



# *Tucson Community Supported Agriculture*

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## **Spring 2015**

**Harvest list is online**

### **The Back Page**

Pickled Carrots  
Dandelion and Goat Cheese  
Pizza  
Italian Greens with Peppers  
and Capers  
Scalloped Potatoes and Greens

**Many more recipes  
on our website**

### **Late-season carrot tips**

The carrots keep a'comin. While they still taste great, their larger size and maturity are making them a little chewy. So you might not want to use them raw for salads or snacking (or as grain-free spaghetti as we mentioned a few weeks back), but you can still cook with them, grate them for burgers and fritters or you can of course juice 'em.

### **Money left on your account?**

If you have a little money left on your account when your subscription expires, you can leave it there for future use or you can have it refunded. If you want it refunded, it is best to come ask for it on your last pickup, instead of asking us to mail you a check. Amounts left are usually only a few dollars and by collecting it yourself you save us the cost of mailing it to you. Thank you!

### **Salade Lyonnaise**



## **THE BIRD FLU AND HOW IT AFFECTS US**

Many of you have likely heard of the avian influenza epidemic, or bird flu, which is currently affecting commercial poultry in the United States and in the world and is causing a shortage of poultry and eggs. This disease can spread rapidly among bird populations and is usually fatal to them. In very rare case it can also affect humans but it usually causes only minor or no illness among them.

The bird flu affects all birds: commercial poultry, backyard chickens as well as wild migratory and non-migratory birds. Places most at risk of severe outbreaks are large-scale industrial poultry and egg factories where high animal density, unsanitary conditions and poor bird health greatly increase the risk of outbreaks. Healthy and happy animals raised in low-density pastures such as Josh's farm are less at risk.

The US regions most affected so far are the midwest and the great lakes area, and to a lesser extent, the west coast. Many stores nation-wide have started rationing eggs and egg prices have already reached record highs in some retail outlets.

The bird flu has so far not affected Josh's farm directly. However, the state of Arizona has started imposing mandatory egg washing and sell-by date stamping on cartons for some poultry farms, including Josh's. Egg-washing is actually a negative development, as the washing of eggs reduces their shelf life. We will talk more about this in next week's newsletter.

For the latest info on the bird flu epidemic, go to the USDA website at [www.usda.gov](http://www.usda.gov)

## **HOW TO USE BITTER GREENS LIKE DANDELION GREENS AND FRISEE LETTUCE**

Both of these greens are grown for their bitter quality. While their bitterness in itself is perhaps not a desired quality, the combination of bitterness with flavors from other foods results in different, highly desired flavors which makes bitter greens somewhat of star greens among other greens. This remarkable flavor blending effect is very apparent and effective in, for example, the Salade Lyonnaise (see below).

How is that? Well, bitter greens combine well with acidic, fatty and spicy ingredients. Acidic ingredients include citrus, vinegar, and pickled vegetables. Fatty ingredients include cheese, egg yolk and bacon or pork meat in general. Spicy ingredients include black pepper, chile powder, horseradish, Cayenne pepper and raw onions. All this can result in many combinations and permutations. Below are just three examples. Also, check some of the recipes on the back page.

- **Dandelion Pesto:** dandelion greens can be blanched, drained then blended with garlic, lemon juice, walnuts and grated Parmesan or Pecorino. Use like a typical pesto, with pasta or as a spread for sandwiches.
- **Salade Lyonnaise:** frisée can be chopped finely and mixed with a warm citrusy salad dressing, sautéed bacon and poached eggs. This is a classic and delicious salad from the beautiful French city of Lyon.
- **Braised Ground Pork:** sauté ground pork with chopped onions until browned. Season with salt, pepper and herbs. Add chopped greens. Cover and cook on low heat until the greens are wilted, stirring occasionally. Serve on pasta, potatoes or rice.

## **Pickled Carrots**

Lorraine Glazar, Tucson CSA

Here is a recipe which makes a great home staple or an excellent host/hostess gift! If you are in the kitchen anyway, it doesn't take much time for prep. Also is a good way to dispatch a large surplus of carrots! These will store well in the refrigerator for at least a month, but you can also can them, if you like.

