



# Tucson Community Supported Agriculture

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## Winter 2016

**Harvest list is online**

### The Back Page Recipes

Quick Greens with Spicy Sausage and Couscous  
Grilled Romaine Salad  
Panade

**More recipes on our website**

### Josh's Whole Frozen Chickens Temporarily Unavailable

As you know, in addition to the delicious Josh's eggs, the CSA also gets whole frozen fryer chickens from Josh. Like his egg chickens, they're also pasture raised, and have true chicken flavor. On the last trip to Josh's farm to get eggs, we asked for more chickens and got some bad news. He's run out, and won't have more for about 3 months! Apparently, he ended up with too many chickens last year, so he reduced the quantity this year. Then demand jumped, and the present shortage is the result.

This illustrates the challenge small producers face matching supply with demand. But we're looking into alternate sources and will keep you posted.

### Beef Shares Ready

The grass-fed beef shares are ready for pickup. If you paid a deposit or are on the waitlist, come to the front desk for your beef share. If you're not already on the list, check with us anyway as we may have a very small number of extra shares.

## A Week At My Table, by Paula Redinger

Here is what I made out of last week's produce share:

**Sweet potatoes, Spinach** – I'm always trying to temper, rather than enhance, the sweetness of sweet potatoes. Roasting and tossing them with wilted spinach, and a garlicky, lemony, tahini sauce works beautifully. Wrapped in a pita, the meal was complete and even somewhat portable.

**Black beans** – Aren't I lucky to have a few roasted chiles and just a bit of blanched sweet corn left in the freezer from earlier harvests? Soon, I'll mix them into prepared black beans, and eat them with queso fresco on some freshly made corn tortillas.

**Chard** – I recently learned that a dish served to me long ago by a Lebanese friend is called shakshuka. I concocted a loose replica by making a highly spiced tomato sauce in an oven proof sauté pan, stirring in some wilted chard, cracking some eggs directly into the mix, and topping it all with a bit of feta cheese. I ran the pan into the oven until the eggs were set to my preference, and dug into the dish directly with some crusty bread for a delicious lunch.

**Quelites** – The Tubac Olive Oil company's house blend tastes remarkably lemony, and I find our mild quelites take quite well to the flavor. Gently wilted and dressed, they are delicious on hearty crackers spread with some peppered cream cheese.

**I'toi Onions** – I am absolutely wild about anything scallion-like at all. So it made perfect sense that I cooked up quick, flat, little pancakes of flour, an egg, and great handfuls of chopped I'toi onions. Although they were best eaten straight out of the pan, with a dipping sauce of soy, ginger, garlic and sesame oil, the leftovers were perfect travel food, accompanied by the little stray packet of sauce soy in my refrigerator that had been waiting for this very sort of opportunity.

**Lettuce head** – I made an extraordinary culinary discovery recently. If you dress lettuce with olive oil and the salty, spicy, tangy brine from the pickles you made last fall, and eat it with a crusty piece of Barrio bread, you might just think you were eating a salami sub. Really!

**Curly Kale** – I love adding greens to nearly any sort of red stew or soup. The curly kale was delicious stirred into a Portuguese style stew based tomatoes, onion, garlic, lots of smoked paprika, a bit of chorizo, a touch of cumin, and those dried pink beans that have been hiding in my cupboard.

## When Sleeping Frogs Awaken At The CSA

It has been a long time coming. They have been our friends for over 10 years and they are like family to us. We have waited for the right time to invite them into our CSA and that time has finally come: starting in April, our Wednesday produce shares will be provided by Sleeping Frog Farms out of Cascabel, on the other side of the Rincon Mountains. They are closer to us as the crow flies, if not in road distance, than Crooked Sky Farms. We are very excited about it and so should our Wednesday members because they have an amazing reputation for freshness and quality. Everything else will stay the same and members can continue to manage their subscriptions as before. The only difference will be a difference in provenance of the Wednesday produce shares.

Our Tuesday produce shares will continue to be supplied by Farmer Frank from Crooked Sky Farms with whom we have worked for 12 years.

