



# Tucson Community Supported Agriculture

Newsletter 719 ~ February 3, 2020 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter 2019

Harvest lists are online.

### Back Page Recipes

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- Spanakopita

Find many more recipes on our website.

### Recipe Demo

Stop by to taste some of Sara's CSA-inspired recipes when you pick up your share this week!

### Valentine's Day Treats for Pre-Order

We're partnering with Shazieh Gorji, owner of **Agave Pantry**, to offer you locally made treats just in time for Valentine's Day! We'll be taking orders at the front desk (in the CSA Shop) through February 5<sup>th</sup>. Payment is due up front in-full; orders will be ready for pickup at the Tucson CSA (Historic Y location) on February 11<sup>th</sup> and 12<sup>th</sup>.

### Offerings:

- *Rosemary Cookie Hearts (Dozen - \$16.50 with tax)*
- *Cardamom Rose Amaretti (Dozen - \$16.50 with tax)*
- *Brown Butter Linzer Heart Cookies (Dozen - \$19.50 with tax; Half-dozen - \$10.90 with tax)*

## The Neglected Vegetable

Written by Mary Kay Allen

At the very least, I owe my *neglected vegetable* a pity party...

You know the culprits – the unfamiliar, the ones wearing out their seasonal welcome, those incompatible with established meal rotations, the ones with questionable preparation, those that are just not favorites... I pluck it from the bin, but stealthily hold it aside, because that produce is not joining its comrades in my bag; it's headed for the trading table.

Most recently, this item was dill. Dill, you say? That innocent herb? Don't feign surprise – I know some members were secretly right there with me. What gave it away? My arrival at the trading table, where seven of the eight baskets contained a lonely bunch of dill, and basket number eight was... empty. I had to giggle to myself as I tucked the dill into my bag. Thus was born a resolution: somehow I am going to crack the secret to using this herb!

I recognize the roots of my dill evasion. While I grew up with well-seasoned cooking, dill was not in the mix and it was an unfamiliar taste for me. Then there was the disconcerting first experience I had with it while traveling in Russia. I would swear that dill was the only herb available in Russia. Its use was pervasive, ubiquitous. I found it to be assertive, aggressive, and overpowering. And thus was born an avoidance that's now approaching decades in length.

How does one learn to love his/her neglected vegetable?

- Step one: Put it in your bag and take it home. Let it stare at you for a minute, nurture a bit of guilt about its uneaten presence in your kitchen.
- Research the veg for established uses and/or happy flavor companions.
- Look to ethnic cuisines for inspiration.
- Sneak it into dishes in small amounts.
- Look for similarity to other produce that you regularly prepare. For example, unfamiliar greens are still just greens.

A cursory peek into the nature of dill revealed that, used *conservatively*, it pairs well with and complements other herbs. Given my experience with Russian cuisine, I went straight to the Greeks for advice, where I found that dill's companions include lemon, pepper and feta. Using this template, I've made one of life's most delightful burgers. My beloved *Flavor Bible* suggested dill, green beans and butter. Delicious. It has yet to be included in this week's greens and feta tart, and in salad dressing. Verdicts upcoming.

I'm on the way to making peace with dill. I may not be ready to apologize just yet, but we are definitely beyond pity party status. Which of the many veggies on offer are your neglected ones? Up next for me: I'm talking to you, Armenian cucumber.

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## RECIPES

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### Fideo Soup with Winter Vegetables (Vegan)

Sara Jones, Tucson CSA

Smoked paprika is an excellent seasoning for cooked greens, especially collards or kale. This recipe can be adapted to a wide range of winter vegetables and can easily use a full bunch or two of greens.

