



# *Tucson Community Supported Agriculture*

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## Winter 2014/15

### Harvest list is online

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#### BLACK MESA RANCH CHEESES ARE BACK!



Although we won't have cheese shares until late April, we'll still be getting some Black Mesa Ranch cheeses and will sell them individually. Just check our display fridge. This week, we're getting feta, blue goat, baby boules (French mozzarella) and plain logs.

#### BLACK MESA RANCH CANDY WILL BE BACK SOON!

We plan to get some more holiday candy from Black Mesa Ranch for Valentine's Day. Look for it on our shelves during the first two weeks of February.

#### A WEEK AT MY TABLE, by Philippe

I was so excited by last week's produce share that, as I was gathering it, I could just visualize several upcoming meals. Here's what happened.

When I got home last Wednesday evening with my produce bag overflowing with **Chinese cabbages and mustard greens**, I knew that there would be no space for them in the refrigerator, so I cooked them right away. I started by boiling a pound of pasta shells. While the pasta was cooking, I finely chopped the greens into thin ribbons. After the pasta was cooked and drained, I put it back in the pot and on the stove, with some olive oil and added the greens, a tablespoon of vinegar and some salt and pepper, gently stirring the pasta until the greens were wilted. I served the pasta and greens in individual bowls and sprinkled a good dose of grated Parmesan cheese on top of each.

Some people prefer to boil or steam the mustard greens before using them, to remove their spiciness, but I find that the addition of Parmesan cheese and vinegar has the same moderating effect.

The **eggplant and dandelion greens** went into **halloumi pita pockets**. I simply sautéed eggplant and halloumi slices in a bit of olive oil and inserted them into pita pockets. I also added finely sliced dandelion greens seasoned with cider vinegar, salt and pepper. Dandelion greens are naturally bitter, but if you add vinegar or lemon juice to them, their bitterness is replaced by a pleasant and refreshing tanginess.

One of the things I like doing with **dill** is to season **rice** with it. I just cook a cup of rice and when it is cooked, I mix a whole bunch of finely sliced dill in it. The dill will slightly cook in the heat and steam of the rice. It is a great way to use a lot of dill at once and it goes very well with grilled veggies and meats.

I find it a bit rough to eat **salad mix** in the winter, because I feel a little cold to begin with. But we get salad mix in the winter, so I find ways to make it a warming dish! What I often do with it is to serve it lukewarm by adding something hot to it. I chop the salad mix, add salad dressing to it, and add a bit of texture by throwing sunflower seeds or chopped walnuts in it. I serve it in individual bowls and then place something hot on top of each bowl, such as grilled fish, sautéed cubed potatoes, or grilled halloumi cubes. Always delicious!

Sliced **radishes and Hakurei turnips** make a great spread or dip when mixed with Greek yogurt, chopped **chives**, salt and pepper. When in a hurry or not feeling like spending a lot of time in the kitchen, this takes little time to prepare and makes a yummy lunch, appetizer or snack. It can be served on Barrio Bread, pita bread or ciabatta. Somehow, the yogurt takes away to bite of the radishes.

Some people like turnip bulbs and other prefer **turnip greens**. In many European markets, you can actually buy the greens separately from the bulbs. Turnip greens are less spicy than mustard greens and they have unique earthy flavor. I like to add them to soups and potato chowders in particular.

#### WHAT TO DO WITH QUELITES?

Quelites are mild, flavorful wild greens and are easy to use. The easiest way to fix them is to use them as you would spinach. Steam them, or sauté them lightly in oil with chopped onions and garlic. Or if you're feeling a bit more adventurous and would like to make something unusual, make a Simple Greens Bisque (see back page). It's Kumi's recipe and

### Citrus Vinaigrette

Rachel Yaseen, The Organic Kitchen

Use this vinaigrette for any salad, but it is especially nice over an endive salad, frisée or dandelion greens salad. You can use leftovers to drizzle over roasted veggies, too.

1/4 cup fresh orange juice (or half orange, half grapefruit)  
Juice of 1 lemon and 1 lime  
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil  
2 tablespoon agave nectar  
1 tablespoon chives, chopped  
1/4 cup parsley, chopped  
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.

### Lori's Dill-icious Bean Dip

Lori Adkison, Tucson CSA

This is a great dip for veggies, chips and bread. You can vary the flavors to your taste, adding more dill or salt and pepper as you desire. If you are in a hurry, just try adding chopped dill to a store-bought hummus, for similar results.

About 3 cups cooked white beans  
4 tablespoons olive oil  
1 handful chopped dill  
3-5 garlic cloves

Process all ingredients together in a food processor or blender, adding bean juice as needed to make a smooth paste. Taste for flavor and season to your taste with salt and pepper and more dill if desired.

### Easiest Greens in Tortillas

Sara Jones, Tucson CSA

This recipe is great with 'stemmy' greens, like bok choy and tatsoi. An Asian chile paste tastes best, but you can use salsa to spice the greens, too.

2 large handful greens (with stems), cleaned and roughly chopped  
1-2 cloves garlic, minced  
2 teaspoons oil  
Chile paste (Sriracha is excellent), to taste  
Mild, fresh cheese (crumbled) if desired  
4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and sprinkle with cheese if using.

### Sesame Ginger Greens

1 share CSA greens such as mizuna, arugula or tatsoi  
2 inches fresh grated ginger  
A few cloves minced garlic  
A couple of dashes of sesame oil  
A drizzle of soy sauce  
A sprinkle of red chile flakes  
2 tablespoons rice wine vinegar

You can use any greens for this recipe but mizuna, arugula, tatsoi and spinach are especially nice. If they are available, snow peas and carrots make great additions as well. Grate about 2 inches of fresh ginger. Mix together with a few cloves of minced garlic, a couple dashes of toasted sesame oil, a drizzle of soy sauce, a sprinkle of red chile flakes, and about 2 tablespoons rice wine vinegar. Toss together with greens and serve immediately, garnished with sesame seeds and green onions.

### Simple Greens Bisque

Kumi Rao, Tucson CSA

2 tablespoons of butter or olive oil  
2 shallots or 1 medium-sized onion (diced very fine)  
4 cloves garlic (minced)  
1 cup of pureed greens, quelites, radish tops or mizuna  
1/2-1 teaspoon (to taste) crushed red chili flakes  
1/2 cup of heavy cream/milk/coconut milk/unflavored almond milk  
Salt to taste

On a medium-low flame, add chili flakes to 2 tablespoons of butter/olive oil for 1-2 minutes. Add shallots or onion, a heavy pinch of salt and sauté until the onions start to turn a lovely brown (about 4-5 minutes). Add minced garlic and sauté for one minute. Add pureed greens and cook until most of the moisture has been evaporated (about 5 minutes). Thin mixture out with the milk of your choice and simmer for another 5 minutes. Season with salt to taste.

Serving suggestion: Top with a drizzle of extra virgin olive oil and cream – serve with Barrio bread.

\*\* To make this into a pasta sauce, simply add basil/oregano or fresh herb of your choice, thin out with only 1/4 cup of "milk" (preferably a richer option, heavy cream or coconut milk) and add to 8 ounces of pasta.