## **Quick Greens with Spicy Sausage and Couscous**

Adapted from Bon Appetit, February 2006

1 bunch kale, stemmed  
2 handfuls mixed greens (cabbage, chard or arugula are fine)  
1 pound spicy sausage links  
1/4 cup water  
1 tablespoon olive oil  
1/2 cup chopped onion  
1 pinch dried crushed red pepper  
1 garlic clove, minced  
1 pinch ground cumin  
1 pinch ground cinnamon  
1/4 cup dried currants  
Chopped fresh cilantro  
1 tablespoon unsalted butter  
5 ounces plain couscous, cooked according to package directions

Bring large pot of salted water to boil; add kale greens and boil until soft, about 1 minute. Drain, reserving 1 cup cooking liquid. Cool greens slightly and chop roughly. Place sausages and 1/4 cup water in a large heavy skillet. Cook over medium heat until water evaporates and sausages start to brown, about 12 minutes. Continue cooking until sausages are cooked through, 12 to 15 minutes longer, depending on size of links. Meanwhile, heat oil in another heavy large skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Add additional greens, dried crushed red pepper and next 3 ingredients; stir 1 minute. Add kale and cook 5 minutes, stirring occasionally. Stir in currants. Add reserved 1 cup cooking liquid to skillet; bring to simmer. Partially cover pan and cook until liquid has reduced slightly, about 5 minutes. Season to taste with salt and pepper. Stir cilantro and butter into hot couscous; divide among plates. Top with greens and sausages.

## **Grilled Romaine Salad**

Sara Jones, Tucson CSA

Perfect served alongside a grilled steak, this dish is a steakhouse classic. Grilling the lettuce gives it more flavor and makes a fun presentation. This is for a blue cheese/bacon salad, but the grilled lettuce is also excellent served with Caesar salad dressing, croutons and anchovies.

1 large or 2 smaller heads romaine, trimmed and cleaned, cut in half lengthwise  
2 tablespoons olive oil  
2 tablespoons sour cream or plain yogurt  
1 tablespoon red wine vinegar  
1/2 cup crumbled blue cheese  
Salt and freshly ground pepper, to taste  
3 slices bacon, cooked and crumbled

Dry lettuce halves well and rub cut face with 1 tablespoon oil. Add remaining oil to yogurt and vinegar and half of blue cheese. Mix well and season to taste with salt and pepper. Place lettuce halves on hot grill and cook for 1-2 minutes until lightly charred. Serve lettuce grilled side up, drizzled with dressing and sprinkled with remaining blue cheese and bacon.

## **Panade**

Lorraine Glazar, Tucson CSA

This panade is like a very moist stuffing/dressing or a savory bread pudding. It is a perfect way to use a couple bunches of greens.

1 pound onions, halved and thinly sliced (about 6 cups)  
2 tablespoons olive oil (divided use)  
Salt and pepper  
1/2 teaspoon dried thyme or 1 tablespoon fresh  
6 cloves garlic, slivered  
1 pound kale or chard, stemmed and cut into wide ribbons  
10 ounces stale, hard peasant type bread, torn or cut into one inch chunks  
2 cups cheese, shredded  
3-4 cups vegetable stock

Heat one tablespoon olive oil in a sauté pan and slowly cook the onion until translucent and tender. Sprinkle with thyme while cooking and add salt and pepper. Remove the onions and add one more tablespoon of oil to the pan. Add the greens and the garlic and a sprinkle or two of salt and cook for three or four minutes, just until the greens soften a bit. In a two-quart casserole with a lid, or a Dutch oven, begin layering the panade: first the onions, then a loose layer of bread cubes, then greens, and top with cheese. Continue this way until the ingredients are all used. Bring the vegetable stock to a simmer and add salt to taste. Add stock to the casserole up to 1 1/2 inches below the rim of the dish (you can go a bit higher in a shallower casserole dish). Cover and bake in a 325° oven for 1 to 1 1/2 hours, or until it is hot and bubbly and slightly brown around the edges. Then increase heat to 375°, remove lid, and bake for 10-20 minutes or until top is evenly brown. Note: If the bread you have on hand is not hard, you may bake it in a 300° oven for about 20 minutes to dry it out. Most any greens or combination of them will work with this recipe with the exception of spinach (for some reason, it got slimy in the baking process).