



Tucson Community Supported Agriculture

Newsletter 523 ~ February 1, 2016 ~ Online at www.TucsonCSA.org

Winter 2016

Harvest list is online

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More recipes on our website

Bread Waitlist

We are currently sold out of Barrio Bread shares. However, if you'd like a bread share, you can go online to add one to your subscription and you will automatically be waitlisted. As soon as a bread share becomes available, it will be added to your subscription.

In the meantime, you can always buy non-share bread at the CSA. But try to come early, as we often sell out around 5 p.m.

Attention: No Barrio Bread Tuesday on Feb. 16

There will be no Barrio Bread on Tuesday, February 16

CSA accounts of bread share subscribers are not debited for bread shares on such days.



A Week At My Table, by Cristina Williams

One of the things I love about the abundance of greens we get in our CSA share this time of year are the health benefits - they're a powerhouse of antioxidants and minerals - and even protein - so as I add them to as many meals as I can manage, I can practically feel the vitamins coursing through my veins! Last week was full of little strategies to sneak these veggies in as many places as I can.

Salad Mix - Of course I used these for salads and to top sandwiches throughout the week, but I also toss these into my morning smoothie. This has been a strong nutritional trend for a while in the blogosphere, but in case you didn't know, you can totally add greens, from lettuce to spinach to kale (sans any tough woody stems), to a smoothie and with all the other ingredients, you can't even tell they're in there.

Navel Oranges - These made great mid-morning snacks with some segments tossed into salad.

Quelites - I think these greens are cute but their fuzzy leaves do tend to have a bit of extra dirt clinging to them so I make sure to give them a good bath. I soaked them for a few minutes in a bowl of tap water and then swirled them and rinsed them really well. Then I took off the thicker stems, chopped them pretty finely and added them to leftover mulligatawny soup. I still had some quelites leftover and just popped them into my smoothie the next morning.

Pecans - I finally got a pecan nutcracker and it's one of my favorite kitchen purchases in a while. Now I can process a pint of pecans in no time without losing my fingernails (or mind). Lately I've been using them to make pecan milk - it is so creamy and luscious! Just soak the pecans in water with salt overnight. The next day, drain and rinse, add to a blender with 3 cups of water and a little sweetener of choice, then blend, blend, blend. I have a nut bag (basically a nylon bag woven into a fine mesh) but you can use cheesecloth, an old tshirt or a leg of pantyhose - just make sure they've been well washed. Whatever you use, line a pitcher or bowl, pour the contents of the blender and then squeeze the milk with your (clean) hands until only the pulp is left. Keep your milk in an airtight container in the fridge. The milk will separate over time but just give it a shake to reconstitute.

Red LaSoda Potatoes and Rapini - The sturdy strong taste of rapini makes a good foil for stronger flavors so I added rapini to a hearty stew filled with garlic, chili flakes and smoked paprika plus a rind of parmigiano cheese for good measure. The creamy mildness of the potatoes and some of the pinto beans we got a few weeks ago balanced things out nicely.

Braising Mix and Chinese Cabbage - I de-stemmed and chopped all of these hearty greens, dressed them in olive oil, lemon juice and salt and then gave them a thorough massage for a couple minutes. Doing this breaks down the fibers and increases digestibility - and makes these strong greens surprisingly awesome in their raw state. I added them to abundance bowls with roasted veggies, lentils and quinoa and a tangy tahini sauce.

Simple Greens Bisque (simple greens pasta sauce)

Kumi Rao, Tucson CSA

2 tablespoons of butter or olive oil
1/2 bunch finely chopped P'itoti onions
4 cloves garlic (minced)
1 cup of puréed greens (any greens will work)
1/2-1 teaspoon (to taste) crushed red chili flakes
1/2 cup of heavy cream/milk/coconut milk/unflavored almond milk
Salt to taste

On a medium–low flame, add chili flakes to 2 tablespoons of butter/olive oil for 1-2 minutes. Add shallots or onion, a heavy pinch of salt and sauté until the onions start to turn a lovely brown (about 4-5 minutes). Add minced garlic and sauté for one minute. Add puréed greens and cook until most of the moisture has been evaporated (about 5 minutes). Thin mixture out with the milk of your choice and simmer for another 5 minutes. Season with salt to taste.

