



Tucson Community Supported Agriculture

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Winter 17/18

Harvest lists are online

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Time for a beef share?

We are gearing up for our next round of Josh's beef shares.

Josh's produces prime quality beef. He doesn't cut any corners and his animals are well taken care of. They are raised on irrigated pasture their entire lives, making them both grass-fed and grass-finished.

To order a beef share, make a \$20 deposit at the front desk (you will pay the balance when you pick it up a few weeks later). A beef share comes frozen, weighs 8 to 10 pounds and costs approximately \$7.50 per pound. Every share is slightly different, but typically includes two packs of ground beef, two steaks, one roast and one miscellaneous cut (stew meat, soup bones, short ribs, BBQ ribs, etc.). You can select a share of our choice when you pick it up.

The beef shares should be ready for pickup in early to mid February.

Used Bags Needed

We are very low on paper and plastic bags. If you have any spare ones at home, please bring them to us! They are needed by members who forget to bring their own bags.

Standard sized paper and plastic grocery store bags only please. Clean ones if at all possible. Thank you!

Collards for Wealth and Health



It's customary in the U.S. South to eat collard greens (along with your black-eyed peas and cornbread) on the first day of the year. Doing so is said to bring financial prosperity, as the folded green leaves resemble money itself. If you missed out on that tradition on January 1st, at the very least you'll get a good dose of vitamin C and soluble fiber, plus a slew of anticancer nutrients, when you'll next eat them. That's something to iron your collar for.

Actually, the name "collard" is short for "colewort," which means "cabbage plant," given that collard greens are a species of loose-leaf cabbage. Collards are large, dark,

waxy greens that some folks find bitter. One of the oldest members of the cabbage family, collards were eaten by the ancient Greeks (along with their close relative, kale) and also by the Romans, who may have introduced them to the British Isles. Today, collards are eaten all over the world, particularly in Brazil, Portugal, parts of Africa, Eastern Europe, and the Kashmir region of India and Pakistan.

You can cook collard greens the traditional Southern way by boiling them or simmering them slowly with a ham hock or salt pork. If you do so, be sure to save the liquid in the pan for dipping. It's known as "potlikker" or "pot liquor," a highly nutritious broth said to cure you of anything that ails you. You can also chop up these greens and add them to stir fry, or simply sauté them with onions or garlic. You can even blend them up in a smoothie! If you don't care for tough stems, you'll want to remove them before cooking or blending. No matter how you cook them, collard greens bring good health. If you somehow can't eat them, at the very least you can stick a large leaf on your forehead. Supposedly, that will cure a headache.

Trading and Surplus (main pickup location only)

THE TRADING TABLE is where you can trade produce from your share. The trading table starts off as a full share, with each produce portion in a separate straw basket, and it evolves throughout the pickup as people trade. How does it work? You give up a full portion of one thing and you take a full portion of another thing. For example, you place your full portion of potatoes in an empty basket and you take a full portion of, say, onions, from another basket. Please, always trade full portions.

If you wish to leave produce behind without trading, please put it on the surplus bench, not on the trading table.

THE SURPLUS BENCH, located on a bench next to the Trading Table, includes extra produce from us or from members' shares. Whatever is on the surplus bench is up for grabs (within reason... don't be too greedy). The surplus bench is also where you can put any produce you wish to leave behind without trading.

Kickin' Collard Greens

1 tablespoon olive oil
3 slices bacon
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon pepper
3 cups chicken broth
1 pinch red pepper flakes
1 pound fresh collard greens, cut into 2-inch pieces

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt. Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.

Coconut Cilantro Potato Soup

Philippe, Tucson CSA

1 tablespoon olive oil
4 large potatoes, cubed (you can use sweet potatoes instead)
2 garlic cloves, minced or pressed
1 onion, chopped
4 cups vegetable broth
1 can unsweetened light coconut milk (14-16oz)
1 bunch cilantro, chopped
1 teaspoon dried oregano
1/2 teaspoon chile flakes
Salt and pepper to taste

In a medium-size pot, heat oil to medium heat. Add potatoes, onions, garlic and spices. Stir until warm. Add broth and simmer for 20 minutes until potatoes are soft. Add coconut milk and bring back to simmer. Remove from heat. Add chopped cilantro. Blend with immersion blender or in blender or food processor.

Roasted Cauliflower

Kenny Erickson, Tucson CSA

Roasted cauliflower is one of the simplest, most amazing dishes ever! Sprinkle with your favorite spice mix if desired, but salt alone makes this a delicious dish.

1 cauliflower sliced into 1/8 wedges
Olive oil
Salt and pepper

Preheat oven to 375. Lay cauliflower pieces on baking sheet lined with parchment paper. Sprinkle with olive oil, salt and pepper. Bake for about 12 minutes, then flip the wedges and bake for another 12 min. Enjoy while hot, or serve at room temperature with a lemon tahini dressing.

Beet and Walnut Pasta-variation

Sara Jones, Tucson CSA

Simple ingredients make a satisfying dish in this easy recipe. Pre-roast the beets earlier in the week, when you have the oven on, then the dish will take only as long as the pasta boiling. Add the beet greens if you like, or save them for another dish. Try using cooked wheat berries in place of the pasta.

1 bunch beets, roasted, peeled and diced
1 handful parsley, finely chopped
1 handful walnuts, roughly chopped
1/2 bunch green onion, thinly sliced
1 pound pasta, cooked
1-2 tablespoons olive oil
1-2 tablespoons balsamic vinegar
Salt to taste

While pasta is cooking, prepare other ingredients. Drain al dente pasta and quickly toss with remaining ingredients. Season to taste with salt and pepper. Serve hot or cold.

Citrus Sorbet

Paul Durham, Tucson CSA

1 quart citrus juice (approx. 4 grapefruit or 8 oranges)
1 rounded tablespoon zest, finely grated (option: increase the amount of zest for more citrusy flavor and tartness)
1/2 cup agave nectar*
1/4 cup vodka (optional)

Simmer zests in agave nectar for a couple minutes and let it sit. Juice citrus and add juice to nectar. Add vodka. Refrigerate until cold. Stir thoroughly, then pour into an ice cream maker and freeze according to the manufacturer's instructions. Transfer to a container and freeze until firm. Serve in martini glasses and garnish with sprigs of mint or fennel.

If you do not have an ice cream maker: pour into 9-inch square metal baking pan; cover and freeze, stirring occasionally, until partially frozen, about 4 hours. In a food processor with knife blade attached, process sorbet until smooth but still frozen.

* As an alternative to using agave nectar, mix together 1/2 cup sugar, 1/2 cup water and the zest in a saucepan. Heat gradually, stirring until the sugar has dissolved, then boil the mixture gently for 5 minutes to make a syrup. Combine with the other ingredients as described above.