



Tucson Community Supported Agriculture

Newsletter 667 ~ January 21, 2019 ~ Online at www.TucsonCSA.org

Winter 2019

Harvest lists are online.

Back Page Recipes

- Sparkling Dill Lemonade
- Herb Soup (New!)
- Dal Saag
- Spicy Grapefruit and Fennel Salad

Find many more recipes on our website.

Low Egg Supply

It's that cold time of the year when Josh's hens produce less eggs than usual, and as such we have fewer eggs to sell at the CSA. Although it's sad when we're low on eggs, in a way it is comforting to know that our egg farmer does not compromise the wellbeing of his hens for higher production rates.

In the world of small, local agriculture, a shortage like this serves as a testament to Josh's high standards for raising animals, and is just one of the many reasons we source from him. We will likely have a limit on egg purchases for the next few weeks, so remember, early bird gets the worm (err... egg).

Goat Cheese Shares on Hold

Note that cheese shares are on break right now: this is the time of year when Black Mesa Ranch goats are having their babies, and most of the milk goes to them. David will still send us small quantities of goat cheese until cheese shares resume in the spring, so do check our display fridge to see what we have in stock.

A Week at My Table: Planning Pays Off

Written by Paula Redinger

Some weeks offer you lazy afternoons, which you spend hand-forming individual orecchiette, or making delightful messes in your kitchen, swinging noodle dough around like a jump rope for a hand-pulled Chinese noodle experiment. Other weeks, you're just doing your best to keep your head above water. These are the weeks when I profit from earlier, more time-consuming projects.

That black bean peanut sauce that had been forgotten in the fridge door? A spoonful went a long way to enliven a quick stir fry of ground meat and **Tokyo Bekana**. Admittedly, the beet soup I had stashed in the freezer was just a touch too sweet for me, but the counterpoint of peppery, crunchy **Easter Egg Radishes** gave it much-needed balance. I didn't have any **cilantro** in the house when I made a batch of Indian lentils last month, but how nice it was to have it this week, when I defrosted a portion of lentils for a quick dinner before work. And I didn't need to grind or toast any spices to make some Ethiopian-style, slow-cooked **broccoli greens** because –



look! – there's the rest of the Nit'r Qibe (a type of spiced clarified butter), hiding behind the gallon of milk! I mixed lightly cooked **Swiss chard** into the white beans I nearly always have on hand, topped it with a swirl of good olive oil and lots of ground pepper, and made a humble-but-tasty meal out of it with some crusty warm bread and a few slices of salty cheese.

I love our Arizona **grapefruit** so much, I rarely do anything other than eat them straight up at breakfast, or any time of day. I cannot get enough of their juicy zing! In fact, I challenge friends with grapefruit trees to give me more than I can eat. (No one has succeeded to date.) I did manage one small project for the future this week. With the gift of both **celery and onions** in our share, my carrots—which had been patiently waiting in the crisper drawer—found their purpose. I sautéed up a batch of mirepoix: that culinary holy trinity that is the foundation of so many soups, stocks, sauces, and stews. I'm hoping it freezes well!

Sparkling Dill Lemonade

Shelby Thompson, Tucson CSA

The idea of putting dill in your lemonade might sound strange, but trust me—it's surprisingly delicious and wonderfully refreshing. Here's how it works: Dill is blended with water until it has completely broken down. Then, the mixture is strained to rid of any pulp before it gets mixed with homemade simple syrup and the perfect amount of both lemon zest and juice. Pour it over ice with some sparkling water and there you have it: Sparkling Dill Lemonade.

1/4 cup cane sugar
1 cup water, divided
1/2 cup fresh dill
1 lemon
Sparkling water, to taste

Place sugar and 1/2 cup of water in a small saucepan over medium heat. Stir the mixture until the sugar dissolves. Set the simple syrup aside and allow it to cool. Place 1/2 cup of water and dill in a blender and blend until the ingredients are thoroughly combined. Pour the mixture into a bowl through a fine mesh strainer and discard the pulp left in the strainer. Add the simple syrup to the dill water. Add the zest and juice of the lemon to the mixture and stir. To serve, pour one part dill mixture to two parts sparkling water in glasses over ice.