1 pound carrots  
Sliced onion  
Pepper slices  
For the liquid:  
3/4 cup vinegar  
3/4 cup water  
1 tablespoon to 1/4 cup sugar  
2 teaspoons salt  
Per Jar:  
3 slices peeled ginger root  
1/2 teaspoon whole cumin seeds  
1 1/2 teaspoon yellow mustard seeds

Peel carrots or not as you prefer. Slice in sticks (which I think are easier to pack) or 1/4 inch wide chips. Put veggis into a quart saucepan and barely cover with salted water. Bring to a boil and boil for 3 minutes for chips or 5 minutes for sticks, then drain. Combine the vinegar, water, salt and sugar in a small saucepan, bring to a boil and boil for 3 minutes. While that's boiling, fill each jar with three slices ginger and the seeds, and pack them with the vegetables. Pour the hot syrup over them to cover (to within 1/2 inch of the lid), clean the jar rims with a clean paper towel or dishcloth, put the lids on and screw the rims finger tight. Store in the fridge or can.

## **Dandelion and Goat Cheese Pizza**

Sara Jones, Tucson CSA

This is a simple and delicious pizza. You can add thinly sliced cured ham or salami, if you like.

Pizza dough (you can buy prepared pizza dough at many grocery stores)  
1/2 bunch dandelion, cleaned, blanched and chopped  
1 tablespoon capers  
2 tablespoons roasted red peppers, chopped  
2 tablespoons olive oil  
2 teaspoons balsamic vinegar  
About 4 ounces fresh goat cheese

Blanch dandelion by submersing in boiling water for about 2 minutes. Transfer to a bowl of icy water. Squeeze all liquid from greens and chop roughly. Roll out pizza dough and drizzle with olive oil. Scatter ingredients evenly over dough. Drizzle with balsamic vinegar and bake in a 400 degree for about 15 minutes, or until crust is cooked through.

## **Italian Greens with Peppers and Capers**

Sara Jones, Tucson CSA

This is an excellent sauce for pasta, but it would also be nice served over rice. You can use frisee or dandelion, if you don't like bitter flavors, blanch the greens for a minute or two in boiling water before adding to this dish.

1/2 large sweet onion  
3 cloves garlic, minced  
3-4 mild green or red chiles, chopped  
1 large ripe tomato, diced, or about 1/4 cup canned, diced tomato  
Large handful chopped greens  
2 tablespoons capers  
Small handful feta cheese, crumbled (optional)  
1 tablespoon cream (optional)  
Salt and pepper to taste  
About 1 tablespoon olive oil

Heat oil in a medium skillet and add onion and garlic, stirring well to coat. Cook over medium high heat for a few minutes, then add the rest of the ingredients, except the cheese and cream if using. Cook for about 5 minutes. Season with salt and pepper, to taste. Stir in cheese and cream just before serving. If using as a pasta sauce, reserve about 1/4 cup of pasta water and toss cooked pasta and reserved water into pan with mixture and cook for an additional minute, stirring well to coat.

## **Scalloped Potatoes and Greens**

By Philippe, Tucson CSA

4 medium potatoes, thinly sliced  
2 tablespoons butter  
1/2 onion, thinly sliced  
1 bunch greens (any greens), sliced in ribbons  
2 tablespoons flour  
2 cups milk  
1 dash nutmeg  
1 teaspoon dry mustard  
Salt and pepper to taste

Heat oven to 350°. Lightly grease an 11 x 7-inch baking dish. Melt butter in a medium saucepan. Add scallions and sauté for one minute. Stir in flour until smooth. Add milk and stir until thick and bubbly. Add salt, pepper, mustard and nutmeg. Stir in greens. Pour mixture over potatoes and mix well, but gently. Pour the potato mixture into baking dish. Cover with foil. Bake for 45 minutes. Uncover and bake for another 15-20 minutes, or until potatoes are tender.