



Tucson Community Supported Agriculture

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Spring 2015

Harvest list is online

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Many more recipes
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CHERRY TOMATOES IN BULK; NYT RECIPE

For next week, and maybe the
week after, we are taking
orders for Crooked Sky Farms'
cherry tomatoes in bulk.

Orders are pre-paid, at the
front desk: \$45 for 15 pounds.

Check out this recipe from the
New York Times:

<http://cooking.nytimes.com/recipes/1016634-pasta-with-burst-cherry-tomatoes>

No room for the instructions
here, but just look at the
ingredients! We used bacon
instead of pancetta and it
worked fine (bacon has a
smoky flavor). It's a flexible
recipe--don't worry if you're
missing something that doesn't
look fundamental, need to
adjust quantities, or need to
substitute.

- 1 pound fusilli pasta
- 1 tablespoon extra-virgin olive oil, more for drizzling
- 6 ounces pancetta, preferably thick cut, diced
- 6 garlic cloves, smashed and peeled
- Pinch of red pepper flakes
- Fine sea salt and black pepper, as needed
- 1 quart cherry or grape tomatoes, halved
- 3 tablespoons butter
- Fresh ricotta cheese, for serving (optional)
- 3 cups whole mint leaves, torn
- 4 scallions, preferably red scallions for color, thinly sliced
- Flaky sea salt, to finish

A WEEK AT MY TABLE, by Paula Redinger

I love watching CSA members pick up their produce when I volunteer. Some members are obviously CSA experts, recognizing celeriac with glee, and recalling at least 10 recipes for it from the top of their head. Others teach their children to count out their share. "One, two, three, potatoes go into the bag!" I love that these children are learning to appreciate vegetables early in their lives! Newer members peer into each crate with caution, slowly examining the contents with a mix of curiosity and trepidation. "Vive la difference!" I say. We all love our vegetables!

Potatoes - When I see potatoes this tiny, I am reminded of a Julia Child recipe for sautéed potatoes, which call for potatoes just this size. "Peel them, and cut them into elongated olive shapes, all the same size... cut them smoothly so they will roll around easily and color evenly..." Farmer Frank's potatoes are magical: brown and savory on the outside, dense and creamy on the inside. I never tire of them.

Artichokes/Onions - It's fun to occasionally take artichokes one step further, after a usual steaming and trimming. This week, I brushed the prepared quarters with olive oil and tossed them on the grill for a few minutes for another layer of flavor. Then I filled the cavities with - who says chimichurri is just for beef? - that tangy Argentinian condiment to which I added the P'Itoi onions I received in my share in place of the flowering red onion.

Cauliflower - My new favorite cauliflower dish blanches it, then marinates it in a mixture of tuna, capers, olive oil, lemon juice, vinegar, salt, and pepper. Right before serving, I freshen and balance it by tossing it with lots of fresh parsley.

Broccoli - My broccoli is steamed and in my refrigerator, waiting to be called to action. While its final fate is unclear at this point, I am sure of one thing: prep is everything when it comes to broccoli. I like to remove as much of the pale green stem as possible, trim the fibrous outer portion from the larger stem pieces, and cut what remains into small dice. Then I separate the florets into tiny bouquets, much smaller than you'd see as your average side dish. This way, the different parts cook more evenly, especially if I give the stems a few moments head start, and cooking time is shorter. Plus, the smaller pieces blend more nicely into pasta dishes and the like.

Red Russian Kale - What luck that I should have a bit of leftover pork belly in the refrigerator! I cut the leftover scraps into small dice, sautéed them until browned, and wilted my kale in the fats and juices in the pan. What a delicious bruschetta it made, adorning slices of toasted Barrio baguette!



Cherry Tomatoes/Green Garlic

- I like to concentrate their already electric flavor by roasting cherry tomatoes with olive oil, salt, pepper, garlic, and thyme as long as I think they can be roasted, and then just a few minutes longer. Pile them on a crunchy bit of lavash, close my eyes, and - zing! - I'm transported to Provence!

Grilled (or Broiled) Nopalitos Tacos

Sara Jones, Tucson CSA

Grilled cactus tends to be less ‘gummy’ than boiled or steamed cactus. If you are squeamish about the gummy factor, then this is the way to go. Plus, the slight burn on the cactus makes the dish more complex and delicious. You can use the cactus in burritos, sandwiches or any other number of dishes. (Alone, they make a good side item on your dinner plate by the way.) If you don’t have a grill, the cactus pads can be prepared in a similar manner under the broiler.

