



# *Tucson Community Supported Agriculture*

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## Spring 2017

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**Many more recipes  
on our website**

### **Thank You For The Bags!**

Our used bags wicker chest is full again. Thank you very much!

Know that your used bags are welcome on any week! You can deposit them in the milk crates we keep near the check-in table.

Please bring only standard paper or plastic "clean" grocery store bags only.

We also take used cardboard egg cartons, and the green plastic fruit basket you sometimes find in your shares.

### **Going Away For The Summer? Some Tips About Recharging Your CSA Account.**

One thing you can do if you're going away is, of course, to place your subscription on hold.

If your subscription is about to run out of funds and if instead of recharging your CSA account with a payment for a full 6 or 12 pickups you just wish to add a few pickups before you leave town, come to the front desk. You can't do it online, but our front desk cashier can take a pro-rated payment in cash or check.

## **Squash Blossoms**

Along with pansies, rose petals and nasturtiums, squash blossoms are an edible flower which have a long tradition in garden cuisine. The sunny blooms of summer squash are flavorful, fleshy vegetables in and of themselves and they can play a substantial and beautiful role at the dinner table. Squash blossom soups and quesadillas are ubiquitous throughout Mexico, and squash blossoms are also unique natural envelopes which make them great for stuffing.



However, one important thing to remember is to use them quickly. As many flowers do, squash blossoms teach us the importance of the moment, because their freshness is ephemeral. So, Tuesday members, tonight, make a plan of action with your blossoms!

You can simply slice or shred them to add to soups, stir fries, quesadillas and frittatas like many a vegetable. Or you can do as the Greeks do and gently open, then stuff them with cooked bulgur or rice, nuts, and a variety of other ingredients, including feta and mint. You can also simply stuff them with soft goat cheese, seasoned ground meat, a morsel of seafood, cooked grain, sautéed vegetable dice or purées, or a combination.

And perhaps the most beautiful way to eat them is just sitting pretty on a salad. Any way you use them, they'll be a feast for the eyes as well as the belly!

## **Easter Egg Radishes**

Even though Easter has come and gone, Easter egg radishes are still very much around at Sleeping Frog Farms. So called because of their round shape and their springtime medley of red, pink, purple and white, Easter egg radishes are a reminder of the beauty and freshness of spring.

The radish (*Raphanus sativus*) is an edible root originally from southern Asia (where wild cultivars still grow). It was cultivated in Egypt as early as 2780 BC. Early versions were black and later on they came also in white and red. While the black radish is still very popular in Europe and the Mediterranean region, the red and white radish is more popular in the United States.

Like mustard, horseradish, and wasabi, the radish contains both glucosinates and the enzyme myrosinase, which, when combined during chewing, react to create a spicy, peppery flavor. The radish is also high in calcium, vitamin C and beta-carotene.

Eat crunchy radish roots plain, with salt and butter, or slice them into salads for a refreshing zing! You can slice and mix them with Greek yogurt, salt and pepper to make a great spread. Radishes can also be steamed, braised or sliced and sautéed in butter.

## **Don't be Queasy about Quelites**

Quelites (pronounce kay-LEE-tess), aka amaranth greens, have a flavor reminiscent of spinach, except sweeter and a little nutty. Chop them coarsely, stems and all, and use them like spinach. Lightly sauté them in olive oil with onions and garlic, or throw them in soup or a stew. When very young and tender, you can also eat them raw in salads.

## **Risotto with Greens**

Philippe, Tucson CSA

Any leafy greens would do well in this recipe, with slight flavor differences with each. Some people stir-fry or boil the greens separately. I like to add them directly to the rice to preserve their full flavor.

