



Tucson Community Supported Agriculture

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Spring 2015

Harvest list is online

THE BACK PAGE

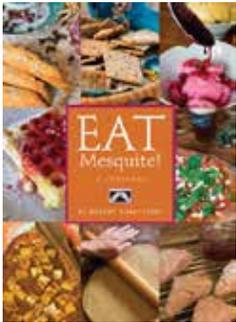
Frisée Salad with Bacon Bits
Beet, Arugula and Frisée Salad
Irish Garden Soup
Arugula Celery Pesto

Many more recipes
on our website

No Bread Shares This Week

Don from Barrio Bread will be taking a well-deserved break and there will be no bread shares or extra bread available on May 26 and 27.

Calling all local recipe testers



Desert Harvesters, a local non-profit promoting the planting and harvesting of native foods, are getting ready to release the second edition of their cookbook, *Eat Mesquite!*, and they need your help! This time, they want to increase the range of native foods as well as provide more rigorous testing of each recipe and are looking for volunteer cooks to learn about, review, and test almost 200 recipes as well submit their own. Ingredients will include local Sonoran desert plants such as mesquite, chiltepin, ironwood, yucca and more. To learn more, go to www.desertharvesters.org and click on the *Eat Mesquite!* cookbook cover.

KIRI AND LAUREL OF AZTRAL FOLK

Kiri Escalante and Laurel Bellante, of Tucson's world fusion band, Aztral Folk, will be playing for CSA members once more before they head to Mexico for a while. This duo version of Aztral Folk continues their experimentation with music from around the world with an emphasis on more traditional Mexican ballads and folk covers over a sonic bed of Kiri's rhythmic guitar and Laurel's haunting cello. Kiri also brings his renowned vocals going from folk laments to Tibetan throat singing to a Louie Armstrong growl. Their music is made with love and incorporates a dazzling array of tones from their unique rainbow of sound.



You can bid Kiri and Laurel a fond farewell on Wednesday from 6 to 7pm.

FRISÉE

It's time again for a not-so-common visitor from Crooked Sky Farms: frisée, also known as 'curly endive'. Named after the French word for 'curly', frisée is descended from wild chicory found throughout Europe, Africa and Asia that has been cultivated since the time of the Ancient Greeks. This domesticated version grows green at first, and then its spiky leaves are tied together to protect the tender, buttery heart from the sun, thus producing that characteristic gradient of white to green.

The French have long used frisée in bold salads, pairing its slightly bitter, peppery crunch with a tart vinaigrette, emollient fat from crispy bacon and the creamy gold yolk of a poached egg (see Philippe's take on the Lyonnaise Salad on the back page). Its assertive taste also pairs well with rich meat dishes and tangy cheeses, like goat or blue. You can also sauté them in a bit of olive oil as a side dish on their own.

LEAF CELERY



Leaf celery, aka cutting celery or Chinese celery, is the horticultural cousin to the tall 'stalk celery' we're all used to seeing in US supermarkets. As the name suggests, leaf celery is grown for its deeply lobed leaves, which pack a stronger celery taste than its watery kin and can be used in many similar ways. Chop up the leaves and the thinner ends of stalks to sauté with gold onions and some of those CSA carrots you likely still have lurking in your veggie bin for a classic mirepoix or sofrito. They can also substitute for parsley, sprinkled on top of finished soups and stews, or scattered throughout a fresh salad (though you might want to use a light hand as the celery taste is strong).

But not only do the leaves taste good, they're surprisingly good for you. Celery leaves are packed with antioxidants, vitamin K, beta carotene, folic acid and a host of other vitamins and minerals. So try out the Arugula Celery Pesto recipe on the back for a double dose of flavor and nutrition.

Frisée Salad with Bacon Bits

Philippe, Tucson CSA

This is a take on a Lyonnaise Salad, where frizzy frisée serves as a base for bacon and poached eggs. The richness of the bacon and eggs helps cut the bitterness in the greens. In this recipe the eggs are boiled then diced and tossed with the other ingredients, but you could serve it the traditional way, with poached eggs on top. For a complete meal, serve this salad over or alongside roasted potatoes.

1 head or bag of frisée, washed and chopped
2 hard boiled eggs, crumbled, or 2 poached eggs
1/4 lb bacon, cubed and sautéed
Small handful celery leaves, finely chopped
Toss together ingredients and add dressing (see below)

Dressing:

Juice of 1 lemon
2-4 I'itoi onions with greens
1 clove garlic
3 tablespoons olive oil or bacon fat
1 tablespoon mustard
Salt and pepper to taste

Combine all dressing ingredients in a chopper or blender and blend until smooth and creamy.

Beet, Arugula and Frisée Salad

Lorraine Glazar, Tucson CSA

I'm guessing you probably still have beets in the fridge...

3 medium beets (golden, red, or Chioggia)
Juice of one orange plus water to make one cup
1/3 cup sweetened dried cranberries
2 tablespoons raspberry (or apple cider) vinegar
1 tablespoon minced shallots
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon walnut oil (or use any good quality olive oil)
4 cups frisée
4 cups arugula
1 cup mint leaves (optional)
2 ounces Mozzarella, diced in 1/2 inch dice, or firm tofu or crumbled soft (log-style) goat cheese

Preheat oven to 400°. Wrap each beet in aluminum foil. Bake at 400° for 1 hour or until tender. Discard foil; cool beets for 30 minutes. Trim off beet roots; rub off skins. Cut beets into 1/8-inch-thick slices. Combine orange juice, water, cranberries, and vinegar in a small saucepan. Bring to a boil; cook 11 minutes or until mixture thickens. Remove from heat. Stir in shallots, salt, and pepper. Gradually add oil, stirring with a whisk. Combine frisée, arugula and mint

leaves (if using) in a large bowl. Add cranberry mixture; toss to coat. Add beets; toss gently to combine. Divide salad evenly among 6 plates. Top each salad with 4 teaspoons cheese.

Irish Garden Soup

Wendy McCrady, Tucson CSA

1 tablespoon olive oil
2 onions, diced
2 garlic cloves, minced
4 cups vegetable stock
1/4 cup nutritional yeast
3 tablespoons soy sauce
1/4 teaspoon dried sage
2 tablespoon pickling spice, tied up in cheesecloth
4 large or 8 small potatoes, chopped
4 large carrots, diced
1 bunch kale, chopped
1 large handful celery, with leaves, chopped

Sauté onion and garlic in oil over medium heat in soup pot until translucent. Add stock, seasonings, potatoes, carrots and celery. Bring to a boil. Reduce heat and simmer until vegetables are barely tender. Add kale and cook just until tender.

Arugula Celery Pesto

Inspired by Celine Hayden's Arugula Pesto

This makes a great spread for bread. The stronger flavors of the arugula and celery also make this a great pesto to serve with grilled meats.

1/2 cup toasted pine nuts (you can also use other nuts, almond and walnuts are good options and cheaper, too)
1 bunch or bag arugula
1/2 cup packed celery leaves
1-3 tablespoons white balsamic vinegar (can also use red but mutes the green color of the arugula)
1-2 cloves crushed garlic
Olive oil
Salt and pepper to taste

Toast nuts in a pan and add to food processor or blender and pulse until well diced. Add arugula, celery, 1 to 2 tablespoons vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable). Note: the vinegar takes some of the bite out of the arugula. Add more or less depending on taste. Also, blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important—it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).