



Tucson Community Supported Agriculture

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Spring `18

Harvest lists are online

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Splitting shares

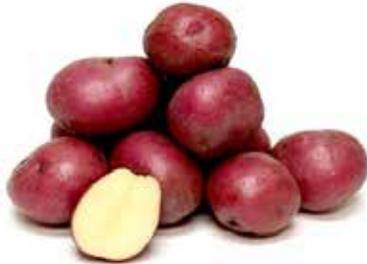
Members sometimes ask us if we know anyone who would be willing to split a share with them. This is not something we can easily keep track of as it changes constantly.

If that is something that you might be interested in, there is a small cork board just inside the door to the CSA, above the surplus bench, where you can pin an index card with your offer or your request to split a share. We can provide you with index cards to write your ad on.

Typically an ad would include:

- your contact info
- which pickup day you wish to split a share on
- whether you are looking for share to split or are offering to split your share
- whether you'd like to split your share every week or simply alternate pickups.

Red Creamer Potatoes



Immature potatoes may be sold as "creamer potatoes" and are particularly valued for taste. These are often harvested by the home gardener or farmer by "grabbling", i.e. pulling out the young tubers by hand while leaving the plant in place. A creamer potato is a variety of potato harvested before it matures to keep it small and tender. It is generally either a Yukon Gold potato or a Red potato, called gold creamers or red creamers respectively. They typically

measure less than one inch in diameter. The skin of creamer potatoes is waxy and high in moisture content, and the flesh contains a lower level of starch than other potatoes. Like potatoes in general, they can be prepared by boiling, baking, frying, and roasting. Slightly older than creamer potatoes are "new potatoes", which are also prized for their taste and texture and often come from the same varieties.

A tasty way to prepare creamer potatoes is to boil them for 15 minutes or until tender, then drain and toss with olive oil, chopped sage, salt and pepper.

Quelites

Quelites is the term used in Mexico to refer to wild greens such as amaranth greens and lambs quarters. It is tempting to pronounce it "key lights" but it is in fact pronounced "keh LEE tess".

Quelites are mild yet tasty, with a flavor reminiscent of spinach. In fact you can use as you would use spinach. It is important to rinse them well as they often include sandy particles.

You can eat them raw when they are young and tender, and you can cook them like spinach when they're more mature. You would eat the stems too, except when the stems get woody later in the season. There is no need to separate the leaves from the stems when the stems are still tender. You can chop the whole thing!



Hakurei Turnips



This tender white salad turnip comes to us from Japan and surely must be the aristocrat of turnips. It has a light, crispy texture and a sweet, fruity flavor. It is much softer and more delicate than regular turnips. Both the bulbs and the greens can be eaten. The bulb is delightful raw and it is even better when lightly cooked, which enhances its natural sweetness.

Quick Pickled Turnips

Sara Jones, Tucson CSA

The Hakurei turnips that we get in our shares are mild and delicious. Some people might be surprised by how good they are raw, in salads. Lightly pickled, with some of their greens, they also make a great side dish. Adjust the seasoning to your taste.

½ bunch Hakurei turnips, cleaned and thinly sliced, plus a few turnip greens, roughly chopped
1 pinch of salt
1 tablespoon rice wine or apple cider vinegar
1 teaspoon soy sauce
1 pinch sugar
Freshly grated ginger
Red chile flakes
Sesame seeds, for garnish

Toss sliced turnips and greens with the salt and squeeze and toss gently. Set aside for 30 minutes or so. Combine rest of ingredients and massage those into turnips. Put turnips into a sealable bag and refrigerate for at least 1 hour before serving. Serve sprinkled with sesame seeds, if desired.

Quelites Pesto with Sesame Seeds and Edamame Noodles

Rachel Yaseen, The Organic Kitchen

Use any of the milder flavored greens interchangeably in this recipe. Use any noodle you like, soba or edamame are especially good.

4 cups loosely packed greens, cleaned and any large stems removed
1/4 cup sesame seeds
3 tablespoons soy sauce
3 tablespoons maple syrup
2 cloves garlic
1 tablespoon grated ginger
Organic Edamame noodles (available at Costco– gluten free, 100% edamame, nothing else)

Blanch greens or quickly wilt in a skillet until tender. Toast the sesame seeds. In a food processor, grind the sesame seeds coarsely. Add soy sauce, garlic, ginger and maple syrup. Cook and drain the noodles. Mix with the pesto. Serve with chopped macadamia nuts.

Easy Cold Summer Squash Soup

Paula Wilke, Tucson CSA

½ to 1 cup vegetable stock or water (enough for about ¼ inch of liquid in the bottom of the cooking pot)
1 small onion
2-4 cups of summer squash (yellow squash, Mexican Grey Squash, Zucchini, etc. a mixture of different squashes are nice)
2-3 cloves garlic
1 Tablespoon White Miso (possible substitutes are soy sauce or salt)
Good goat milk yogurt (plain)
Salt and pepper
Black olive as a garnish

Heat stock or broth and roughly chop the onion, the squash and the garlic, keeping them separate. When the water starts to boil, add the chopped onion and cover. After a few minutes add the squash and garlic and cover. Cook until the vegetables are tender (5-10 minutes), stirring occasionally, and then remove the pan from the heat. When it cools a bit, pour the mixture into a blender, add the miso and puree. Chill the mixture. Just before serving, stir in 6 ounces (small container) goat milk yogurt. You can also add a little more milk or cold water if you like it less thick. Add lots of freshly ground black pepper and salt to your taste. Garnish with a black olive.

Spring Tonic Soup

Sara Jones, Tucson CSA

This brothy soup is light and refreshing, but you can make it more substantial by adding a can of white beans, and sour cream or yogurt.

2 medium or 4 small carrots, diced small
1/4 cup white rice
2 green garlic shoots or 2 cloves garlic
½ bunch chives or green onions, minced
2 large handful mixed greens, cleaned and chopped
1 ½ quarts vegetable broth
2 hardboiled eggs, finely chopped, to garnish
Salt and pepper, to taste
Olive oil, to drizzle over individual servings

Bring vegetable broth to a simmer over medium high heat and add carrots, garlic and rice. Cook for about 15 minutes and add greens and chives. Cook an additional 5 minutes or so. Add salt and pepper to taste and serve. Garnish each bowl with a sprinkling of chopped eggs and a drizzle of olive oil.