



Tucson Community Supported Agriculture

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Winter 17/18

Harvest lists are online

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Still taking orders for Josh's grass-fed beef shares

We have ordered a steer from Josh and it will be ready in a 2-3 weeks. One steer makes about 40 shares and we will take orders until all shares are all pre-sold.

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 choose from a selection of different shares at the time you pick it up.

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

Cheese shares to resume in May

Note that cheese shares are on break right now: this is the time of year when goats are having their babies and most of the milk goes to them. Until cheese shares resume David will still send us small quantities of cheese, so do check our display fridge.

Making Kimchi (or something like), by Hunter Smith

It was a superabundance of winter greens in our garden that first introduced me to kimchi—rainbow chards (*yellows, purples, reds, whites; leaves that looked like they grew from a banana tree*), cabbage, mustard, beet, radish, broccoli, kale, nasturtium leaves and seedpods, Brassicas of all descriptions, once the wild borage and the milk thistle. All leaves and stems—we hardly ever used the cabbage heads.

Chop the leaves into pieces, move into a bowl, pour in brine that is about the saltiness of seawater (1 big tbsp salt to 1 cup water), enough to submerge the leaves.

Pumpkins, squashes, beets, romanescos, carrots, radishes, parsnips, leeks, any vegetable hard and crunchy we cubed, sliced, or diced, and mixed with the leaves in the brine (even fruits—I made a kimchi once with plums, grapes, and apples).

I kept a plate on top weighted with a rock to keep everything underwater. Let it set overnight, twelve hours or so.

Welcoming bacteria from the greens and vegetables, cultivating an environment for their proliferation. We had towering pagodas of kimchi bowls and crates of jars go through our kitchen. The lactic acid bacteria, *Leuconostoc mesenteroides* followed eventually by *Lactobacillus plantarum*, and the other cultures that are present, transmuting the unseen before our eyes.

In the morning, drain the saltwater off into another bowl (keep the water); taste the leaves—they should be salty. If they are not, add salt; if repulsively salty, rinse them.

Add spices. The garlic plaited and hung for winter, the ginger, the curled chilies: these are mainstays, but you can add anything else you would like (onions, coriander seeds, cloves, peppercorns, allspice, dill seeds...). I chop the ginger, garlic, and chilies finely; proportions are personal, for a quart of kimchi I add a little bit of chili, around five cloves of garlic, and about an inch of ginger.

The spices act as mold inhibitors, along with the acidification of the anaerobic, saline environment by the bacterial production of lactic acid. Molds and yeasts cannot grow without oxygen, so the one place you may find them is on the surface of the kimchi. Keep an eye on it, every day or two, skim the mold off if you see mold growth (and remove the top layer of vegetables if they seem funky). This is normal and nothing to worry about; the fermentation will continue underneath.

Toss the spices with the drained leaves.

The kimchi needs a place to ferment. We had many glass jars around for preserves, old honey jars or jars from spaghetti sauces. Use what you have (although I would keep to glass).

Clean the jars, firmly pack the leaf & spice mix in with your fingers, one handful at a time, pressing their juice out to create submersion. Pack to the very top, leaving as little air as possible to further discourage molds and yeasts. The juice must rise above the level of the leaves: add some saltwater if it does not.

Let it sit (add saltwater if evaporation occurs).

The bacterial organism do their slow work for a week or so, shorter if it's hot, longer if it's cool (always longer if you like sour flavors). Transforming. Changing. Proliferating as the disparate parts of chopped greens, vegetables, garlic, ginger, and chili fuse into kimchi (or something like it; this is not a Korean recipe). This will be Tucson kimchi, the local organisms fermenting, the preparer acting in symbiosis with the wild organisms. As it bubbles, a local culture is generating; one comes a bit closer to living with the land, to being a part of place.

Taste it, every couple of days. Note the succession of flavors and textures that coincide with the succession of the primacy of the microbiota. Let it sit on your tongue a long while, moving it around, tasting it, noticing

the differences,

the uniqueness of time and place.

Sautéed Greens with Ginger and Honey

Chef Stephanie Green, Crooked Sky Farms

Chard is especially nice for this dish because you can include their stems as well, but any green will work well here.

