



Tucson Community Supported Agriculture

Newsletter 487 ~ May 11, 2015 ~ Online at www.TucsonCSA.org

Spring 2015

Harvest list is online

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on our website

CSA Tip: Even out your CSA account balance

There are a number of reasons why your CSA account balance can get a bit offset, which causes it to end with a small amount of money left at the end of your 6- or 12-week subscription cycle. For example: if have \$24.50 left in your account but you are only subscribed to 1 produce share, you will be left with \$4.50 after this week's pickup.

There are several things you can do about this once you figure out how much will be left over in your CSA account. If you'd like to even out your account, just come to the front desk and do one of these 2 things:

1. Pay a little extra to your account to even it out again.
2. Ask for a cash refund of those few extra dollars (Note: there is no refund fee for that kind of refund).

Easy peasy!

It is much better if you can pick up your remaining balance in cash at the front desk rather than have us write a check for only a few dollars and mail it to you.

BLACK MESA RANCH AGED CHEESES ARE COMING!

Most of you are familiar with the wonderful fresh goat cheese, feta cheese and boules from independent dairy, Black Mesa Ranch, nestled in the White Mountains. We're excited to announce that the first aged cheeses of the season will be available for sale at the front desk in a few weeks! Cheese Maker David has developed three styles: "Blue Goat" is a tangy Blue cheese, "Dutchess" is lightly aged and reminiscent of Gouda, while "Ementhraller" has a nutty and sweet taste in the style of Alpine cheeses.

As with all BMR dairy products, their aged cheese starts with milk from their herd of Nubian goats (an African breed that's tolerant of desert heat) and are made by hand in small batches. Once the initial batch of cheese is made, David then starts a process of rubbing each batch with salt by hand and turning them twice daily for two weeks. They're then moved to a special cheese "cave" for 2 months to ripen and develop their flavor.



"Blue Goat" cheese goes through a couple of extra steps: David inoculates the fresh cheese with p. roqueforti, the mold strain also used in - you guessed it - Roquefort cheese. He then pokes tiny holes in a process called "needling" to expose the mold to air and help form those famous blue veins. The first batches of "Blue Goat" and "Dutchess" are resting in their caves now and we'll let you know when they're ready for sale. They will not be available as cheese shares but on a first-come, first-

served individual sale basis, so keep your eyes peeled for the announcement.

CROOKED SKY FARMS NEWS

- This week, planting begins for hot-season veggies like chiles, bell peppers and Armenian cukes.
- The fruit trees are mature enough this year to start producing nicely and we should start seeing shares of peaches in as soon as a month! Pistachios are expected in August and pecans in the Fall.
- Farmer Frank and the Crooked Sky Farms staff are in the process of moving their offices to one of their Phoenix Metro-area fields at 27th Ave and Lower Buckeye Road after the plot where the original office stood was sold. It'll be a smaller space but close to operations.

MUSICIANS' SCHEDULES

One of the perks of picking up your share in the Historic Y courtyard is being serenaded by wonderful local musicians. Here are your troubadours for this week:

- Tuesday from 5 to 6 pm: William and Anton (violin and guitar)
- Wednesday from 6 to 7 pm: John White (guitar/banjo)

(Note that we normally have fewer music slots in the summer as musicians head out for tours or traveling.)

Laurel and Kiri of Aztral Folk will be leaving for Mexico for a while (sigh!) so their set on Wednesday, May 27th will be their last for a while. Mark your calendars now!

Moroccan Slaw

Sara Jones, Tucson CSA

If you have a mandolin, now is the time to use it. With the beautiful chioggia beets in this week share, this salad will look amazing. You can grate the veggies to, but the results won't be as spectacular.

1 cup peeled and thinly shaved (or grated) beets
1 cup thinly shaved (or grated) carrots
1 orange or grapefruit, peeled and cut crosswise in thin slices
1/4 cup thinly sliced onions, soaked in water for ten minutes and drained

Dress with:

1 teaspoon ground cumin
1/4 teaspoon ground coriander
Red wine vinegar and olive oil, to taste
1/4 cup cashews, chopped
Fresh cilantro, mint or parsley, chopped
Salt and pepper, to taste

Mix vegetables with citrus fruit and onions. Stir together vinegar and oil (about 1 tablespoon each) and cumin and coriander. Toss with veggies and stir well to coat. Add salt to taste and more vinegar, if needed. Stir in fresh herbs and cashews. Let sit for 15 minutes before serving.

Italian Dandelion Greens

Sara Jones, Tucson CSA

We publish this recipe fairly often when we have dandelion or chicory greens. It is one of the best recipes I know for using bitter greens. The salty, tangy, spicy and creamy flavors really balance the taste of the greens. If you or someone you are cooking for is especially sensitive to bitterness, blanch the greens in boiling water for one minute, drain and squeeze out the excess water before using.

1/2 large yellow onion, chopped
2 large tomatoes, or 1/2 can stewed tomatoes, roughly chopped
3 cloves garlic
1 bunch dandelion or other greens, washed and roughly chopped
1/4 cup chopped olives and/or capers
2+ tablespoons goat cheese
Red pepper flakes, to taste
1 tablespoon olive oil
Salt and pepper to taste
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and pepper and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10

minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or polenta.

Italian Arugula Salad with Beans

Lorraine Glazar, Tucson CSA

For the salad:

1 cup diced tomato
1 15 ounce can of cannellini beans, drained
1 share arugula, washed and roughly chopped
1/4 cup thinly sliced onion
2 tablespoons Parmesan cheese
1 teaspoon grated lemon rind, plus 1 1/2 tablespoon lemon juice
1/2 teaspoon fennel seeds, toasted and crushed

Vinaigrette:

1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon fennel seeds, toasted and crushed
1/2 teaspoon honey
Pinch black pepper

Combine first seven ingredients in a bowl, cover and chill. Prepare vinaigrette by combining the oil and remaining ingredients in a small bowl, and stirring with a whisk. Add to salad and toss well.

Pickled Beets

1 bunch beet roots
1/2 cup sliced onions
1 1/2 cups vinegar
1 cup water
1-3 tablespoons sugar, depending on how sweet you like your pickles
2-3 teaspoons salt
1 teaspoon to 1 tablespoon total of all selected spices, to taste. Spice suggestions are (use whole spices, not ground): Coriander – Allspice – Cardamom – Cloves – Mustard Seeds – Cinnamon Sticks

Prepare beets by roasting or boiling. Peel beets and cut or dice in preferred serving sizes. Bring water, vinegar, salt and sugar to boil and cook until the sugar is dissolved. Add spices and reduce heat. Simmer to let spices develop flavor and steep, about 10 minutes. Mix beets and onions, place in a glass jar and cover with vinegar mixture. Store in refrigerator. Will keep for two to three months. Pickled beets can also be canned and stored in the pantry if canning is in your skill repertoire. Any vinegar mixture left over when the beets are gone can be used as a base for marinades or dressings.