



Tucson Community Supported Agriculture

Newsletter 522 ~ January 25, 2016 ~ Online at www.TucsonCSA.org

Winter 2016

Harvest list is online

The Back Page Recipes

Winter Greens Pastry Shell
Stuffed Cabbage Rolls
Japanese Farmhouse Greens

More recipes on our website

Price Increase

Ok, lets try to explain this differently: although the new share prices were applied to all subscriptions after January 1st, members who had produce and Barrio bread share pickups left beyond January 1 were given a complimentary credit to offset the price increase for the remainder of their 6- or 12-week subscription.

If you had pickups left after January 1st, you can check the amount you were credited by going to your online CSA account and look for the complimentary entry on January 3rd.

For more details on the price increase, see Newsletters 519 (Jan. 4) and 520 (Jan. 11).

Attention: No-Barrio-Bread days are coming!

There will be no Barrio Bread on the following days:

- Wednesday, February 3
- Tuesday, February 16

CSA accounts of bread share subscribers will not be debited for bread shares on those days.



Pecan cracker

Winter Greens: Quelites (*que-LEE-tess*)

As we sail through our high season for greens, let's talk about one of the lesser known varieties: quelites. What are these cute, velvety, floppy leaves about? Quelites is a Mexican term used to refer to a range of wild greens including amaranth greens and chenopods, the latter being also called lamb's quarters or goosefoot. In English, they are called wild spinach because they taste like spinach, but we like to call them by their local native name. The quelites we are currently getting from Crooked Sky Farms are lambs quarters, aka goosefoot, or chuales in Spanish. The leaves are much smaller than other cooking greens - they do look like a goose's foot, don't they?

Quelites are a good source of calcium and potassium and can be used like spinach, or any winter greens for that matter. They have a very mild, almost sweet taste and the leaves wilt quickly when sautéed. There is a slight fuzziness to the leaves and to best clean them, just dunk in a bowl full of fresh cold water, swish them around and let them sit for a few minutes before draining them. Use them soon because they don't last long, hence you won't find them in grocery stores.

Once they're clean and towel-dried, give them a quick chop on the cutting board, including stems, and add them to soup, stews (they are great in bean stews!) and curries, like Winter Vegetable Curry. It's a very simple recipe made with any winter vegetables you have on hand and coconut milk: <http://chocolateandzucchini.com/recipes/vegetables-grains/winter-vegetable-curry-recipe/>

Rachel made an excellent pesto out of quelites at her cooking demo two weeks ago (her recipe is on the back page of last week's newsletter as well as on our online recipe page).

Shelling Pecans

Pecans are one of the most delicious nuts out there, in my opinion, are fantastic toasted on top of salads or soups and make an amazing nut milk (google 'nut milk' to find out how easy it is to make your own). Fresh, organic pecans are even better in taste and quality than what you can find in grocery stores and restaurants.

But how do you get them out of their shells? Here are some suggestions to help you crack the code of un-veiling these delectable meats (see what I did there?):

Use household tools: If you have some pliers handy, just apply some pressure around the nut until you hear a cracking sound and then keep going all around the nut, making little cracking sounds as you go. When you're done, you should be able to chip off the shell to reveal the meat. Take care that there may be little woody bits in the crevices of the nut meat that are easily dislodged with a toothpick or one of those tiny eyeglass screwdrivers.

Use your fists: Take two pecans and squeeze them together so they crack each other. Move the pecans around so different sides of the shell get cracked.

Use a nut cracker, or better even, a special pecan cracker: Pecans crack best when squeezed from their pointy ends and there are special nutcrackers which do just that. Do a search on Amazon for 'nut cracker pecans' and you'll see several well-priced gadgets including the 'vintage pecan nutcracker', the classic nutcracker (which looks mighty similar to your pliers) and even ergonomic versions.

Winter Greens Pastry Shell

Howard, Tucson CSA

Yes, putting greens into a quiche is a great way to use them. But putting them into the pie shell, ingenious! Double up on your greens by putting them in the shell and the filling. This is a great opportunity to use up any greens that may be clogging your veggie drawer. Make more than one, because they freeze easy, too.

1 pound greens and their stems (to date, I've successfully used every green we get)
2 – 3 tablespoons butter (veg oil works, but isn't as flavorful)
3/4 cup all purpose flour
3/4 cup bread crumbs (bran also works; either wheat or oat)
Optional herbs (dill, celery seed, etc.)

Pre-heat oven to 375°. Lightly oil a 9 inch pie plate. Chop greens (or pulse in food processor) until they are finely minced (if stems are tough, you could remove, but I've not had a problem with them). Melt butter in a heavy skillet and add greens. Sauté until soft, then transfer to a bowl and mix in flour, bread crumbs, and herbs. Press mixture into the pie plate, using a fork or spatula to spread evenly and then forming the edges with your fingers. Bake for 15 to 20 minutes. At that point you can refrigerate or freeze for later use, or without cooling, use it for a quiche (since the oven's hot, why not?).

To make Quiche

1 Winter Greens Pastry Shell (see above)
1/2 pound grated cheese (Swiss, Cheddar, etc.)
Enough sautéed greens, onions, peppers to fill Winter Greens Pastry Shell
3 eggs
1 cup milk or soy milk

Sprinkle grated cheese on bottom of shell. Fill to the top with mixture of sautéed greens, onions, peppers, more herbs, etc. Beat eggs with milk (or soy milk) and pour over greens. Bake at 375° for about 30 minutes, or until center is firm. I haven't seasoned with salt or pepper; there seem to be plenty of good flavor enhancers in there naturally.

Stuffed Cabbage Rolls

Lorraine Glazar, Tucson CSA

The more delicate leaves of Chinese cabbage can be steamed just lightly or not at all. You can also layer the leaves or make patches with them as needed.

12 large cabbage leaves
1 ounce dried mushrooms, such as porcini or other type
1 cup boiling water
1 tablespoon oil
1/2 onion, diced
3 cloves garlic, chopped

1/2 cup fresh mushrooms, chopped
1 cup cooked brown rice
1/2 cup pine nuts
1 egg lightly beaten (or egg substitute of your choice)
2 tablespoons fresh dill, finely chopped (substitute parsley)
2 tablespoons fresh mint, finely chopped (optional)
1 teaspoon marjoram
1 teaspoon cumin
Salt and pepper to taste
1 1/2 cups basic marinara sauce

Heat your oven to 325°. Steam or boil the cabbage leaves until softened (they should still have some crisp to them). Pour 1 cup boiling water over the dried mushrooms and let them sit for 15 minutes, or according to package directions. Warm oil in frying pan and add diced onion. Sauté 5 minutes or until onion has softened a bit. Add garlic and chopped fresh mushrooms, and sauté another 5 minutes. Remove from heat. Drain the dried mushrooms and reserve the water. Chop as finely as possible. Combine the chopped dried mushrooms, the cooked onion mixture, the brown rice, nuts, egg and spices. Add salt and pepper. Mix the stuffing well. Open up the cabbage leaves, one at a time. Stuff with 1/12 of the mixture, starting at the stem end and rolling it like a butcher's wrap package. Roll firmly and place, seam side down, in a shallow casserole. Top with the marinara sauce, and bake uncovered for one hour or more, until rolls have absorbed most of the sauce.

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. The tahini provides an excellent foil to any bitter or pungent flavors in your greens. It may sound a bit odd, but you can use this as a filling for sushi, too.

1 or 2 bunches braising greens
1 tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of water if necessary to thin. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.