoli, arugula and radish.

Members who have a Sprouts Mix share received their first micro-green salad mix last week. It will appear in the Sprouts Mix share every fourth week.

Sunflower sprouts have long been the most popular, but the sprouts mix has slowly gained popularity, and now more members subscribe to the sprouts mix than to the sunflower sprouts.

Making changes to your subscription:

You can add and remove shares via your online CSA account between the day after your pickup day and midnight Friday. For more information on how to make changes to your subscription, go to our homepage and, from the navigation bar, click on "Help: Change your pickup day or shares"

Sautéed Swiss Chard with Ginger and Honey

Chef Stephanie Green, Crooked Sky Farms

Serves 4

1 bunch Swiss chard, sliced into ribbons (about 15 large leaves)

1 tablespoon olive oil

1 tablespoon honey

2-3 teaspoons fresh ginger root, finely grated

Salt and black pepper, to taste

1. Add olive oil to a large sauté pan and heat to temperature.
2. Add Swiss chard and cook, stirring frequently, for about 1-2 minutes.
3. Add honey and ginger root; stir well to coat. Continue to cook for about 1 more minute.
4. Season to taste with salt and black pepper.

Tip: Start with a slice of bacon in step one for added flavor.

Pinto Bean Stew with Quelites - *New*

Philippe, Tucson CSA

1 cup dry pinto beans, soaked overnight and drained

Optional: ½ pound pork sausage

1 bunch I’Toi onions, chopped

1 clove garlic, minced

½ tablespoon dry oregano

1 tablespoon olive oil

1 teaspoon dry chile flakes

1 bunch quelites, chopped

Salt to taste

Heat oil to medium hot in a saucepan. Add onion (and meat if using) and sauté until browned. Add garlic and sauté another minute. Add remaining ingredients, except salt and greens. Add hot water until beans are covered. Cover and bring back to a boil. Reduce heat and simmer for 1 hour. Add salt to taste and quelites. Cook for another 10 minutes.

Mashed Potatoes with Dill and Chiles

Philippe, Tucson CSA

Mashed potatoes with a nice Southwestern touch. The dill adds a freshness that complements the spice of the chiles.

6 potatoes, or 3 potatoes and 3 sweet potatoes

1 onion

4 cloves garlic

2-4 dried chiles, crushed

1 bunch dill

salt and pepper

1/2 stick of butter

Boil or steam potatoes, sweet potatoes, onion and garlic until tender.

Place in food processor with dried chiles, salt, pepper and butter. Blend until smooth.

Dill Vinaigrette - *New*

Philippe, Tucson CSA

A simple home made dressing that will keep your green salads dressed for a while!

1 CSA bunch dill

2 cups olive oil

1/4 cup vinegar

1 onion

2 cloves garlic

1 tablespoon mustard

2 teaspoons salt

2 teaspoons black pepper or chile flakes

Toss all ingredients in blender. Blend until smooth. Store in sealed jar. Keeps in the refrigerator for 4 to 6 weeks.