



Tucson Community Supported Agriculture

Newsletter 622 ~ February 5, 2018 ~ Online at www.TucsonCSA.org

Winter 17/18

Harvest lists are online

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More Recipes Online

Don't miss the **Edible Shade Mesquite Pancake Breakfast** at our Watershed Management Group pickup location this coming Sunday! Buy tickets at:

<https://watershedmg.org>

Eggs Purchase Limit

Josh's older hens are out of production, his younger ones are not yet laying, and those in the middle are still in a production low because the days are still short. All of this is causing a seasonal low in egg production.

While supply is limited we limit egg purchases to one dozen per account: this is to spread their goodness to as many as possible. We apologize if we occasionally run out of eggs.

It's the nature of small scale, humane production. Josh respects the natural production cycle of his hens by not exposing them to artificial light during darkness to stimulate production. Hens need vacations too!



Variations on Cauliflower by Shelby Thompson

If your childhood experiences with mushy, flavorless, or previously-frozen cauliflower left you weary of this cool weather vegetable, fear not: when prepared correctly, cauliflower transforms into a delicious meal. Cauliflower falls under the species *Brassica oleracea* along with a few other vegetables we see at Tucson CSA this time of the year, like broccoli, Brussels sprouts, cabbage, collard greens, and kale. However, unlike its relatives, cauliflower can be transformed into an array of dishes that will make you forget you're eating a vegetable you once despised.

The hefty heads of cauliflower that have been in our CSA shares this winter can often feel cumbersome. The best way to free up fridge space and condense the size of your cauliflower is to turn it into a creamy "alfredo" sauce that tastes deceptively like the real thing. Cut the head of cauliflower into large florets before steaming them until tender. Then, puree the cauliflower with one cup of stock, one-half cup of whole milk, 8 cloves of garlic sautéed in olive oil, salt, and pepper. Warm the sauce in a pot on the stove and toss it with freshly cooked pasta and grated Parmesan cheese. Cauliflower alfredo sauce also freezes well for future use.

→ click on following link for [Healthy Fettuccine Alfredo](#)

Another ingenious way to use cauliflower (and trick your kids into eating it) is to turn it into cauliflower rice. Simply cut a head of cauliflower into large florets and place them in a food processor (alternately, you could use a box grater). Pulse the cauliflower florets until they break down into small pieces that resemble rice. To cook the cauliflower rice, place it in a large skillet over medium heat with a bit of olive oil, salt, and pepper and cook for about 3-5 minutes, or until it has softened. Use it in place of rice in anything from a stir fry to Tucson CSA's infamous Rice Pilaf with Dill.

→ click on following link for [Rice Pilaf With Dill](#)

My favorite way to prepare fresh, local cauliflower is to roast it with garlic and olive oil, which brings out its earthy sweetness. To roast it, cut the cauliflower into small florets and toss them on a baking sheet with a generous drizzle of olive oil, sea salt, pepper, and 8 cloves of peeled garlic. Roast them at 450° for about 25 minutes, tossing twice, until the florets are tender and golden brown. Once they're out of the oven, toss them with a few tablespoons of fresh lemon juice, chopped dill or parsley, and toasted nuts (such as almonds or pine nuts). This is a great side dish on its own, but you can turn it into an entrée by tossing it with cooked short-cut pasta and topping the whole dish with Parmesan cheese.

→ click on following link for [Roasted Cauliflower Pasta With Garlicky Breadcrumbs](#)



Search for cauliflower recipes online and you'll learn how to turn disguise it as a variety of other things, like pizza crust, mashed potatoes, and even steak. Whether you want to celebrate cauliflower in all of its glory or forget exactly what you're eating, you'll find no shortage of ways to use this hearty winter vegetable.

Cilantro Coconut Chutney -new

Sara Jones, Tucson CSA

This is a great dipping sauce but you can also serve it stirred into steamed rice or as a spread for toast. If you can find fresh or frozen coconut use about 1 cup of it instead of the coconut flakes and milk.

2 cups cilantro leaves and stems, packed
¾ cup unsweetened coconut flakes
1/3 cup coconut milk
1 hot pepper, seeded, or to taste
1 pinch sugar
About 1" grated ginger
2 tablespoons lemon or lime juice
Salt to taste

Use a food processor or blender to puree all ingredients. Let sit for at least one hour to allow flavors to meld. Taste and adjust seasoning with salt and citrus juice as needed.

Grapefruit Glazed Beets

Heidi DeCosmo, Tucson CSA member

4 medium beets, peeled and cut in small cubes
1 teaspoon extra virgin olive oil
1/8 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1 tablespoon orange zest
1/2 cup fresh unsweetened grapefruit juice
1/2 cup orange juice
1 teaspoon honey
1/2 teaspoon minced fresh ginger

Preheat the oven 425F. Place the beets on a baking sheet. Toss with the olive oil, salt and pepper. Bake for 15-20 minutes or until the beets have just softened.

For the glacé: Heat a small saucepan over medium high heat and add the ingredients. Bring to a low boil and reduce the sauce by half. Toss the beets with the thickened sauce.

Stir-fried Lettuce in Soy Sauce & Oyster Sauce

Adapted from consciouschoice.com

Stir frying your lettuce is actually a wonderful idea and a great way to use the thick stems and outer leaves. You want to just barely wilt the greens down, keeping them tender yet crisp.

About half a large head of romaine, cleaned
1 tablespoon water
1 tablespoon oil
1/4 teaspoon salt
1 teaspoon soy sauce
1 teaspoon oyster sauce
1/2 tablespoon unsalted butter

Cut romaine leaves crosswise into half-inch segments. In a skillet, heat oil over moderately high heat and stir-fry with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, one to two more minutes.

Kickin' Collard Greens

These stewed greens are a great way to use larger, less tender leaves of kale and 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.

Cauliflower Migas -new

Sara Jones, Tucson CSA

Migas is a delicious Spanish dish made with leftover bread crumbs. Here the crumbs are mixed with crumbled cauliflower florets. You can serve the mixture over pasta for dinner, or topped with fried eggs for breakfast.

2 cups cauliflower florets, crumbled into very small pieces
2 cups leftover bread crumbs
2 tablespoons olive oil
About ¼ cup of Spanish chorizo cut into a small dice, or use Mexican chorizo or Soyrito
2 cloves garlic, minced
1 teaspoon paprika
Red chile flakes, to taste
½ cup broth or water

In a large skillet, heat about 2 tablespoons oil over medium high heat. Add chorizo, cauliflower and bread crumbs, stirring well to coat in oil. Cook for about 5-7 minutes, stirring frequently, until bread and cauliflower are beginning to brown. Add garlic, paprika and chile flakes and stir until fragrant. Drizzle broth or water over mixture. Stir well, cover and reduce heat to medium low. Let sit for a few minutes, until moisture is absorbed. Serve mixture over sautéed greens or cooked pasta. Or top with fried or poached eggs.