



# Tucson Community Supported Agriculture

Newsletter 468 ~ December 15, 2014 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2014

### Harvest list is online

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Many more recipes on our website



#### CHEESE SHARES

This week is the last cheese share pickup of the season. Cheese shares will resume in late April/early May.

As the Black Mesa Ranch goats prepare for kidding, most of the milk will be going to feed the baby goats and less milk will be available for people for a while.

However, some milk will be available to make cheese and David will send us some limited quantities of it until cheese shares resume. Just check our display fridge for availability of feta, chevre, blue goat and more.

#### SEASON'S GREETINGS!

We will be closed for two weeks after this week's pickup. Our next pickups will be on Tuesday, Jan. 6 and Wednesday, Jan. 7.

Thank you for being part of the CSA community this year. We wish you wonderful holidays and we hope to see you in 2015 for another CSA year!

#### QUELITES

Many of us would rather buy well-traveled greens at the store than enjoy the local greens that often volunteer in our back yards. Quelites (pronounced *que-LEE-tays*), are such green volunteers. Because we consider these as weeds we often overlook their good flavor and valuable nutritional qualities. In fact, in many countries, they are grown as a cultivated variety because they are so good. The ones we get from Farmer Frank are also a cultivated variety.



However, quelites, also know as Mexican wild greens, are consumed in large quantities in Mexico and many other parts of the world, where they are grown as crops as well as harvested wild. The Mexican term quelites generally refers to either amaranth greens (pigweed), or to lamb's quarters (goosefoot or chenopodium), although in Mexico many other wild greens are collectively known as quelites. Essentially, quelites can be cooked like spinach, hence their other appellation of wild spinach.

Quelites are a very good source of vitamins including beta-carotene, vitamin B6, vitamin C, riboflavin, and folate, and dietary minerals including calcium, iron, magnesium, phosphorus, potassium, zinc, copper, and manganese. However their moderately high content of oxalic acid inhibits the absorption of calcium and zinc, and also means that they should be avoided or eaten in moderation by people with kidney disorders, gout or rheumatoid arthritis.

#### RADISHES



Radishes can be so tasty! And yet they are often misunderstood! Maybe it's because they're spicy. And spicy they often are when not fixed the right way. The secret to radish bliss is to combine them with a fatty or slightly sour food, like yogurt or sour cream.

As in this Belgian recipe for example: just slice your radishes in coins and mix them with Greek yogurt or sour cream. Add salt and pepper, and chopped chives or spring onions if you have any.

Serve it on slices of Barrio Bread (the sourdough Boule goes very well with this), and you've got a snack made in heaven.

The full recipe can be found on the back page and in the radish section of our online recipe page under *Tartine Au Fromage Blanc*.

## Grapefruit Avocado Salad

Sara Jones, Tucson CSA

You will need to segment your grapefruit for this recipe. To do that, take a sharp knife and peel away skin and pith. Then remove each fleshy segment from the membrane holding it by cutting down in a v-shape toward the center of the grapefruit.

1 grapefruit, segmented, any juice reserved  
1 ripe (but not soft) avocado, diced  
1/2 small sweet onion, thinly sliced  
1 large handful arugula, finely chopped  
1 teaspoon honey or agave nectar  
1 tablespoon olive oil  
Salt and pepper to taste

Toss grapefruit, avocado, greens and onion together in a medium bowl. In a small bowl, whisk together reserved grapefruit juice, honey, oil and salt and pepper. Drizzle over salad and serve immediately.

## Linguine with Arugula, Pine Nuts and Parmesan Cheese

Phoenix SW Valley CSA

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

Cook linguine in a large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in a 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.

## 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 saucepan 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.

## Quelites and Beans

Adapted from The Vegetarian Times, July 1997

1 good bunch of fresh quelites (amaranth greens or lamb's quarters), bigger stems removed  
1 tablespoon olive oil  
3 stems green garlic or 3 cloves 'regular' garlic — minced  
1 onion, chopped  
1 cup cooked pinto beans — rinsed and drained  
1 teaspoon chili powder  
salt and pepper to taste

Rinse greens several times to make sure that all sand and grit are removed. Steam greens in tightly covered pot until wilted. Drain greens and finely chop them. In a large skillet, heat oil over medium heat. Add garlic and onions and cook, stirring frequently, until onions are soft, 2 to 3 minutes. Stir in greens, beans and chili powder. Cover and cook over low heat for 5 minutes or until heated through. Season with salt and pepper and serve.

## Tartine au Fromage Blanc

Philippe, Tucson CSA

This is a very traditional Belgian summer snack made with radishes, green onions and fromage blanc. Fromage blanc (fresh white cheese) is unique to Belgium and to the north of France and is unfortunately not easily available here. Luckily, Greek yogurt is a close substitute. Cream cheese can also be used. It tastes a lot better than it sounds. It is a tasty and refreshing snack or light meal to be served on a warm day accompanied by a flavorful beer.

Green onions  
Radishes  
Greek yogurt  
Bread  
Salt and Pepper

Spread a generous layer of Greek yogurt on a slice of bread. Slice radishes and green onions on top of it until the yogurt is well covered. Sprinkle with salt and pepper. You can also mix all the ingredients together and use it as a spread or dip.