



Tucson Community Supported Agriculture

Newsletter 438 ~ May 19, 2014 ~ Online at www.TucsonCSA.org

Spring 2014

Harvest list is online

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Many more recipes on our website

Iron John's Beer

Stop by Iron John's table in the courtyard this week to find out about their artisan beers. You can order their beers on their website and pick them up at the CSA.

"Iron John's is a local, community supported artisan brewery and bottle shop. We offer a rotating selection of small batch, craft beer, all hand-bottled. Each month we brew several distinctive beers to suit the season, holidays and our customers' palates. We will be offering onsite delivery of our beer at the CSA during normal pick up hours on Tuesday and Wednesday. Getting our beer is easy and convenient: simply purchase beer online at our website, select your delivery preference at checkout, and pick up your beer at the CSA."

See the Iron John's website for more details (www.ironjohnsbrewing.com) or ask the Iron John's table at the CSA this week.

Wanna taste their beers first? Every Saturday from 12:00 to 6:00 P.M., Iron John's holds tastings at their Bottle Shop on 245 S. Plumer.

Find Iron John's on Facebook, Twitter or Instagram: ironjohnsbrew.



A WEEK AT MY TABLE, by Lorraine Glazar

Of all the vegetables we sometimes get in abundance, carrots are among the most versatile. They can be used as a snack, salad, side dish or main, raw or cooked, and they keep well. I like Creamy Carrot and Ginger soup (in the recipes file) but with a few changes to make it better cold. Substitute buttermilk, yogurt or almond milk for the half and half, and adjust the quantity to taste. Somehow the ginger, which is warming in winter, becomes refreshing. A bit of orange juice squeezed in just before serving brings the flavor out. This was a good dinner and the leftovers were a great lunch.

With the kale, I made a version of Kumi's white bean recipe in our recent newsletter, but I didn't want pasta. I added some leftover canned tomatoes and some chicken sausage for a hearty meal in a skillet.

When I saw the beautiful new red potatoes, I knew immediately that I would have Polish Potatoes in Buttermilk for dinner on Friday night. The Glendale Gold onions caramelize beautifully and I had my trip down memory lane as I spent many Friday nights in childhood eating this simple but hearty dish.

Oranges are definitely a utility player! I had a leftover roasted beet from last week and so I peeled and sliced some oranges to make a salad, rounded out with the last leaves of lettuce from my garden. I also like orange wedges as a snack, or for breakfast, and I made some of Rachel's citrus vinaigrette.

P'itoni onions are delicious skewered together and grilled over charcoal, a great accompaniment to a CSA lamb chop. If I have any leftovers they are great chopped up and tossed in a green salad.

For the parsley I decided to try a new recipe from <http://www.thekitchn.com/recipe-mediterranean-cauliflower-couscous-with-roasted-chickpeas-amp-lemon-dressing-recipes-from-the-kitchn-203319>. This made a wonderful vegetable dish to take to work. I'm looking forward to lunch on Monday!

PARSLEY ROOT

Parsley root can be used like carrots, turnips or parsnips, although it is less sweet and more aromatic. Use in stews or soups, boiled and mashed with potatoes (see Back Page), or roasted or stir-fried. It's also great in a gratin.

The greens should be cut off and used as parsley. The roots can be stored in the refrigerator and will keep longer.

DOUBLE SHARES: CURSE OR OPPORTUNITY?

Being part of a CSA means that at times we get an abundance of **fill in vegetable name**, which can be fun or which can be daunting. Carrots indeed been plentiful this spring and we hope you enjoyed them. If you have trouble absorbing their bounty, now is the time to expand your carrot recipe repertoire: try something new, such as any the amazing carrot dishes which Kumi demonstrated last week: Carrot Halva, Spicy Kale with White Beans, Moroccan Carrot Salad, and Carrot and Sweet Potato Coconut Velouté. Or if you like ginger, try Lorraine's Creamy Carrot and Ginger Soup (above and Back Page). All these carrot recipes, plus many more, are on our website.

