



Tucson Community Supported Agriculture

Newsletter 617 ~ December 18, 2017 ~ Online at www.TucsonCSA.org

Fall 2017

Harvest lists are online

The Back Page Recipes

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More Recipes Online

Time for a two-week break

We will be closed during the holidays and there will be no pickups for the next two weeks.

There is no need to place your subscription on hold for those two weeks.

The last pickups of 2017 will be on December 19 & 20. The first pickups of 2018 will be on January 10 & 11.

Happy Holidays and Best Wishes for 2018!



We want to thank all of you for your loyalty and for sticking with us during our bad times as well as our good times. Small scale organic agriculture has its ups and downs. And, in a way, the rough times make us better appreciate the good times. But no matter what the times, the most rewarding aspect of the CSA is its people.

I often reflect on how working for all of you, year after year, is the best experience that life has given me. People who participate in CSAs are pretty amazing! Even after a rough day, spending time at the CSA always lifts me up. And our volunteers feel the same way. We are forever grateful!

I, Sara and all of us wish you a happy festive season. And may 2018 bring good tidings to each of you.

~ Philippe ~

Big Batch Cooking for the Holidays

I spent this past weekend getting food ready for the big holiday party The Historic Y holds every year for its tenants and friends. The party is a great chance for us to catch up with some of the other organizations located in the building. There are so many people here whom I admire, who work hard in the fields of social justice, the arts, and environmental protection! Organizing food for the event can be tricky since I have to juggle my regular work with the CSA and a busy holiday schedule. To avoid a lot of last minute kitchen prep I try to make as much in advance as possible. The ginger cookies and pecan snowballs I make for the event every year are easy to freeze and bake the day of the event. This past weekend we also used lots of CSA greens, feta and herbs to make spanakopita, which we assembled and froze. For the filling, I blanch several bunches of greens and mix them with a nearly equal amount of chopped dill, a couple of sautéed onions, lots of feta and chopped capers and lemon zest. It is a great way to use several bunches of greens as well as the huge bunches of dill we have been getting in our shares. Once assembled, you can lay the spanakopita in a single layer on a baking sheet to freeze, then transfer to a freezer bag to store. For the party, I will bake these at the last minute so they are still crispy and warm when everyone eats them. Having these pre-made is so convenient! They are perfect for an easy meal and great when you need something special to bring to a party or potluck.

Over our winter break, when I'll have more free time, I am hoping to make and freeze enough spanakopita for myself and a pregnant friend who is due soon. I might also try to make and freeze some gyoza or the greens dumplings featured on the back page of the newsletter. Finally, I plan on dealing with the spaghetti squash that have been lingering on my counter since we first got them. I was procrastinating on doing anything with them because I knew that they tend to keep a while, but I think it is time I finally got around to using them! This might sound a little bizarre, but my favorite spaghetti squash recipe is a fermented pickle. I follow the same procedure I would for making fermented cucumber pickles but I use peeled and seeded squash instead, cut into bite size pieces. The taste and texture of the pickles is amazing! If you are comfortable with fermenting, it is definitely something you should try. If you have not fermented anything before but are interested in learning, stay tuned to our CSA newsletters in the New Year! Winter in Tucson really is the best time to experiment with fermentation. We will feature the basics of fermentation over the course of several newsletters in early 2018, in time for dealing with the influx of greens and root vegetables of the season. ~ Sara ~

Still need to do some last minute holiday shopping?

Desert Harvesters recently released their second cookbook, just in time for holiday giving. *Eat Mesquite and More: A Cookbook for Sonoran Desert Foods and Living* was selected as a 2017 Southwest Book of the Year. The new book introduces more desert foods to the public through creative, flavorful recipes like Cholla Bud Bisque, Prickly Pear Borscht, and Wolfberry Bread. The cookbook also features stories of people who use wild, native desert foods in their kitchens, restaurants, or educational offerings, from Tohono O'odham elders to herbalists to restaurant owners.