Serving suggestion: Top with a drizzle of extra virgin olive oil and cream – serve with Barrio bread.

** To make this into a pasta sauce, simply add basil/oregano or a fresh herb of your choice, thin out with only 1/4 cup of “milk” (preferably a richer option, heavy cream or coconut milk) and add to 8 ounces of pasta.

Spanish Egg Drop Soup

Sara Jones, Tucson CSA

Quelites (lambsquarters) make a nice addition to a typical Spanish garlic soup. This is also a great way to use up any extra dried out bread you have. The eggs are typically poached in the broth as the soup cooks but it is easier to stir them in as strands. Poach them if you prefer. You can add diced ham for a heartier soup.

1 bunch greens, cleaned and cut into strips
2 slices bread, cut into cubes
3-5 cloves garlic, minced
2 tablespoons olive oil
3 eggs
1 teaspoon each of salt and pepper
1 teaspoon paprika
1 tablespoon flour
1 quart chicken or veggie broth (water is fine, too)
2-3 P'itoti onions, chopped, to garnish

In a soup pot over medium heat, sauté bread in olive oil until beginning to toast. Add garlic and paprika and cook until fragrant, add stock and bring liquid to a boil. Lower heat to a simmer and cook 10 minutes. Add greens (and ham, if using) and stir again. Cook until greens are wilted, just a few minutes. Mix together eggs, salt and pepper and flour. Pour egg mixture slowly into broth and stir gently. Season to taste with additional salt and pepper. Serve, garnished with chopped green onion.

CSA Bean Hummus

Lori Adkison, Tucson CSA

This is Tucson twist to a party favorite. Serve garnished with chopped P'itoti onions and diced avocado, if desired.

1 cup heirloom beans
1 tablespoon dried chipotle flakes
1/2 onion, chopped coarsely
1/3 cup freshly squeezed lime juice
8 cloves roasted garlic
1/2 cup tahini
1 canned chipotle chile in adobo sauce
Sea salt
2 tablespoons olive oil
Water, if needed for thinning the consistency

Soak the beans overnight by boiling them for three minutes and then let stand. Rinse the beans and cook them covered in water with dried chipotle flakes and onion until done, approximately two hours. Roast the garlic by cutting off the top portion of the bulb and drizzling with olive oil. Wrap the garlic in foil and bake in a 400° oven for 30 minutes. Drain the beans and let cool. In a food processor combine lime juice, garlic and tahini. After achieving a smooth consistency, add the beans and water if necessary. Add the chipotle and salt to taste. Serve in a bowl garnished with cilantro leaves and drizzled olive oil.

Grapefruit Marmalade

Sara Jones, Tucson CSA

Grapefruit and other citrus have natural pectin in their peels, so making a jam with them is easier than you think. You can stew this marmalade with ginger or other spices to give it a kick. Though it takes a while on the stovetop, actual prep time is short. You can use a combination of citrus, the sour oranges that grow all around town work great, too. Just keep the ratio the same and you can increase the size of your batches.

2 grapefruit
1 cup sugar

Cut grapefruits into quarters and remove flesh from peels. Cut peels into a medium dice. Place in a saucepan with enough water to cover and bring to a boil. Drain and repeat once more. Meanwhile, separate grapefruit flesh from membranes as best as you can without spending too much time worrying about it! Reserve all juice and combine with flesh. You want one cup of this mixture. If you don't have quite enough add orange juice or water to make one cup. Bring liquid and one cup sugar to a boil. Add grapefruit peels and any spices you are using and reduce heat to low. Cook for about 45 minutes, until liquid is syrupy and thick. Remove from heat and cool. If desired, puree in a food processor or blender, or leave chunky. Store in a glass container in the refrigerator for up to a month.