Herb Soup (great for using large quantities of herbs)

Shelby Thompson, Tucson CSA

Adapted from *An Everlasting Meal* by Tamar Adler

Whichever herbs and greens you choose to use in your version of Herb Soup will ultimately leave you with a big pot of bright green soup that is somehow light, fresh, and rich all at the same time. Squeeze a little lemon juice over each bowl just before serving, and don't forget the crusty bread—it's perfect for sopping up every last drop of this wonderful soup.

4 tablespoons salted butter, preferably pastured
1 small carrot, diced
1 small onion, diced
2 small potatoes, diced
1 tablespoon sea salt
1 cup vegetable or chicken stock
3 cups filtered water
8 cups fresh herbs, such as cilantro, parsley, dill, or a combination of the three
Fresh lemon juice, to taste
Good crusty bread, for serving

Melt butter in a large soup pot over medium-low heat. Once the butter has melted, add the carrot and onion. Sauté, stirring frequently, until the vegetables are soft. Add the potatoes, stock, water, and salt to the pot and cook on a gentle simmer until the potatoes are so tender that they begin to fall apart. Taste the broth and add more salt and pepper as needed. Add the herbs to the pot. Carefully transfer the soup to a blender and blend on high until it is smooth and creamy. Serve with lemon slices and good crusty bread.

Dal Saag

Kusuma Rao, Ruchikala

This is a great way to use a variety of greens, perfect for clearing out the veggie drawer. Dal is just split lentils and Saag translates to miscellaneous greens. This Indian dal is great on its own as a soup, or can be served with rice or any cooked grains.

1 cup dal (Moong dal preferred, but really any dal would do, cooked)
1 tablespoon cooking oil (canola, sunflower or coconut)
1 teaspoon cumin seeds
1/4 teaspoon asafoetida
2 strands of curry leaves (if available)
3/4 teaspoon turmeric
1 inch piece of ginger (minced)
3 cloves of garlic (minced)
1-3 Thai chiles (minced) to taste
1 teaspoon ground coriander
1 teaspoon ground cumin
2 bunches of misc. greens (turnip, rapini, kale, collards)
1 lemon (juiced and zested)
1/3 of bunch of cilantro, stems and leaves (cut into ribbons of coarsely chopped)

Make sure you have all your ingredients prepped and ready to go. Bring a 4-quart saucepan to medium high heat. Add oil and cumin seeds, watch the seeds closely and let them turn a slightly warmer shade of brown being careful not to let them burn. Add curry leaves, asafoetida, and turmeric. Add chiles, ginger sauté for a couple minutes, then add ground spices, sauté for another minute, stirring continuously. Then add chopped greens. Sauté for about 2-3 minutes with a teaspoon of salt. Add about 1 cup water and simmer for 5 minutes, uncovered. Add cooked dal. Stir. Add another teaspoon of salt (or adjust seasoning to taste). Stir in lemon juice and zest. Serve as a soup or as an accompaniment with rice.

Spicy Grapefruit and Fennel Salad

Sara Jones, Tucson CSA

2 grapefruit, peeled, segmented and chopped into bite size pieces
1 large bulb fennel, very thinly sliced
1/4 small yellow onion, thinly sliced
6-8 oil cured black olives, pitted and roughly chopped
Red chile flakes, to taste
Olive oil, drizzle
Salt and fresh cracked pepper, to taste
Feta cheese, to taste

Toss together grapefruit, fennel, onion and olives. Dress with chile flakes, salt and pepper and a drizzle of olive oil. Let sit for at least 30 minutes. Garnish with crumbled feta cheese before serving.