



Tucson Community Supported Agriculture

Newsletter 565 ~ November 21, 2016 ~ Online at www.TucsonCSA.org

Fall 2016

Harvest list is online

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**Many more recipes
on our website**

ANNUAL HOLIDAYS

We will be closed for the holidays during the last two weeks of December.

VOLUNTEERS NEEDED

Compass Affordable Housing needs volunteers in the garden and on the grounds!

On Thursday, December 1, they will be raising the beds and planting fruit trees in their Alvord Court Community Garden.

They need help to:

- unload/spread soil, mulch and compost,
- plant trees (includes some shovel work),
- trim trees and shrubs,
- mix soil,
- fill the new garden beds and more!

This will be a large project, requiring excited and tireless participants!

When: Thursday, December 1st from 8am to 2pm, and Friday, December 2nd from 9am to noon.

Where: 5901 S. Park Ave.

If you're interested in volunteering, please call:

520-647-9652

Here Come the Greens!



Both farms are starting to churn out lots of greens - which is another sign that winter is coming to our region. This is one of the unique aspects of this part of the world - when folks elsewhere are saying goodbye to greens for the winter, we'll be awash in them. And some members feel overwhelmed by this particular bounty. We all know we should eat our greens - they're chock-full of all kinds of nutritional goodies. But beyond salads, it can be hard to know what else to do with them.

One way to cope with so many greens is by understanding how different types have different uses in the kitchen. Here are a couple of ideas below, but you'll find loads more in "Sara's Guide to Winter Greens" on our website (www.tucsoncsa.org/recipes-and-tips/winter-greens-guide).

One tip to remember about leafy greens is that they will cook down a LOT. Greens are mostly water - when you cook them, it won't take long before they shrink down to a tenth of their original volume!

Tender vs. hearty

Lettuces, baby leaves, young arugula, baby spinach, for example, have softer, more tender leaves and usually a sweeter flavor than the heartier leaves like kale or cabbage.

Tender greens tend to be more suited for raw salads, gentle steaming or sautéing; in other words, lighter treatments. They don't need much cooking at all, maybe none, and too much heat will actually make them less flavorful or nutritious. You want them to still retain their bright green color - when they darken a lot, they've cooked too much.

Hearty greens can take much more cooking and will hold up well in soups, stews and casseroles, but you can also use certain hearty greens, like kale, raw in a 'massaged' salad: slice them very finely, drizzle with a little olive oil, a little lemon juice and a little salt, then massage with your hands for a couple minutes until tender.

Mild vs. spicy

Another way to classify greens is by flavor: many of the tender greens have a mild taste (lettuces, baby spinach) but there are a few hearty greens that are gentle on the taste buds, as in the case of Swiss chard and Napa cabbage. Spicy greens are more pungent and assertive and are more often found among the hearty greens (rapini or mustard).

Mild greens can be used in higher volume because they won't overwhelm your taste buds and therefore make a great base for a big salad.

Spicy greens are more intense and for some people, they may be a little too much. If that's the case for you, balance their flavor by cooking them with other intense flavorings such as garlic, lemon juice, balsamic vinegar, chili oil, bacon or feta cheese. You can also blanch them (immerse them in boiling water) for a few minutes to dilute their spiciness, and then drain them before use.

Butternut Squash and Greens

Sara Jones, Tucson CSA

This is a nice side dish that can also be used as a pizza or bruschetta topping. Cut off the neck of your butternut right before the bulb. You can then use the cut end as a stable rest so that you can easily peel the butternut. Using a paring knife works best. Just work your way around the outside of the squash peeling down. You can then lay the neck lengthwise and cut the squash into nice thin circles. If the squash is cut thinly, it will cook relatively fast.

Top of one butternut squash, peeled and sliced into thin rounds
1 bunch greens, roughly chopped
3 cloves garlic, minced
1 tablespoon oil
1/4 cup toasted pecans, chopped
Balsamic vinegar
Salt and pepper to taste

Heat oil in a large skillet over medium heat. Add garlic and squash and toss well to coat with oil. Cook about five minutes, stirring often to prevent burning. When squash is nearly tender, add greens, sprinkle with a small amount of water and cover skillet to steam greens. Cook, covered, for another 5 minutes. When squash is tender, drizzle dish with balsamic vinegar and season with salt and pepper to taste. Toss in pecans. At this point you have a great topping for a pizza with white sauce or ricotta cheese!

Earthy Warm Green Salad

Philippe, Tucson CSA

1/2 pound bacon, cut in strips; or 1/2 cup blue cheese (add blue cheese at the end)
1/2 pound potatoes, cubed
1 salad mix or cabbage, chopped
1/2 bunch greens, cut in ribbons
1 tablespoon olive oil
1/4 cup grated Parmesan cheese
1/2 cup walnuts, lightly crumbled
Black pepper or red chile flakes
Salad dressing

In a non-stick pan, heat oil to medium high. Sauté bacon and potatoes in oil. Cover and sauté for about 20 minutes or until potatoes are soft. Stir occasionally. Season with black pepper or red chile flakes. Add to salad mix and greens. Add Parmesan cheese, walnuts and salad dressing. Toss and serve.

Panade

Lorraine Glazar, Tucson CSA

Similar to traditional stuffing (dressing), this makes a great Thanksgiving side dish, and can be prepped ahead of time.

1 ½ pounds 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 hearty greens, 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 ½ 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 ½ 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.

Citrus Vinaigrette

Rachel Yaseen, The Organic Kitchen

Use this vinaigrette for any salad, you can use leftovers to drizzle over roasted veggies, too.

1/4 cup juice of 1 orange (or half orange, half grapefruit)
1/8 cup each, juice of 1 lemon and lime
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil
2 tablespoon agave nectar
1 tablespoon chives, chopped
1/4 cup parsley, chopped
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.