



# Tucson Community Supported Agriculture

Newsletter 674 ~ March 11, 2019 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter 2019

*Harvest lists are online.*

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*Find many more recipes on our website.*

### New Options for Goat Cheese Shares!

For the first time ever, we are offering CSA members the option to get their goat cheese share on either a weekly or bi-weekly basis. Goat cheese shares now come in smaller 4oz logs and you can choose between the following options:

Rotation (Plain, Tuscan Herb, Smoked Paprika, Chipotle), Plain/Herb, or Plain. A weekly goat cheese share costs \$33 for a 6-week subscription (\$5.50/Share), and a bi-weekly goat cheese share costs \$18 for a 6-week subscription (\$6/share). Please remember that all changes to your subscription must be done between the day after your pickup and midnight on Friday.

### #TucsonCSA

We want to see how you use your CSA share! Tag #TucsonCSA on your social media photos to show us what you're making.

## Cooking for Kids (and Picky Grown Ups)

*Written by Theresa Smith*

It is easy to get excited about all of the wonderful fresh veggies as you walk through the line at the CSA, but what happens when your kids aren't as excited as you are? Some kids have trouble with the earthy taste of beets, while others cannot stand the texture of cooked greens. Some find radishes too spicy while others are just going through a picky phase and want to see if it is truly possible to live on bread and milk (or whatever their friends are eating at school). Regardless of the reason, it can be hard to use your whole share when everyone isn't into it, so I thought I would share a few of the ideas that have worked for our family.

During the winter my number one cooking priority is finding ways to cook all of those greens. I have found that if I chop them very finely, I can include greens in a stir fry along with long noodles like lo mein (or even spaghetti), plenty of veggies, a little bit of protein, and a sweet sauce like teriyaki and the kids will happily come back for more. The sweet sauce counters the bitterness of the greens and the finely chopped greens practically melt into the noodles so that kids (or picky adults) don't notice the texture. Another favorite is to cook down greens with an acid like citrus juice or apple cider vinegar and plenty of salt to counteract the bitterness and then add them to a quiche or a frittata. My final go-to greens recipe, especially on a busy day, is one shared by Philippe a couple of years ago for a one-pot meal with ground pork, an onion, two bunches of greens, and a few potatoes. We add a loaf of fresh sourdough to sop up the broth (which also gives some extra calories for the truly picky) for an easy meal that everyone will eat.

Another great place to use some of your CSA veggies is snack time. Radishes can be thinly sliced and dipped in hummus or dilly bean dip. Beets can be made into beet-carrot cake until kids get used their earthy flavor. Almost any veggie can be finely chopped or grated and added to leftover mashed potatoes, then fried up in patties that are delicious both hot or cold.

The final thing to remember is that if you keep putting good food on the table without putting pressure on kids to eat it, they will come around. It may not be the first time they try it, or even the fifth, but with repeated exposure kids will learn to love veggies. In the meantime, if you make a curry or a stir fry, a picky eater might just eat the rice at first – but at some point they will want to try the rest. If you serve soups and stews with bread and salad on the side, kids won't starve and before long even the most stubborn child will decide they want to see why you keep raving about the dishes you make.

Keep at it and be creative – before long, the kids will be as excited about those veggies as you are!

*Find many more kid-friendly recipes on our website, [TucsonCSA.org](http://TucsonCSA.org).*

## **Celery Tuna Noodle Casserole**

Sara Jones, Tucson CSA

The celery in our shares has been fibrous, but cut into pieces and cooked it gets perfectly tender. I used the inner light green leaves to flavor this dish as well. If you have leftover dill this is a great way to use it!

4-5 stalks of celery, cleaned and diced  
3-4 small carrots, cut into coins  
1 medium onion, diced  
1 tablespoon oil  
About 1 cup of frozen peas  
Two large handfuls of chopped greens  
1 pinch dry thyme  
1-2 cans tuna fish, drained  
1 package egg noodles  
1 tablespoon butter  
1/4 sour cream  
1/4 chopped fresh herbs  
Salt and pepper to taste

Cook celery, carrots and onion in a good glug of olive oil in large skillet over medium high heat. Meanwhile bring a large pot of salted water to a boil for pasta. Once veggies begin to brown add greens and peas and thyme and lower heat to medium and cover. Cook noodles to al dente, reserve about 1/2 cup of water and drain. Add noodles, reserved water, butter and a dollop of sour cream to veggies. Stir well to combine. Add herbs, tuna and salt and pepper to taste. At this point you can serve as is, or place in an oven proof dish, sprinkle with cheese and bread crumbs and brown under broiler.

## **Lori's Dill-icious Bean Dip**

Lori Adkison, Tucson CSA

This is a great dip for all of our fresh spring vegetables. Serve it with thin slices of raw carrot, fennel, or radish. You can vary the flavors to your taste, adding more dill or salt and pepper as you desire. If you are in a hurry, just try adding chopped dill to a store-bought hummus, for similar results.

About 3 cups cooked lima beans, or any other white bean  
4 tablespoons olive oil  
1 handful chopped dill  
2-3 garlic cloves  
1 tablespoon lemon juice

Process all ingredients together in a food processor or blender, adding bean juice as needed to make a smooth paste. Taste for flavor and season to your taste with salt and pepper and more dill if desired.

## **Beet and Carrot Cake**

Sara Jones, Tucson CSA

2 cups grated carrots and beets, mixed  
1/3 cup granulated sugar  
2/3 cup packed dark brown sugar  
2/3 cup vegetable oil  
2 large eggs  
1/4 cup yogurt  
2 1/2 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
Streusel topping:  
2/3 cup oats  
2/3 cups walnuts  
1/4 cup butter  
1/2 cup brown sugar

Preheat oven to 350 degrees. Make topping by mixing streusel ingredients together in blender, pulsing, until well mixed. Combine the granulated sugar, brown sugar, oil, eggs and yogurt in a large bowl; beat with a mixer on medium speed until well blended. Add beets and carrots; beat well. Combine flour and spices in a large bowl. Add to wet mixture and mix well. Pour batter into a greased and floured 9x13" cake pan. Sprinkle evenly with streusel mixture. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan.

## **Turnip Greens and Pork Casserole**

Mustard greens and turnip greens can have a strong flavor but are tasty when cooked with pork. The fat in the pork seems take the bite out of the greens and mellow out their pungence. You can use this recipe for any greens, including cabbage!

1/2 pound ground pork or 1/4 pound bacon (sliced)  
1 onion, chopped  
2 potatoes, cubed  
1 bunch turnip greens, coarsely chopped  
1/4 teaspoon thyme (or other herb)  
Salt and pepper to taste

Sauté meat, potatoes and onion in a skillet. When meat is browned or rendered, add greens and thyme. Cover and simmer for 45 minutes or until potatoes are tender, stirring occasionally. Add 1/4 cup water or more if the mixture seems dry. Add salt and pepper to taste.