2-4 cactus pads
1 tablespoon oil
1 tablespoon balsamic or red wine vinegar
1 teaspoon ground oregano
1 teaspoon chile flakes
Salt and pepper to taste
6 corn tortillas
Goat cheese or other mild white cheese
Salsa or other garnishes for serving

Mix together oil, vinegar, chile, oregano and salt and pepper. Rub mixture over cactus and let marinate while grill heats. When grill is hot, place pads and green onions over an area with medium high heat. After three or four minutes, flip cactus pads. Cook pads until beginning to brown and slightly charred around edges. Remove from grill and slice into long strips. Serve wrapped in tortilla with cheese and any desired garnishes.

Nopalitos and Bratwurst with Rice Pilaf

Philippe, Tucson CSA

If nopales put you off because of their slight sliminess, mixing them with cooked rice will resolve the problem. This is a nice one-pot dish that can be eaten hot or at room temperature. Instead of bratwurst, you can use Italian sausage, or if you prefer the dish to be vegetarian, you can use 2-3 cups cooked beans. It’s also a good way to use leftover rice – use 4 cups of cooked rice.

1 lb bratwurst (about 4 sausages), or 2-3 cups of cooked beans
2 nopale pads
1 onion, chopped
2 cloves garlic, minced
1 cup uncooked rice
2 cups stock or water
1/2 tablespoon herbs (use herb mix of your choice, e.g. herbes de Provence, oregano and thyme, Italian herbs)
Salt and pepper
Olive oil

Heat some oil in large skillet over medium heat. Sauté onions until translucent (about 5 minutes). Add rice, herbs and salt and pepper to taste. Stir until rice is well coated and hot, about 3 minutes (the rice should start smelling a little nutty but should not burn). Add garlic and stir for another couple minutes. Add stock, cover, and bring back to a boil. Reduce heat and simmer for 10 minutes. Turn off heat and let sit for another 10 minutes. Coat both sides of the de-spined nopales with olive oil. On a high heat grill (about

400°), grill bratwurst and nopales for about 5 minutes on each side. Nopales should be slightly charred. Slice the nopales in nail-sized cubes or diamonds. Slice the bratwurst in thin slices. Mix rice, nopales and bratwurst.

Roasted Beet and Fennel Salad

2 large beets
2 medium fennel bulbs, thinly sliced
1 teaspoon oil
Salt and pepper to taste
1/2 teaspoon cumin
1/2 cup feta cheese

Preheat the oven to 375°. Cut the stem and tip ends off of the beets. Scrub well and wrap in aluminum foil. Place in the oven and roast for 45 minutes. Remove and let cool. (This may be done in advance and the beets placed in the refrigerator overnight.) Remove the leafy ends from the fennel and any stalk that appear too tough. Slice very thinly. Put the olive oil in a small skillet over medium heat. Add the sliced fennel and cook, stirring occasionally, for about 15 minutes. Remove and let cool. Remove the beets from the aluminum foil. The skins will slip off easily after roasting. After they are skinned, cut into bite size cubes. Mix together the beets, sautéed fennel, salt, black pepper, ground cumin and crumbled feta. Chill well.

Quick Cherry Tomato, Fennel and Broccoli Pasta-new

Sara Jones, Tucson CSA

This quick pasta sauce cooks while the pasta is boiling (so make sure to cut the broccoli in small pieces). If you have any green garlic or onions left from last week, make sure to add those. Otherwise, use regular garlic.

1 pound pasta
1 tablespoon butter and 1 tablespoon olive oil
1 share cherry tomatoes, cut in half
1 fennel bulb, thinly sliced
1 cup broccoli, cut into 1/2” or smaller pieces
3-5 garlic cloves, smashed
1 teaspoon red pepper flakes
2 tablespoons heavy cream or yogurt
Salt and pepper to taste

Heat oil and butter in a large skillet over medium high heat. Add fennel and broccoli and cook, stirring often for about 4 minutes. Add garlic and chile flakes and cook until fragrant. Mix in tomatoes and stir occasionally to prevent sticking. When pasta is done cooking add about ¼ cup pasta water to vegetable mixture in skillet and turn to high heat. Stir in pasta, cream and salt and pepper and mix gently until liquid is mostly absorbed. If you have any green onion, stir in now along with chopped fennel fronds, if desired.