Recipes were contributed by over 60 community cooks, chefs, and culinary artists, including Tucson CSA's Lori Adkison and Amy Valdés-Schwemm. You can pick up your copy this Thursday from 3-6pm at the Santa Cruz River Farmer's Market at 100 South Avenida del Convento. If you can't make it to the market, Antigone Books and the Native Seeds/SEARCH store are both carrying the books as well.

Winter Greens Dumplings

Sara Jones, Tucson CSA

If you have greens piling up in your fridge, this is a great way to deal with them. This recipe uses several bunches of greens. The prep for the recipe takes a little while, but will give you about 8-10 servings. You can freeze the dumplings to add to soups and stews in place of noodles. Or boil, drain and fry in butter and garnish with parmesan cheese for a side dish. I like them best cooked in a simple marinara sauce.

- 2-4 bunches of greens, washed, thick stems removed (you need about 3 cups of blanched and finely chopped greens)
- 1 tablespoon butter
- 4 cloves garlic, minced
- 1 16-ounce container of ricotta cheese
- 1/3 cup grated Parmesan cheese
- 1 ½ cups flour, start with 1 cup flour and add more as needed to bind
- 2 eggs
- 2 teaspoons salt
- 1/2 teaspoon nutmeg and/or 2 tablespoons chopped dill, optional

Bring a large pot of water to a boil. Working in batches, drop large handfuls of greens in water and boil for 1-4 minutes, depending on the thickness of the leaves. Remove blanched greens from pot and place in a bowl of icy water until cooled. Remove greens and squeeze water from them and set aside. Repeat until you have about 3 cups of greens. You want to remove as much water as you can from the greens, so squeeze and twist hard. Lay blanched bunches of greens on a cutting board and chop finely, or pulse in a food processor. Squeeze chopped greens to further remove water. Sauté garlic in butter just to release fragrance. Combine all ingredients (starting with 1 cup flour). Mix well. Mixture will be sticky, but not too sticky to work with. Test dough by dropping a 1 inch ball into boiling water. The dumpling should hold together, though some greens may float off. If dumpling falls apart, add flour, a few tablespoons at a time until test dumpling holds together. Coat hands in flour and grab a tennis ball size chunk of dough. On a well-floured cutting board, roll dough into an approximately 6-inch log. Cut log in half lengthwise, then cut each half lengthwise again to make four small logs. Sprinkle with flour and roll each piece to smooth out edges. Line pieces up and use a large knife to cut into one inch dumplings. Toss dumplings onto a floured baking sheet and repeat with remaining dough.

To use: Add dumplings to hot soup or marinara sauce, stir gently and cover to steam for about 15 minutes. To serve as a side dish, cook dumplings in boiling water for about 5-6 minutes. Drain. Heat a few tablespoons of butter in a skillet over medium high, and add dumplings. Stir to coat with butter and cook until beginning to brown. Remove from skillet and sprinkle with parmesan cheese.

To freeze: lay dumplings on a baking sheet in a single layer and place in freezer until frozen through. Put in a freezer bag to store. Do not defrost dumplings! To use, add straight to boiling water and cook for about 8-10 minutes or stir into a soup or sauce and cook for 20 minutes.

Grapefruit Marmalade

Sara Jones, Tucson CSA

You can stew this marmalade with ginger or other spices to give it a kick. Though it takes a while on the stovetop, actual prep time is short.

- 2 grapefruit
- 1 cup sugar

Cut grapefruits into quarters and remove flesh from peels. Cut peels into a medium dice. Place in a saucepan with enough water to cover and bring to a boil. Drain and repeat once more. Meanwhile, separate grapefruit flesh from membranes as best as you can without spending too much time worrying about it! Reserve all juice and combine with flesh. You want one cup of this mixture. If you don't have quite enough add orange juice or water to make one cup. Bring liquid and one cup sugar to a boil. Add grapefruit peels and any spices you are using and reduce heat to low. Cook for about 45 minutes, until liquid is syrupy and thick. Remove from heat and cool. If desired, puree in a food processor or blender, or leave chunky. Store in a glass container in the refrigerator for up to a month.

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. Tangelos and grapefruits will work well on their own as they have a nice, tart flavor. If you want to use sweeter citrus, make sure to use half lemon juice to keep the tart flavor. The 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.