Creamy Carrot Parsley Root Ginger Soup

Lorraine Glazar, Tucson CSA

About 1 pound carrots, scrubbed or peeled
1 bunch parsley roots, scrubbed clean
1 cup thinly sliced onion
1/4 cup crystallized (candied) ginger, chopped
7 cups vegetable or chicken broth
1/4 cup cooked white rice
Salt and pepper to taste
1/2 cup half and half or vegan alternative (almond milk is nice)
Mint or and/or parsley for garnish (optional)

Slice carrots and parsley roots crosswise and place in a heavy pot with onion, ginger and broth. Bring a boil, then simmer until vegetables are very tender (about 20 minutes). Remove from heat and add rice. Season with salt and pepper and allow to cool for 15 minutes. Puree in small batches in a blender until smooth. Return to the pot and stir in half and half or your choice of a vegan alternative. Heat soup through but do not boil. Garnish and serve.

Morning Glory Muffins

Lorraine Glazar, Tucson CSA

These muffins have a great shelf life and actually taste better a day after baking, when the flavors have melded. Store them at room temperature, covered, for up to 3 days, or freeze them for up to 2 months.

1 cup sugar
2 1/4 cups unbleached all-purpose flour
1 tablespoon ground cinnamon
2 teaspoons baking soda
1/2 teaspoon salt
1/2 cup shredded, sweetened coconut
3/4 cup Raisins
1 large apple, peeled and grated
3/4 cup dried pineapple
2 cups grated carrots
1/2 cup coarsely chopped pecans or walnuts
3 large eggs
3/4 cup vegetable oil
1/4 cup buttermilk
1 teaspoon pure vanilla extract

Preheat oven to 350 degrees F. Sift or whisk together the sugar, flour, cinnamon, baking soda, and salt into a large bowl. Add the coconut, raisins, apple, pineapple, carrots, and nuts, and stir to combine. In a separate bowl, whisk the eggs with the oil, buttermilk and vanilla. Pour into the bowl with the dry ingredients and blend well. Spoon the batter into muffin tins lined with muffin cups, filling each to the brim. Bake for 35 minutes or until a toothpick inserted into the middle comes out clean. Cool muffins in the pan for 10 minutes, then turn out onto a rack to finish cooling.

Chimichurri

Philippe, Tucson CSA

This Argentine salsa goes well with any grilled meat or fish. It is also excellent stirred into bean and/or grain salads or drizzled over soups.

1 cup parsley -tightly packed
2 teaspoons fresh oregano or marjoram, or a pinch dried herbs
2-3 cloves garlic
1 small onion
1 cup olive oil
1/4 cup red or white wine vinegar
1/2 teaspoon ground black pepper
1/2 teaspoon red chile flakes
1 teaspoon salt

Blend all ingredients except oil in blender or food processor until well chopped but not puréed. Add oil and pulse to combine. Store in the refrigerator for up to a week.

Mashed Potatoes with Parsley and Parsley Root

Sara Jones, Tucson CSA

1 basket red creamer potatoes, washed and cut in half
1 bunch parsley roots, scrubbed and roughly chopped
2 small sweet onions, peeled and chopped
2 cloves garlic
Salt and pepper
1/4 stick of butter
2 tablespoons milk or cream
1/4 teaspoon celery seeds (optional)
Freshly chopped parsley

Boil or steam potatoes, parsley root and onion and garlic until tender. Drain and place in large bowl with celery seeds, salt, pepper, butter and milk. Use a potato masher to mash by hand, or use beaters on medium setting. Beat until mostly smooth. Stir in parsley and season with additional salt and pepper, if needed.

Grilled Boiler Onions

Philippe, Tucson CSA

2 pounds boiler onions, or small onions, unpeeled
2 tablespoons olive oil
Cajun or Italian spice mix, or your own custom spice blend

Bring 2 quarts of water to boil in a large pot. Add onions and blanch for a minute. Drain and cool. With a pairing knife, cut onions ends and peel. The peels will slip right off the onions. Place onions in a bowl and add the olive oil and spice mix. Mix together. Grill onions on medium hot grill. Turn them over once or twice. Grill for 8-10 minutes or until they are slightly charred.