



# Tucson Community Supported Agriculture

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## Spring 2016

### Harvest list is online

Beans & Greens Soup  
Squash Blossom Quesadillas  
Chocolate Zucchini Cupcakes  
Scalloped Potatoes (or  
Kohlrabi or Turnips) and  
Greens  
Quelites Pesto with Sesame  
Seeds and Edamame  
Noodles

Many more recipes  
on our website

### No Barrio Bread Next Week

There will be no Barrio Bread  
next Tuesday, May 31<sup>st</sup> and  
Wednesday, June 1<sup>st</sup>.

If you are signed up for a  
bread share, you will not be  
charged for a bread pickup  
next week, so you may end up  
with an extra \$5.50 in your  
account at the end of your  
subscription cycle. You can  
leave it in your account for  
future use or you can claim  
cash at the front desk.

### Delivery Holds

We recognize that there are  
legitimate reasons to place  
subscriptions on hold, like  
being out of town for example,  
but we ask that you also  
recognize that too many holds  
hurt the producers. When you  
place your share on hold, we  
can't sell your share to another  
member because we need to  
reserve it for your return. So  
the producer loses one share  
for that week. Our producers  
can absorb a few of these  
losses, but not too many.  
Please use Delivery Holds  
mindfully and only when only  
when really necessary.  
Remember that a CSA is not a  
retail business but a mutually  
beneficial arrangement  
between you and your farmer.

## Quelites ( keh-LEE-tess)

They tend not to be very popular. We think it is because many are not familiar with them. If only you would try them, they would win you over. If you're not sure what to do with them, just cook them as you would cook spinach, stems and leaves together. Quelites do taste like spinach, hence their other appellation of wild spinach.



Quelites, also known as Mexican wild greens, are consumed in large quantities in Mexico and many other parts of the world, where they are grown as crops as well as harvested wild. The Mexican term *quelites* generally refers to either amaranth greens (pigweed), or to the more velvety and silvery lambs quarters (goosefoot or chenopodium), although in Mexico many other wild greens are collectively known as quelites. The quelites we usually get from Crooked Sky Farms are lambs quarters, aka goosefoot, or *chuales* in Spanish. But we sometimes get amaranth greens too.

(Pictured above: amaranth greens; pictured below, lambs quarters)

When our southern Arizona summer blasts its hot air through fields and gardens, quelites are the only greens that naturally grow around us, along with purslane, and both make regular appearances in our CSA shares during the summer. Many of us would often rather buy well-traveled greens at the store than enjoy these local greens that naturally appear in our back yards after the first summer rains. We tend to consider them as weeds and overlook their good flavor and valuable nutritional qualities.



Quelites are a good source of calcium and potassium and can also be used like spinach, or any winter green 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), or just sauté them as you would spinach or any winter greens.

## Beans & Greens Soup

Gretel Hakanson, Tucson CSA member

2 bunches greens  
3 tablespoons extra virgin olive oil  
4 cloves garlic, minced  
2 cups cooked beans (tepany, anasazi, navy, etc.)  
3-4 cups chicken or veggie stock  
Salt and freshly ground pepper  
Parmesan-reggiano

Wash greens. Remove any tough stems and chop into bite-size pieces. Heat oil in medium soup pot. Add garlic and sauté until golden. Add greens and sauté until soft (you may have to add them in batches if they don't all fit into your pot). Add beans and stock. Simmer 15 minutes or so. Add salt and pepper to taste, top with freshly grated parmesan-reggiano

## Squash Blossom Quesadillas

Adapted from [cooking-for-compliments.com](http://cooking-for-compliments.com)

2 tablespoons olive oil  
1 cup minced onions  
1/4 green chile, minced  
1 clove garlic  
6 squash blossoms, cut into strips  
Salt to taste  
1 cup Monterey Jack or cheddar cheese, shredded  
6 small flour or corn tortillas

Heat the oil in a large skillet over medium heat and sauté the onion until softened. Stir in the garlic, chiles and the blossoms. Cook until garlic is fragrant. Season with the salt and add the mixture to the cheese and stir well to combine. Place a spoonful of the filling into each tortilla, and fold the tortillas in half over the filling. Heat a non-stick skillet over medium heat and cook each quesadilla, turning halfway through, until lightly browned on each side. Serve with sides of avocado or sour cream if desired.

## Chocolate Zucchini Cupcakes

2 cups all purpose flour  
1/2 cup unsweetened cocoa powder  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup butter, softened  
3/4 cup brown sugar  
3 eggs  
1 teaspoon vanilla  
2 cups shredded zucchini  
1 cup chocolate chips  
1 cup walnuts

Preheat the oven to 350°. Grease and flour muffin tin. In a large bowl, whisk together the flour, cocoa powder, baking soda, baking powder and salt. Combine the sugar and butter, and beat until fluffy. Add the vanilla extract, then the eggs, one at a time, mixing thoroughly between each addition. Add dry ingredients to the wet ingredients and stir until mostly incorporated then add zucchini, chocolate chips and walnuts. Drop batter into prepared

tin, filling each cup about 3/4 full. Bake about 20 minutes until a toothpick comes out clean.

## Scalloped Potatoes (or Kohlrabi or Turnips) and Greens

By Philippe, Tucson CSA

You can use any combination you like of turnips, potatoes and kohlrabi for this dish.

4 medium potatoes, turnips or kohlrabi, thinly sliced  
2 tablespoons butter  
1 bunch green onions, 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 onions 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 tender and beginning to brown.

## Quelites Pesto with Sesame Seeds and Edamame Noodles

Rachel Yaseen, The Organic Kitchen

Use any of the milder flavored greens interchangeably in this recipe. Use any noodle you like, the edamame noodles that Rachel used for the demo last week were delicious and gluten free.

6 cups quelites  
1/4 cup sesame seeds  
3 tablespoons soy sauce  
3 tablespoons maple syrup  
2 cloves garlic  
1 tablespoon grated ginger  
Organic Edamame noodles (available at Costco-- gluten free, 100% edamame, nothing else)

Clean the greens. Heat on medium in a skillet until tender. Drain. Toast the sesame seeds. In a food processor, grind the sesame seeds coarsely. Add soy sauce, garlic, ginger and maple syrup. Cook and drain the noodles. Mix with the pesto. Serve with chopped macadamia nuts.