



Tucson Community Supported Agriculture

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Winter '06-'07
Week 6 of 12

This Week's Harvest

Golden Yukon Potatoes
Lemons
Beets
Carrots
Baby Russian Kale
Pak Choi
Spring Mix
Watercress or Dandelion Greens

Recipes

Roasted Beet Salad with Oranges
and Beet Greens
Watercress, Jicama+Orange Salad
Beefalo with Olives
Indian-style Potatoes & Greens



Wings Over Willcox

This past weekend marked the 14th Annual Wings Over Willcox Sandhill Crane Celebration. Every year thousands of nature enthusiasts from around the world come to the Sulphur Springs Valley in southeastern Arizona that draws nearly 500 species of birds to Cochise County.

The Second Annual Tucson Slow Food Film Festival also took place this weekend which included new & classic food films, culinary events, cultural discussions and silent auction (including Tucson CSA shares gift certificates).

Editor:
Neil Diamante

Dandelion Greens

Dandelion is a corruption of the French *dent de lion* ("lion's tooth"), referring to the plant's prominently incised leaves. It has the distinction of being among the most vitamin-packed foods on the planet, containing more protein, fiber, calcium, and potassium than any other green; it's also loaded with beta-carotene. When young, it is mild-flavored and can be eaten in salads; when mature, it is the most bitter of greens and is then best when stir-fried, with soy sauce or garlic and lemon. Use dandelion greens in any spinach recipe.



Make sure to eat your dandelion greens first this week!

Freshly picked, they have a nice, pleasant kind of tartness, but they will grow increasingly bitter as the week goes on. If used in salads, you can vary the taste by using a nut-flavored oil and dress the greens with lemon juice, balsamic vinegar, or any other flavored vinegar. The Amish serve dandelions in a salad with a hot sweet and sour dressing made with vinegar, brown sugar, and hot bacon drippings. The significant nutritional profile of dandelions makes it worthwhile to find ways to mask or reduce their potential bitterness. Dandelion greens can be enjoyed cooked or raw. If they do get bitter, you can still use them by pre-cooking. A simple and delicious preparation is to sauté dandelions in garlic and olive oil, then sprinkle with grated Parmesan cheese. Serving dandelion greens on bread, for some reason, completely eliminates the bitterness, according to Peter Gail, author of *The Dandelion Celebration* (Goosefoot Acres Press, 1994). One of his favorite ways of eating dandelions is to make a broiled dandelion pizza sandwich out of bread, tomato sauce, chopped raw or cooked dandelions, and cheese.

Watercress can be used the same way as dandelion greens. Like dandelion greens, they are also good when cooked in lasagna or scalloped potatoes. Cooked, they lose much of their bitterness.

News from Crooked Sky Farms

Crooked Sky Farms is owned by farmer Frank Martin in Glendale, Arizona. In order to maintain a sustainable farm and provide quality local produce, Farmer Frank predominately is supported through CSA subscriptions.

- Want a Crooked Sky Farms T-shirt or Tote bag? Go to our new online gift shop at cafe press: www.cafepress.com/crookedskyfarms
- Crooked Sky Blog: We have created a blog for our CSA members to use to share news, recipes, etc.: www.crookedskyfarms.blogspot.com
- We have just starting working on our CSA cookbook. This book will contain recipes and food stories from our CSA members all over Arizona. For right now, if you're looking for recipe ideas, make sure you check out the Tucson CSA recipe archive: www.tucsoncsa.org/recipes/

TCSA RECIPE PAGE

Roasted Beet Salad with Oranges and Beet Greens

The delicate beet greens — which are an excellent source of potassium, folic acid, and magnesium — make this dish even more healthful.

6 medium beets with beet greens attached
2 large oranges
1 small sweet onion, cut through root end into thin wedges
1/3 cup red wine vinegar
1/4 cup extra-virgin olive oil
2 garlic cloves, minced
1/2 teaspoon grated orange peel

Preheat oven to 400°F. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl.

Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour.

Makes 6 servings.

Bon Appétit
January 2004

Watercress, Jicama, and Orange Salad

2 tablespoons orange juice
1 tablespoon red wine vinegar
1 tablespoon honey
1/2 teaspoon crushed aniseed
1/4 teaspoon cayenne pepper
1/4 cup olive oil

6 navel oranges
4 cups matchstick-size strips peeled jicama (about 2 1/2 lbs)
2 4-ounce jars sliced pimientos, drained
1/4 cup chopped fresh cilantro

2 large bunches watercress, thick stems trimmed

Whisk first 5 ingredients in small bowl to blend. Gradually whisk in oil. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill. Re-whisk before using.)

Remove peel and white pith from oranges. Working over large bowl to catch juices and using small sharp knife, cut oranges between membranes to release segments into bowl. Add jicama,

pimientos, and cilantro. Add dressing and toss to coat. Season salad with salt and pepper.

Divide watercress among 8 plates. Top with orange salad and serve.

Makes 8 servings.

Bon Appétit
December 2002

Beefalo with Olives*

Submitted by Lisa Janz-TCSA member
(**Moshkhari me elies* - adapted from [Culinaria Greece](#))

1 scant cup extra virgin olive oil
2 lbs beef, cut into large cubes
1 onion, finely diced
1 scant cup red wine
2 tomatoes
2 cloves of garlic, finely chopped
1 bay leaf
1 lb green olives, pitted
salt & freshly ground black pepper to taste

Heat olive oil and soften onions. Add the meat and fry until browned all over. Add the red wine, followed by the tomatoes, garlic, bay leaf, salt, pepper and olives. Braise over medium-low heat for 2 hours, adding hot water if necessary.

Indian-style Potatoes & Greens*

Submitted by Wendy McCrady-TCSA member
(**Aloo Palak* (adapted from [Marla's Marvelous Meals](#)))

2 large potatoes, peeled and diced into 1" cubes (any kind: Yukon gold, white, Russet, red-skinned)
1 tsp oil
1/2 tsp cumin seeds
1/2 onion, chopped
1/2 tsp turmeric
1-2 cups fresh greens, chopped (any greens: spinach, braising mix, collards, mustard, turnip/radish/daikon greens, etc.)
1 tsp ground coriander
1/4 tsp cayenne pepper
1/2 tsp salt

Boil or steam potatoes until tender.

Heat oil in a skillet. Add cumin and fry for a few seconds until seeds pop. Add onion and turmeric, and cook until onion is translucent. Toss in cooked potatoes and mix well. Add greens and seasonings. Stir, cover, reduce heat to medium-low, and cook for another 10 minutes until flavors blend, adding a bit of water if necessary.