1 bunch Swiss chard, sliced into ribbons, stems cut into thin strips
1 tablespoon olive oil
1 tablespoon honey
2-3 teaspoons fresh ginger root, finely grated
Salt and black pepper, to taste

Add olive oil to a large sauté pan and heat to medium high temperature. Add Swiss chard stems and cook, stirring frequently, for about 4 minutes. Add greens and cook an additional 3-4 minutes, then add honey and ginger root; stir well to coat. Continue to cook for about 1 more minute. Season to taste with salt and black pepper.

Tip: Start with a slice of bacon in step one for added flavor.

Easy Minestrone Soup

Sara Jones, Tucson CSA

This soup is perfect for winter vegetables. Potatoes and sweet potatoes are great if you have them. Or use carrots, turnips or even radishes. Almost any greens will do nicely in here, but remember they will shrink a lot. One whole bunch isn't too much. And remember that different greens will add different textures, so try adding a few varieties.

2 cup mixed starchy veggies (potatoes, sweet potatoes, turnips or carrot) diced
2 handfuls broccoli or cauliflower, chopped
1-2 bunches greens, cleaned and chopped
1 large sweet yellow onion, diced
3 cloves garlic
1 heaping tablespoon tomato paste
1 can diced tomatoes
1 can beans, drained
1 large handful small pasta
1 teaspoon oregano
1 teaspoon thyme
1-2 tablespoons oil
Salt and pepper to taste

In a large saucepan, sauté onion in oil over medium high heat until beginning to brown. Push onion to one side and add tomato paste to pan. Cook, stirring continuously, until paste has darkened a shade or two. Add garlic, herbs, canned tomatoes and about 3 cans of water. Stir in remaining veggies, except greens. Bring to a simmer and cook for about 15 minutes, until potatoes are mostly tender. Add beans, pasta and greens and continue cooking until pasta is ready. Season to taste with salt and pepper and a drizzle of balsamic vinegar, if desired. Serve garnished with shredded parmesan and croutons.

Arugula and Celery Pesto

Celine Hayden, Tucson CSA

This makes a great spread for bread, try a slice with the Black Mesa Ranch goat cheese.

1/2 cup toasted pine nuts or pistachios
½ bunch or bag arugula, cleaned, any large stems removed
About 1 cup celery leaves, blanched
1-3 tablespoons white balsamic vinegar (can also use red but mutes the green color of the arugula)
1-2 cloves crushed garlic
Olive oil, about ¼-1/2 cup
Salt and pepper to taste

Toast nuts in a pan and let cool. Bring a pot of water to a boil and add celery leaves. Blanch for about 45 seconds, then remove from pot and dunk in cold water. Drain leaves. In a food processor or blender add arugula, celery, 1 to 2 tablespoon vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable).

Note: the vinegar takes some of the bite out of the arugula. Add more or less depending on taste. Also, blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important—it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).

Candied Citrus Peel

Lori Adkison, Tucson CSA

These are amazing served with alongside dark chocolate! They make excellent additions to cakes and pies, granola and ice cream. The simple syrup that the peels are cooked in has a delicious citrus taste, too. Use it in cocktails or other drinks.

For about 2-4 fruits, depending on the size you will need:

1 1/4 cups white sugar
1 cup water

Quarter fruits lengthwise and tear out flesh to save for another use. Stack peels and cut into long strips. Bring a medium pot of water to a boil and add peels. Cook one minute. Drain water and repeat the boiling and draining two more times for grapefruit peels, twice for oranges and once for lemon. Make a simple syrup by dissolving the sugar in boiling water and returning to a boil. Then add peels and bring to a low simmer. Cook for 45 minutes. Remove from heat and let peels sit in syrup for at least 4 hours or overnight. Remove each peel individually from syrup and lightly squeeze excess liquid. Lay out to dry. If you do not have a cooling rack with air flow to dry them on you will need to flip the peels after about 8 hours to continue the drying on the second side. When peel are just barely tacky to the touch, roll in sugar and leave out on a plate to continue the drying process for one night. Then peels will store well in an airtight container.