



Tucson Community Supported Agriculture

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Spring 2017

Harvest lists are online

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Many more recipes on our website

Josh's Eggs

Josh's hens had a brief and benign bacterial enteritis which dramatically slowed down their egg production. Josh addressed the problem immediately and, with the help of a holistic veterinarian, adjusted their diet to strengthen their immune system and heal them without the need for antibiotics. The hens are recovering very well and have started laying again, but it may be a few weeks before production is back to normal. There weren't enough eggs this week to make it worth for us to make the trip to the farm but we hope to go next week.

I'M WRITING YOU A PRESCRIPTION FOR SOME PEOPLE SOUP.



In Shelby's Kitchen

Thanks to my mom and grandmother, I've always enjoyed being in the kitchen. In college, my love for cooking translated to a food blog (thesunandthespoon.com), which allowed me to express my creativity through recipe development and food photography. Becoming a Tucson CSA member was my first real introduction to eating locally and seasonally. Cooking within the confines of the season became an addictive challenge and also inspired me to work for Edible Baja Arizona, where I manage online content and create weekly Tucson CSA recipes for our online audience (www.ediblebajaarizona.com).

What are the five most important ingredients in your kitchen?

Good sea salt, real Parmesan, eggs, olive oil, garlic. I'm convinced that a bit of sautéed garlic, sea salt, and a sprinkle of Parmesan can make anything taste better, and anything can become a complete meal by simply topping it off with an egg.

What kitchen gadget could you not live without?

My large end-grain cutting board. Using a wood cutting board is easier on my knives, which are another frequently-used tool in my kitchen.

What is your favorite easy meal to prepare when you are tired and hungry?

Roasted sweet potatoes topped with eggs and herb butter. Start to finish, it takes 20 minutes. While diced sweet potatoes roast in the oven with a little olive oil and sea salt, I either fry or poach eggs over the stove and mash about 1 teaspoon of butter with whatever herbs I have on hand. Then, I place the roasted sweet potatoes in a bowl, top them with the eggs I've cooked, and top it all off with my herb butter.

What is your favorite dish to prepare if you go to a potluck or host a dinner party?

Minestrone filled with seasonal vegetables. Simmered with a Parmesan rind for extra flavor and served with a loaf of Barrio Bread, it's always a great hit.

What is your favorite guilty indulgence?

Pan-fried zucchini. Small wedges of zucchini are dredged through a beaten egg and well-seasoned homemade breadcrumbs then pan fried in a shallow pool of olive oil. It's the only way my grandmother made zucchini, and it's still my favorite way to eat it.

Have there been any veggies that you were initially intimidated by or didn't like but have learned to like?

The plethora of winter greens that we get during the winter months used to be very intimidating for me, mostly because I didn't want any of them to go to waste. Over time, I've learned to "just add greens" to almost everything I make, from smoothies, to pasta, to soup, to eggs. This has allowed me to ensure that all of my greens get eaten!

When you are searching for a recipe or trying to figure out what to make with your CSA share, where do you look?

My collection of Ina Garten cookbooks is always a reliable resource. She also has a website for online searches. Her recipes are simple, based on good, fresh ingredients. They are easy to build off of so they have served as great inspiration for the Tucson CSA recipes that I develop each week. Reading *An Everlasting Meal* by Tamar Adler helped me take on the challenge of being a CSA member. She has a great approach to prepping simple meals that don't take time.

Shelby Thompson is Online Editor and Social Media Manager at Edible Baja Arizona

It's a pesto kinda week with the Tuesday sharees. Pestos are a good way to use large amounts of flavorful greens. While the most popular pesto is no doubt made with basil and pine nuts, you can also use arugula, mustard greens, dill, fennel fronds and even celeri. And instead of pine nuts, you can use almonds, walnuts, pecans, pistachios and even peanuts. Pestos can be used as a sauce to add to pasta, roasted vegetables, meats and fish, and as a spread for sandwiches and toasts. Pestos keep well: transfer them to a glass jar and cover with a thin layer of olive oil. They will keep up to one week in the refrigerator.



Celeri Pesto

Philippe, Tucson CSA

1/4 head CSA celery, stems and leaves, cut in 2-inch pieces.
1 cup almonds, walnuts or pistachios.
2 cloves garlic
Juice of 1 lemon
1 teaspoon salt
1 teaspoon ground black pepper
1/2 cup grated Parmesan cheese
1/4 cup olive oil
1/4 cup water

Blend all ingredients in food processor until smooth.
Add extra water if necessary to obtain the consistency of a typical basil pesto.

Fennel Frond Pesto

Adapted from backtoorganic.com

1 cup fennel fronds
2 cloves garlic, peeled
1/2 cup pine nuts, almonds or walnuts
1/2 cup grated Parmesan cheese (optional)
1/2 teaspoon salt
1/4 cup olive oil

Blend all ingredients in food processor until smooth.

Without cheese, this pesto goes beautifully with fish or seafood. Try it with Parmesan cheese when added to pasta or a meatball dish.
Serve as a dip with carrots, celeri sticks, bell pepper slices, and crackers. Enjoy!

This week's Wednesday share is perfect for fritters. There isn't a single item of this week's share which can't be used to make fritters or frittata. But why not give it a twist and make it a Japanese frittata? Unlike traditional frittata, Japanese frittata, or okonomiyaki, uses broth or stock instead of milk.

Japanese Frittata (Okonomiyaki)

Adapted from Cooks.com

This is a dish that is very versatile, easy and quick to make and liked by all. Although traditional okonomiyaki uses cabbage, the great thing about it is that you can get creative with infinite combinations of leafy greens and root vegetables, even grated beets and beet greens for a red edition. You can also include finely sliced fennel bulbs and chopped fennel greens.

1 cup vegetable stock
2 eggs
1 cup all purpose flour
1 teaspoon salt
1 teaspoon ground pepper
1/2 cabbage, thinly shredded
1 bunch turnips, greens finely chopped and roots grated
1 tablespoon olive oil
Mayonnaise or any dip of your choice

Mix together vegetable stock, eggs, flour salt and pepper until you obtain a smooth batter. Add shredded cabbage and turnips and mix in well.
Heat oil to medium hot in large skillet. Add half the cabbage mixture to the skillet (reserve the other half for a second batch or for another occasion – it will keep in fridge for a few days). Pat down with a spatula until mixture is even and compact.
Cover and cook for 5 minutes.
Turn over – I slide it on a plate and then flip the plate over in the skillet.
Cook for another 5 minutes, covered.
Garnish with stripes of mayo and some chopped herbs if you have any, and you're ready to go!

