



Tucson Community Supported Agriculture

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Spring 2015

Harvest list is online

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on our website

Midnight Friday deadline

There are certain things you can only do from the day after your pickup day until midnight Friday:

- Change your subscriptions.
- Change your pickup day.

Other things can be done at any time but must be done by midnight Friday if they are to affect the following week:

- Place your subscription on hold for next week.
- Recharge your account if your balance is less than \$20 (unless you only have a bread share, in which case the amount is \$4.50).

Why midnight Friday?

Because on Saturday morning we need to figure out who will be on hold and who will not be and how many subscriptions need to be canceled if they have an insufficient balance, so that we know how many shares of each type to order for the following week.



DILL UMBRELLAS OR FENNEL?

Few herbs welcome spring time more loudly than dill with its bright yellow umbrella blossoms! Use them to decorate your spring dinner table. Or better: eat them! Cut the flowers from the stem and add to a soup, stew or the bottom of pickle jars. Why not pickle them with your radish pods this week? For dips and sauces, chop the flowers before adding them. Dill flowers can also be used in place of sprigs of fresh dill; use one to two flowers for each sprig. Place left over dill flowers into zip-top freezer bags and put them in the freezer to preserve. When fresh dill is needed, use frozen dill flowers instead.

Fennel tastes like dill but is milder and sweeter. Its delicate foliage can be used just like dill. However, fennel is really grown for its crisp and flavorful bulbs. Just remove the other layer of the bulb, cut the bulb in half or in quarters (depending on its size), steam it until tender (about 10 minutes), then drain and season it with salt, fresh ground black pepper and a bit of lemon juice.

RED RUSSIAN KALE

We're getting them in bunches this time and they're small and tender. They'll likely have some aphids on them (the small greens bugs that suck the plants' sap and usually hide on the underside of the leaves). Aphids are harmless but you can get rid of them by swishing the kale leaves vigorously in water. If the aphids are tenacious, add a squirt of liquid dishwashing detergent to the water, then rinse again.

LEAF LARD

It's our best kept secret! We only get leaf lard a few times a year and we only have a few packs left. Leaf lard is the highest quality pork fat you can get. We sell it un-rendered, in two-pound blocks. Just render it yourself to obtain the best possible cooking fat, which you can also use to make old-fashioned pie crusts.

To render, cut it up in one-inch cubes (it's easiest to cut it when frozen) and cook overnight in a crockpot on low heat with ¼ cup of water. Strain to remove the cracklings and pour it glass jars. TA DAAAA, you have home-made leaf lard! It will turn milky white as it cools. It can be stored at room temperature and it keeps for months.

RADISH PODS (see picture at left)

The radish plant produces those long stems with seed pods that look like green beans, which not surprisingly taste like radishes. Radish pods are soft but crisp. Many like to pickle them whole to use as a condiment. But you can also eat them raw or cook them.

They don't need to be shelled, although if they are more mature you should cut their thin extremities if they seem a little fibrous. When you bite into a raw pod you know you are eating a radish, yet the flavor is more delicate and refined than that of a radish bulb. You can chop the pods or leave them whole to use fresh in salads, or add them to a crudité platter, or just surround a bowl of dip with them at a summer gathering. Because they are unusual, they are sure to arouse the curiosity of your guests.

When cooked, they lose pungency. They are superb in stir-fries, holding their texture well. In India they are cooked in ghee and used in curries.

Spicy Peanut, Carrot, and Radish Pod Salad

½ cup chunky peanut butter, unsalted
1 teaspoon chili garlic sauce
2 tablespoons low-sodium soy sauce
4 tablespoons water
2 cups carrots, grated
1 cup radish pods, tough ends discarded

In a small bowl, whisk peanut butter, chili sauce, soy sauce, and water to blend. Steam or quickly sauté carrots and pods for a couple of minutes. Toss with dressing and serve as a side dish or over rice noodles.

Ginger/Soy Glazed Carrots and Radish Pods

James Kittredge, Tucson CSA

1 pound carrots (skinned and sliced)
1 cup radish pods, any tough ends discarded
2 tablespoons butter
2 tablespoons fresh ginger root (diced)
1 shallot (diced)
2.5 tablespoons of honey or agave nectar
1 tablespoon soy sauce
1 tablespoon lemon juice
1 teaspoon brown mustard

Boil a pot of water and toss in carrots. Let boil for about 4 minutes, or until just tender. Melt butter in a skillet. Sauté shallot and ginger for 4-ish minutes. Add honey, soy sauce, lemon juice, and mustard. Stir together. Add carrots and pods and cook until they are heated through and the sauce is sufficiently thick (2-ish minutes).

'Bruised' Raw Curried Kale Salad

Sara Jones, Tucson CSA

You can use any type of kale, or collards, in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine
1 carrot, grated
2 small turnips, grated
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
½ cup sunflower or pumpkin seeds
½ yellow onion
2 tablespoons apple cider vinegar
2 tablespoons apple or orange juice
1 tablespoon oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and turnip and set aside. In a food processor or blender, puree onion, vinegar, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.

Slow Cooker Vegetable Stock

Lorraine Glazar, Tucson CSA

If you are overwhelmed with carrots, make a veggie stock!

I find it interesting that suddenly frugality is "in". For me, it was never "out". One of the best frugal and delicious moves is to make homemade vegetable stock. I've never found a canned or boxed vegetable broth I like, and since it is so easy to make my own, I don't have to. Using a slow cooker conserves energy, and the idea can be adapted to stove top or pressure cooker.

Clean vegetable trimmings: root ends of onion, herb stems, green tops from I'toi onions, tails and tips from carrots (or whole carrots, roughly chopped), tomato cores, turnips, radishes, celery tops and roots, fennel cores, skins peeled off of ginger roots, etc. 2 quarts good-tasting water, bay leaf, peppercorns, dried chili (optional).

Save your clean vegetable trimmings in the freezer until a gallon sized bag is at least half full. Place these trimmings in your slow cooker and cover with 2 quarts water. Add a bay leaf and a dozen whole peppercorns. Cook on slow for 4 to 8 hours. Allow to cool, and strain liquid into sturdy jars.

Lettuce Soup-new

Sara Jones, Tucson CSA

Eat this soup chilled or hot. This is a great dish to prepare if you can't chew your way through another salad! Top with croutons and/or finely diced carrots for a bit of crunch.

2 heads lettuce, cleaned
½ onion, diced
1 tablespoon butter
1 quart broth
½ cup heavy cream
Chopped I'toi onions for garnish
Finely diced carrots for garnish
Salt and freshly ground pepper to taste

Sauté onion with butter in a saucepan over medium heat until softened. Add lettuce and cook until wilted. Add broth and cook an additional couple of minutes. Using an immersion blender, puree until smooth. Or let cool slightly and puree in a blender or food processor. Add cream and season to taste with salt and pepper. Serve warm or cold, with any garnish you like.