



Tucson Community Supported Agriculture

Newsletter 516 ~ November 30, 2015 ~ Online at www.TucsonCSA.org

Fall 2015

Harvest list is online

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Many more recipes on our website

Winter Holiday Break

We will be closed during the two weeks of Christmas and New Year. There is no need to place your subscription on hold for those two weeks.

The last pick of 2015 will be on Wednesday, Dec. 16.

The first pickup of 2016 will be on Tuesday, Jan. 5.

Managing your online CSA account

You can add and remove shares from your subscription as long as you keep a minimum of 1 produce share or 1 bread share.

These changes can only be made between the day after your pickup day and midnight Friday.

You can also place your subscription on hold. This change can be done any time, but must be done by midnight Friday to affect the following week.

For more info, go to the help tabs on our homepage.

Goodbye Fall, Welcome Winter!

The first frost that hit Crooked Sky Farm's Duncan fields earlier this month marked the end of the fall season. A farmer always keep an eye out for the weather, so just before the frost, Farmer Frank's crew harvested all the remaining corn, chiles and tomatoes they could, and stored them in the barn. There were still many, many tomatoes, and most of them were still green. They now get sorted every few days to remove the bad ones. The ones that make it to us may not be the best looking tomatoes this late in the season, but they still taste good. Some may still turn red but at this point most will remain green.

What to do with green tomatoes, other than fried green tomatoes? Try apple pie (where you replace the apples by the green tomatoes), green enchilada sauce, chutney or green salsa. Or you can use them as red tomatoes, but don't expect a typical tomato flavor: they will be tangy and firm instead! Another interesting use for green tomatoes is green tomato and orange jam. It's delicious. Look it up on our online recipe page.

We heard a few newer members ask what to do with braising mix. Braising mix is a mix of mild and slightly bitter or spicy greens, such as kale, tat soi, mizuna, arugula and mustard greens. The obvious answer is, well, to braise them, i.e. wilt them in a covered pan with some olive oil, onions and garlic for example. But when they're still young and tender as they are now, you can also eat them raw, in a salad for example, or as a part of the filling in tacos or spring rolls.

Frank ran an experiment in late summer and early fall by planting some cucumbers and melons in his Phoenix fields, hoping they would yield some goodies before the winter. They've been doing well. This is why we have recently been getting those long, pale green Armenian cucumbers. They're a low water use cucumber from the Middle East that does well in our climate. You can use them as you would any cucumbers and you can eat their skin also. And yes, their nature is to be limp, which does not affect how crunchy they remain. With a bit of luck we may soon get some melons also.

Oranges' True Colors!

If you're new to the CSA, you will likely avoid taking our green navel oranges and go for the oranges ones instead. It's natural. Most of us have been conditioned to believe that ripe oranges must be orange.

Not so! In warm climates, ripe oranges are naturally green. They only turn orange in cooler climates where cool night temperatures destroy their green chlorophyll pigment, allowing the yellow carotenoids pigments underneath to show through. If the weather warms up for long enough, the chlorophyll returns and turns the oranges green again. If you have an orange tree and you leave some of the oranges on it throughout winter and spring, you may see the oranges fluctuate between green and orange multiple times, depending on the temperatures, or they may display various shades of green to orange, depending on exposure.

Commercially-grown oranges are generally green too, at least to start with, but because consumers have been trained to believe that oranges should be orange, green oranges are treated with ethylene, which, like cold temperatures, also turns them orange.

So, don't think that the green oranges we are getting from the farm aren't ripe. They are! They are just showing their true colors.



Italian Arugula Salad with Beans

Lorraine Glazar, Tucson CSA

For the salad:

- 1 cup diced tomato
- 1 15 ounce can of cannellini beans
- 6 cups torn arugula
- 1/4 cup thinly sliced onion (red looks best)
- 2 tablespoons Parmesan cheese
- 1/4 cup thinly sliced basil
- 1 teaspoon grated lemon rind
- 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 teaspoon honey Pinch black pepper

Combine first nine 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. Serves 3-4

Quick Indian Inspired Greens and Lentil Soup

Kumi Rao, ruchikala.wordpress.com

- 3 cups of cooked lentils (split mung dal is my favorite)
- 2 tablespoons oil
- 1/2 teaspoon of cumin seeds
- 1-2 dried red chilies
- 1/2 teaspoon turmeric
- 1 jalapeno (seeded if you are more heat sensitive)
- 1 teaspoon minced garlic
- 2 teaspoons minced/grated ginger
- 3 cups of chopped greens (braising greens, rapinni, mustard, spinach, all work great), cut into small pieces
- 1 teaspoon coriander powder

In a 4-quart saucepan, warm the oil on low to medium heat and add dried red chilies and cumin seeds. When the oil starts to smell fragrant and the cumin seeds just begin to lightly toast (this should take about 2-3 minutes but watch your cumin, don't let it burn) add the turmeric and diced jalapeno. Sauté for 1-2 minutes and then add ginger and garlic. Add chopped greens. Raise the temperature to medium-high and sauté with 1/2 teaspoon of salt and coriander powder (about 3-4 minutes until they are nice and tender). Add the lentils and simmer for another 5-10 minutes. Serve over basmati rice and top with fresh cilantro.

Balsamic Lemon Greens

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of braising greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

- 1 bag braising greens
- 2 cloves garlic, minced
- 2 teaspoons oil
- 1 squeeze of lemon juice
- Dash balsamic vinegar to taste
- Dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and garlic and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

Easiest Greens in Tortillas

Sara Jones, Tucson CSA

This recipe is great with 'stemmy' greens, like bok choy and tatsoi. An Asian chile paste tastes best, but you can use salsa to spice the greens, too. Serve these tacos with refried beans for a quick and light dinner.

- 2 large handful greens, cleaned and roughly chopped
- 1-2 cloves garlic, minced
- 2 teaspoons oil
- Chile paste (Sriracha or sambal if possible), to taste
- Mild, fresh cheese, if desired
- 4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and sprinkle with cheese if using.

Roasted Potatoes with Garlic and Thyme

This type of roasting works particularly well with Red LaSodas, due to their fine, creamy texture and moderate moisture content.

Preheat the oven to 400°. Scrub the potatoes well in water and drain them. Choose a shallow baking dish or pan just large enough to hold the potatoes in a single layer. Toss the potatoes in the pan with olive oil (heads of garlic separated into cloves, peeled or not, as you prefer), sprigs of thyme or winter savory, and a splash of water. Season with salt and pepper. Tightly cover the baking pan with aluminum foil and put in the middle of the oven. After 40 minutes, carefully lift one corner of the foil and check the potatoes for doneness. They should pierce easily with a small knife. If the potatoes are not tender, replace the foil and continue to roast until they are done. When they are, take them out of the oven and loosen the foil to allow the steam to escape. They can be kept warm for a few minutes before serving.