



Tucson Community Supported Agriculture

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Spring 2019

Harvest lists are online.

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Find many more recipes on our website.

COVID-19 Updates

Please see the “Covid-19 Update” on the side bar of our website and read your weekly pickup email for the latest details on how we’re adapting. We ask that you:

- Stay home if you or someone in your household is sick.
- Keep a distance of 6 feet between you and others.
- Try to only send one person to pick up your CSA share.
- Wash your hands frequently.
- Wear a mask.

CS-Aid

Thanks to the generosity of our members and our farmers, we’re offering free and half-price produce subscriptions to those who need them.

To request a free or half-price share, please email us at tucsoncsa@tucsoncsa.org.

We’re happy to feed more people in our community during this time!

Anything-Goes Pasta

Written by Shelby Thompson

When I’m low on creativity and becoming increasingly hungry, I almost always turn to pasta. As a kid, I subsisted on buttered noodles alone and, despite my parents’ warnings that I might turn into a noodle myself, today I still eat quite a lot of pasta. Much to my mother’s relief, I’ve traded those simple buttered noodles for pasta filled with a variety of vegetables, roasted nuts, mushrooms, cheese, and other things that make it much more interesting, delicious, and nutritionally viable.

Pasta is great for so many reasons. Aside from being inherently delicious, pasta is inexpensive, filling, and can stretch more expensive ingredients further. It’s quick to cook, and in the time it takes to become perfectly al dente you can usually whip up a good sauce to toss it in. It’s also a great slate for those items in your CSA share that might leave you scratching your head. The greens that are taking over your refrigerator? Blanch them in the pasta water as it cooks and toss everything with tangy local goat cheese and olive oil (*Spaghetti with Mustard Greens and Goat Cheese, Tucson CSA*). That umpteenth summer squash in your August CSA share? Caramelize it with onions, capers, and lemon slices before tossing it with noodles and topping the whole thing with feta and fresh herbs (*Pasta with Zucchini, Feta and Fried Lemon, NYT Cooking*). It turns out dreams really do come true, and you can even put potatoes in your pasta (*Penne with Potatoes and Rocket, Smitten Kitchen*), and don’t even get me started on Sara’s brilliant *Beet and Onion Bolognese Sauce*, listed on the other side of this newsletter and on the Tucson CSA website.

I’m convinced that pasta is the answer, in both times of heightened culinary creativity and the pre-summer drought I’m currently experiencing. Do you have a favorite pasta dish? Please share it with us on our Tucson CSA Facebook Group, [facebook.com/groups/tucsoncsacomunity!](https://facebook.com/groups/tucsoncsacomunity)

Not Your Average Potato

“There are over 400 varieties of potatoes grown at the moment, but ask for any one of 396 at your supermarket and you will be met with a rude comment or, even worse, a vacant stare,” writes Bert Greene in *Greene on Greens* (Workman Publishing, 1984). Indeed, one of the potato varieties we get from Farmer Frank, the Red La Soda, is considered commercially unviable, even though both it and the Dark Red Norland are the dominant, high-yielding varieties of red-skinned potatoes in the West. La Soda’s deep eyes, for example, make the potato difficult to peel, and it loses its bright red color in storage (hence its reference as a “fresh-market” potato). Because the Red La Soda is resistant to tipburn (browning of the edges or tips of leaves), however, as well as to wind, heat, and drought damage, it is well-suited to our southern Arizona climate (heat, as you might imagine, presents the biggest challenge of growing potatoes in southern Arizona). Red La Sodas, however, don’t need to be peeled: in fact, much flavor resides in the potato skins themselves, and since Farmer Frank doesn’t use chemicals, you needn’t be concerned about fungicides, pesticides, and other undesirables concentrating in the skin. (If you do peel them, don’t throw the skins away—use them to add flavor to stock.)

RECIPES

Herbed Summer Squash and Potato Torte (Veg)

Nora McGinnis, Tucson CSA adapted from [Bon Appetit, June 2001](#)

This torte can easily be made ahead and reheated as you need it for guests. In fact, it's even *better* reheated because there is something about potatoes that have been cooked twice— getting browner at the edges and more tender inside, creating an excellent contrast.

1 bunch CSA P'ittoi, spring, green, or other onions, thinly sliced
1 cup grated Parmesan cheese
2 tablespoons all-purpose flour
1 tablespoon chopped fresh thyme or rosemary leaves (optional)
1 1/2 teaspoons salt
3/4 teaspoon ground black pepper
2 pounds CSA potatoes, peeled and cut into 1/8-inch-thick rounds
12 ounces CSA yellow crookneck squash or yellow or green summer squash, cut into 1/8-inch-thick rounds
6 teaspoons olive oil

Preheat oven to 375°F. Butter two 8 inch round cake pans. Set aside 1/4 cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend. Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture. Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.) Cut each torte into wedges. Sprinkle wedges with 1/4 cup green onions; serve.

Note: This torte can also be made in a single 10 inch cast iron skillet, making a thicker dish and requiring a little more time in the oven.

Beet and Carrot Bolognese Sauce (GF, Vegan Option)

Sara Jones, Tucson CSA

This is a great way to use carrots and beets and also works if you have to sneak either of these vegetables past anyone you are serving. You can make a vegan version with cooked lentils or use ground beef or pork.

2 beets, scrubbed and shredded
2 carrots, scrubbed and shredded
1 large onion, diced
1 tablespoon oil

2 cloves garlic, minced
1 tablespoon tomato paste
1 teaspoon dried oregano
1 teaspoon dried thyme
1 bay leaf
1/2-pound ground meat or 1 1/2 cups cooked lentils
1 large can diced tomatoes
Salt to taste

Heat oil in a large saucepan over medium to medium high heat, add beets, carrots and onions and stir to coat in oil. Cook, stirring occasionally, until veggies are caramelized. (Depending on the heat this could take 10-30 minutes, the longer the better for flavor.) Stir in garlic and tomato paste and cook, stirring frequently, for another few minutes. If using ground meat, add now and use a wooden spoon or spatula to chop into small bits while browning. Add tomatoes and herbs (and lentils if using) bring to a simmer and cook for about 15 minutes. Salt to taste before serving.

Baked Greens "Chips" (GF, Vegan)

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

It's true that these late season greens can be tough and stronger flavored than their winter counterparts. The 'sturdy' texture of these warm season greens holds up great for chips though. This is more of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
salt and pepper to taste

Preheat the oven to 325 F. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.