1 bunch (or bag) greens, chopped  
1 cup arborio rice  
1 cup dry mushrooms  
1 onion, finely chopped  
2 cloves garlic, minced  
2 tablespoons olive oil  
2 cups vegetable or chicken stock, heated  
1 teaspoon thyme  
1/2 cup grated Parmesan  
salt (or dried chile flakes) and pepper to taste

Place dried mushroom in a bowl, cover them with 1 cup of boiling water and soak for 5 minutes. Drain and reserve the drained water. In a skillet, heat oil to medium hot and sauté mushrooms and onions until onions are translucent, about 5 minutes. Add rice and stir. When rice is hot, adding 1/4 cup reserved mushroom water. Add thyme and garlic. Stir gently and continuously until liquid is almost absorbed. Repeat the process, 1/4 cup at a time, with the rest of the mushroom water and heated stock, stirring the rice continuously. The rice should be kept to a mild simmer throughout this process which will take about 20 minutes. Add more stock if necessary. Never let the rice dry entirely, nor make it swim in stock. When rice is almost cooked (it should still be al dente), add the greens and fold them into the rice. Add a little more stock if the mixture becomes too dry. Continue to stir until the greens are cooked (another 5 to 10 minutes, depending on the greens). At that point, the rice should be soft and ready. Add grated Parmesan and salt and pepper to taste.

## **Stuffed Squash Blossoms**

Adapted from Cooks.com

Mix equal parts of ricotta and cottage cheese with a clove of fresh garlic (minced). Add fresh herbs such as basil or summer savory or lemon thyme. Chopped bell pepper, black olives and some grated natural cheddar are optional. Fill blossoms with mixture and pull petals forward to close blossom and twist lightly. Mix a beaten egg with some milk. Roll blossoms in mixture and then in fine sourdough bread crumbs or corn meal. Fry breaded blossoms lightly in olive or canola oil. Serve as soon as squash buds are golden brown and crispy.

## **Squash Blossom Quesadillas**

Adapted from [www.saveur.com](http://www.saveur.com)

2 (8") flour tortillas  
1 cup grated Mexican string cheese  
5 fresh squash blossoms  
1 tablespoon olive oil  
Salsa

Top one flour tortilla with 1/2 cup grated cheese. Trim squash blossoms and remove and discard their stamens. Arrange squash

blossoms over the cheese, overlapping them slightly. Top with the remaining 1/2 cup cheese and tortilla.

Heat olive oil in a medium skillet over medium-high heat. Cook quesadilla, flipping once, until cheese is melted and quesadilla is golden brown on both sides, 4–5 minutes in all.

Transfer to a plate, cut into quarters, and serve immediately, with salsa, if you like.

## **Turnip and Potato Gratin**

Sara Jones, Tucson CSA

This is an easy recipe to toss in the oven to bake while you prepare the rest of your meal. You can add sliced carrots and a handful or two of chopped greens layered into the dish.

3 medium potatoes, thinly sliced  
3 medium turnips, thinly sliced  
1 onion, thinly sliced  
1-2 tablespoons butter, melted  
3/4 cup heavy cream (or use whole milk yogurt, thinned with water to make it pourable)  
1/4 cup bread crumbs  
1/4 cup crumbled or shredded cheese  
Salt and Pepper

Sauté onions in a small amount of oil until lightly browned. Add butter and vegetables and cook for about 5 minutes. In a small casserole dish, make layers of veggie mixture, drizzling each layer with cream and sprinkling with a bit of salt and pepper. Top with bread crumbs and cheese, cover with foil, and bake in a 375 degree oven for about 40 minutes, until cooked through. Remove foil and cook under the broiler up to 10 more minutes until top is golden brown.

## **Beet and Walnut Dip**

Sara Jones, Tucson CSA

This is a great dip or spread for bread or pita. Top with fresh dill and feta cheese, if you like.

1 bunch beets, roasted, peeled and roughly chopped  
3 cloves garlic  
1 cup walnuts, toasted  
2 tablespoons olive oil  
1/4 cup plain yogurt or sour cream  
Salt to taste

Process garlic and walnuts in a food processor or blender until finely ground. Add beets and olive oil and process until smooth.

In a medium bowl, combine beet mixture with yogurt or sour cream. Salt to taste. Store in refrigerator covered with a layer of oil for up to one week.