2 handfuls broccoli or cauliflower, chopped  
1-2 bunches greens, cleaned and chopped  
1 sweet yellow onion, diced  
3 stalks of celery, diced  
3 cloves garlic, minced  
1 heaping tablespoon tomato paste  
1 can beans, drained and rinsed  
About 1/3 package spaghetti or angel hair pasta, broken into 2" pieces  
1 teaspoon oregano  
1 teaspoon thyme  
2 + tablespoons oil  
Salt and pepper to taste

In a large saucepan, sauté onion and celery in generous tablespoon of oil over medium high heat until beginning to brown. Push to one side and add tomato paste to pan. Cook, stirring frequently, until paste has darkened a shade or two. Add garlic, herbs and about two quarts water or broth. Stir in beans and cauliflower. Bring to a low simmer and cook for about 15 minutes. Once veggies are mostly tender stir in greens and heat remaining oil in a heavy skillet. Once skillet is hot, add pasta and toss well to coat. Stir and shake pasta in pan to try and toast noodles evenly. When noodles are golden brown remove from heat, add paprika and stir well. Immediately add noodles to soup and raise heat to high to bring to a boil. Cook about 7 minutes, stirring occasionally, until noodles are cooked. Season with salt and pepper and a drizzle of balsamic vinegar, if desired.

### Cilantro Chimichurri Sauce (Vegan, GF)

Rani Olson, Tucson CSA

You can add a shallot or a stalk of green onion to this recipe for even more flavor, and a pinch of chile flakes or cayenne pepper is perfect for anyone who wants more heat. Spoon over roasted fish or meat, or serve tossed with cooked grains or roasted veggies.

2 cloves garlic  
Large bunch of cilantro  
1 tablespoon lemon or lime juice, or red wine vinegar  
1 teaspoon dried herb, oregano or thyme would be best  
1 teaspoon cumin powder, optional  
1/2 cup extra virgin olive oil (Spanish varieties are best for this sauce, because they tend to be more peppery in flavor other good oils will do, like a sesame oil)  
1-2 teaspoons salt and plenty of ground pepper

Pulse garlic cloves in food processor for about 10 seconds, until finely minced. Add cilantro, lemon/lime/vinegar, dried herbs, cumin, and salt. Pulse for about 1 minute, until cilantro is chopped and ingredients are combined. Add oil and continue to pulse until well combined. Empty into serving dish and add fresh ground pepper to taste, along with more salt and oil, if desired.

### Spanakopita (Veg)

This recipe is a great way to use up a backlog of greens, as it requires a couple bunches. You can also use a good portion of fresh herbs here too, perfect for oversize bunches of cilantro or dill. Phyllo dough can be fiddly to work with, but since there are so many layers it does not matter if there are tears, wrinkles or other imperfections. I recommend watching a video tutorial on assembling spanakopita on YouTube, but if you want an easier option, use a frozen puff pastry dough or pic pastry crust and bake the filling in a pie tin according to the directions on the package.

2 bunches greens, stems removed, cleaned and chopped  
2 cloves garlic, minced  
1 bunch green onions, finely chopped  
1 tablespoon olive oil  
3/4-1 cup finely crumbled feta cheese  
4 eggs, whisked with 1 tablespoon olive oil  
1 large handful chopped dill, optional  
1 package phyllo dough, defrosted in fridge overnight  
Extra oil for brushing on phyllo

In a large skillet, cook greens and garlic in oil for a few minutes until are wilted. Add in green onions and cook an additional couple of minutes. Transfer mixture to a colander to drain and cool for several minutes. Squeeze greens filling to remove excess moisture then mix in feta, eggs and herbs. Preheat oven to 450 degrees and oil a 9 by 12" cake pan. Lay individual sheets of phyllo into the pan (the sheets should be a bit larger than the pan and come up the edges) spreading oil on top with your hand or a pastry brush before adding the next sheet. Use 9 sheets for the bottom, oiling well between each layer. Spread filling onto phyllo and tuck any overhanging phyllo over the top of the filling. Start adding top sheets in the same way, oiling as you go. Tuck any overhanging layers down around the edges. Using a sharp knife, score the phyllo into portion sizes, to make cutting easier after baking. Place spanakopita in the middle of the oven and reduce heat to 350. Bake for about 50-60 minutes until golden brown. Let sit for at least 15 minutes so filling can set up before serving.