



Tucson Community Supported Agriculture

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Fall 2016

Harvest list is online

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**Many more recipes
on our website**

Thanks for the used bags!

Thank you to all who responded to our call for bags last week. Keep 'em coming, for we can always use more! Standard-size, clean paper and plastic grocery store bags only please!

We also take used paper egg cartons, and also those little green plastic berry baskets.

Annual Holidays

Reminder! We will be closed during the last two weeks of December.

There is no need to put your subscription on Delivery Hold for those 2 weeks.

So there is only one more pick up after this week. Pickups will resume on January 3rd and 4th.

Finding The Right Recipe For Your Veggie

Use Lorraine's tip to find great recipes for your vegetable or fruit: in your web browser, type the name of your vegetable or fruit followed by "gourmet recipe."

Jewels of Winter

Citrus and winter go together like... peas and carrots! Citrus fruits are one of the few fruits which are in season during the wintertime. These bright jewels of tangy freshness have been grown by humans for millennia starting in Asia and soon finding their way to the Mediterranean countries before basically taking over the world. Lemons especially have been a symbol of the sun during the dark months, and old, fashionable residences and palaces in Europe often had a special room or a greenhouse with a southern exposure where citrus trees in huge terracotta urns were hauled inside for the winter. Those, often elegant, structures are called aranciere or limonaie in Italy, and orangeries in France, England and Germany.



It seems a gift of nature that citrus provides extra vitamin C to help protect us from the cold and flu season. Crooked Sky Farms and Sleeping Frog Farms have been churning out some lovely oranges and lemons lately - but this week, in addition to some sweet Minneola tangerines, Sleeping Frog is also providing lemon marmalade as part of our shares, from their own lemons! The origins of marmalade - basically preserves made with citrus - are typically associated with England. The story goes that a British sailor's wife made the first batch when her husband brought home a huge load of Seville oranges bought cheaply from a damaged Spanish ship. Add a spoonful of lemon preserve over oatmeal or on hot buttered toast to get a blast of sunshine in your mouth!

Sleeping Frog Farms' lemon marmalade is also available at the front desk for \$5 (half-pint) or \$8 (pint).

Black Beans

Beans get short shrift because they take a while to cook. You can't just pop them in a pot 15 minutes before you want dinner ready! However, Crooked Sky Farms' black beans (and pinto beans) are particularly delicious because they are so fresh.

This Tuesday's Crooked Sky harvest includes black beans, which are especially popular throughout Latin America. Named for their dark coloring, they are actually quite pale and creamy on the inside, have a bit of sweetness in their flavor and keep their shape well after cooking. They are famous for turning into veggie burgers, Cuban black bean soup or any Mexican-based bean dish.

There are two steps in preparing dried beans: soaking and cooking. Beans are typically soaked overnight in water covering the beans by an inch or so. You can also do a quick-soak if you want beans the same night: in a large pot, cover beans with water by three inches, bring to a simmer for two minutes and then cover and let stand for an hour. In either case, drain the soaking water to help remove those properties that add a certain - ahem - musical quality to beans...

Then add fresh water to cover the beans, bring to a boil for about ten minutes, then lower to a simmer, cover with the lid slightly ajar and cook until they're done. With the fresh Crooked Sky Farms' beans, this takes about one hour, or cook them until you taste a bean that is nice and creamy inside - but before the skin gets all mushy. A pressure cooker can cook your beans in half the time without soaking.

And you can use them in the latest Edible Baja Arizona "Weekly CSA Recipe": ediblebajaarizona.com/weekly-csa-recipe-spicy-greens-beans

Crooked Sky Farm's black and pinto beans are available at the front desk for \$3 a pound.

Garlic Walnut Breadcrumbs

Sara Jones, Tucson CSA

This breadcrumb mixture is great over sautéed root vegetables, cooked greens and squash. Use it to top casserole dishes and gratins as well. Stale bread will work best. If you only have fresh bread you may want to toast and cool the slices before proceeding. Then place a couple slices in a blender or food processor and pulse until the bread is in small crumbs.

About 3 slices stale bread
1/3 cup chopped walnuts
4 cloves garlic, minced
2 teaspoons oil
1 tablespoon butter or additional oil

Break bread into small crumbs. Heat 2 teaspoons in a skillet and add bread crumbs. Stir well to coat with oil and cook until beginning to brown slightly. Add nuts, garlic and butter or additional oil and stir well to coat. Stir frequently to prevent burning. When nuts begin to brown, remove mixture from pan and sprinkle with salt and pepper. If you plan to keep any for later use, make sure to cool crumbs completely before storing in an airtight container in the fridge.

Sunchokes (Jerusalem Artichokes) with Bread Crumbs

Sara Jones, Tucson CSA

Nutty bread crumbs are excellent atop these sweet, earthy root vegetables.

1 share sunchokes, scrubbed and cut into bite size pieces
½ tablespoon olive oil
1 large handful garlicky bread crumbs
Finely chopped fresh herbs, to garnish

Sauté veggies over medium high heat until beginning to brown and are fork tender, but not mushy. Put on a plate and garnish with bread crumbs and herbs. Serve hot.

Sweet Potato Frites

From Lorraine Glazar, TCSA

Great side with grilled foods!

One small sweet potato per person
One teaspoon melted butter
½ teaspoon red chili flakes
Salt to taste

Scrub the skin of the sweet potato thoroughly. Cut into lengthwise sticks like French fries. Toss in the melted butter and place in a single layer on a cookie sheet. Sprinkle with spice and salt. Bake at 425° for twenty minutes. Cumin may be substituted for the red chili for a milder taste.

Citrus Curd

Adapted from How to be a Domestic Goddess
by Nigella Lawson

Citrus curd, most commonly associated with lemon or lime, is a delicious way to transform citrus. Use any citrus you like. Oranges, tangelos, minneola tangerines and grapefruits will work well on their own as they have a nice, tart flavor. You can mix them up too. If you are using sweeter citrus, make sure to include the juice of half a lemon in the total juice amount in order to provide the tart flavor. Citrus curd will freeze well for future use.

6 tablespoons unsalted butter
3 large eggs
½ cup sugar
½ cup citrus juice
About 1 tablespoon citrus zest

Melt butter in a saucepan over low heat. Add the rest of the ingredients, stirring well to prevent burning and clumps. Cook, stirring, until the mixture has thickened to a mayonnaise-like consistency. Pour into a jar, where mixture will continue to thicken into a spreadable curd. Refrigerate and use within 1 week, or freeze.

Bruised Kale or Collards

Philippe, Tucson CSA

Top these greens with some slices or fresh citrus and a sprinkling of Garlic Walnut Breadcrumbs for a simple salad.

1 bunch kale (or collard greens), cleaned
Juice of 1 lemon
Drizzle of olive oil
2-3 garlic cloves, minced
Salt and pepper, to taste

Remove the central ribs from the leaves. Stack the leaves and roll them into a bunch. Slice the bunch thinly. Place sliced greens in a bowl and add remaining ingredients. Massage with your fingers for a 2-3 minutes or until the greens are wilted or start to break up. You can eat this salad as is, or fold it into a potato or root vegetable salad. Or you can use it as a base with added toasted walnuts or pecans, roasted chicken pieces, avocados, apples, peaches, pinto beans, or any mix of the above.