



Tucson Community Supported Agriculture

Newsletter 81 ~ April 2, 2007 ~ Online at www.TucsonCSA.org

Spring '07 - Week 5 of 13

This Week's Harvest

Valencia Oranges
Red Kidney Beans
Beauregard Sweet Potatoes
Detroit Red Beets
Savoy Spinach
Purple Queen Garlic
Red/White Swiss Chard
Frisée

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Frisée, also called curly endive. It's a variety of chicory and is frequently used in mesclun (a mixture of baby greens). The attractive pale green leaves are narrow and curly with a frizzy appearance and a slightly bitter, peppery or nutty taste.

Frisée Tips

Separate the leaves from each other. Wash them and spin them well or dry them immediately with a kitchen towel, since they tend to soften quickly.

To revive limp frisée, stick it into lukewarm water and then into ice-water to shock it.

Cut frisée's bitterness with lemon, lime or oils and fats.

You can also "recuperate" tired frisée by sweating it in butter with a shallot. Finish with a drizzle of cream and serve as a vegetable.



Black Mesa Ranch goat cheese shares – Sign up by April 6th

Last week came this year's very first batch of goat cheese. This week we are getting it one more time on a first-come, first-served basis to allow our members to try it out before deciding whether or not to subscribe to a share.

Starting April 16th goat cheese will be available by share subscriptions only, so **if you want a goat cheese share make sure to sign up by Friday, April 6th**. It's easier to just buy a share at the front desk, but you can also mail an application and payment.

Cost is \$20 per share, for 4 deliveries, i.e. every other week starting on April 16th.

Frisée – Some prefer it cooked!

From the huge amount of frisée leftover from last time we had it, it looked like many members didn't even pick theirs up from the bins. Two comments on this:

- 1) If you don't want something, and there is nothing tempting to trade for in the trading basket, just put your unwanted vegetable in the surplus basket for another member to enjoy.
- 2) We might have failed to emphasize that frisée is a bitter lettuce and we should have indicated that it can be cooked and served as a vegetable as well as eaten raw. Cooking frisée will significantly reduce the bitterness.

So, if raw frisée is too much for you, check the recipes for cooked frisée on the back.

See tips on raw frisée on left or check our more extensive frisée tips in Newsletter 76.

Got "Raw" Milk?

Remember the raw cheese tasting we had a few weeks ago and the survey we ran to gauge members' interest in getting it at the Tucson CSA? Only modest interest was expressed so we have decided to let it sleep for now. However, for those of you who are interested in raw milk products, here is where and how you can get them.



HoofsnHorns Farm in northwest Tucson has openings in both their goat and cow share programs. It's not a state regulated/certified dairy, just a small mother-daughter farm sanctuary. Their animals are part of the family, get lots of love and attention and are fed locally grown hay. This makes all the difference in a high quality natural product. Their animals are not fed anything to increase production, none of the antibiotics, hormones and usual "additives" present in commercial dairy products. Each animal is milked individually. It is truly a small family operation.

You can join and be part of the herd. There's a one time joining fee of \$50 and milk shares are prorated on a monthly basis depending on how much of the share you would like. Since they do not "sell" milk, members must pick it up at the farm where their shares are specifically reserved for them. It can be a bit of a trip if you live in east Tucson; however, there are shareholder buddy systems all over town to rotate pickups. Tucson CSA members may want to form one or more of their own.

E-mail Shelby at hoofsnhorns@earthlink.net for more info on how to join or to find out about the other dairy products and goodies available.

You can also see some of the critters at their website www.hoofsnhorns.com

Beans and Greens Soup

Gretel Hakanson, Tucson CSA member

2 bunches greens (swiss chard, **frisée**, beet greens, etc.)
3 tablespoons extra virgin olive oil
4 cloves garlic, minced
2 cups cooked beans (tepary, anasazi, navy, etc.)
3-4 cups chicken or veggie stock
salt and freshly ground pepper
Parmesan-reggiano

1. Wash greens. Remove any tough stems and chop into bite sized pieces.
2. Heat oil in medium soup pot. Add garlic and sauté until golden.
3. Add greens and sauté until soft (you may have to add them in batches if they don't all fit into your pot).
4. Add beans and stock. Simmer 15 minutes or so.
5. Add salt and pepper to taste, top with freshly grated parmesan-reggiano.

Frisée au Gratin

Adapted from Epicurean.com

This traditional Belgian dish is usually made with Belgian endive, but frisée can be used instead (endive and frisée are, after all, two incarnations of the same vegetable).

1 head of frisée
2 cups soft bread, crust removed, shredded
1 cup milk
1 cup ham, cut in little squares (optional)
2 hard-boiled eggs
2/3 cup light cream
1 cup grated gruyere cheese
2 tablespoons butter
1/4 teaspoon nutmeg
salt, pepper to taste

Preheat oven to 400°.

Boil salted water in a pot large enough to take a head of frisée. Boil until wilted. Drain, cool, and cut lengthwise in strips. Place strips side-by-side in a buttered gratin dish.

Put the soft bread in the milk. Mash the hard-boiled eggs with a fork. Mix together the eggs and the bread/milk mixture (add extra milk if necessary to obtain a creamy consistency). Add the ham, salt, pepper and the nutmeg. Mix well and pour over frisée strips.

Pour the cream over the frisée, and sprinkle with grated cheese. Add some little cubes of butter over the dish. Bake for 15-20 minutes, then broil for 5 minutes or until lightly browned.

Frisée and Caramelized Onions

Philippe, Tucson CSA

1 head of frisée
2 tablespoons oil (coconut or olive oil, or butter)
2 onions, coarsely chopped
2 cloves garlic, crushed
juice of 1 lemon or 1/2 cup heavy cream *
salt and pepper to taste

Boil salted water in a pot large enough to take a head of frisée. Boil until wilted. Drain, let cool, and chop coarsely.

In a large skillet, sauté the onions in oil until caramelized. Add garlic and continue sautéing for 1-2 minutes. Incorporate steamed frisée and lemon juice (or cream). Add salt and pepper to taste and serve.

* Both the lemon and the fats soften the bite of the frisée.

Beet, Spinach and Frisée Salad

Lorraine Glazar, Tucson CSA

3 medium beets (golden, red, or chioggia)
Juice of one orange plus water to make one cup
1/3 cup sweetened dried cranberries
2 tablespoons raspberry vinegar
1 tablespoon minced shallots
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon walnut oil *
4 cups frisée or radicchio
4 cups baby spinach
1 cup mint leaves (optional)
2 ounces Mozzarella, diced in 1/2 inch dice, or firm tofu or crumbled soft (log-style) goat cheese

Preheat oven to 400°.

Wrap each beet in aluminum foil. Bake at 400° for 1 hour or until tender. Discard foil; cool beets for 30 more minutes. Trim off beet roots; rub off skins. Cut into 1/8-inch-thick slices.

Combine orange juice, water, cranberries, and vinegar in a small saucepan. Bring to a boil; cook 11 minutes or until mixture thickens. Remove from heat. Stir in shallots, salt, and pepper. Gradually add oil, stirring with a whisk.

Combine lettuce, spinach and mint leaves (if using) in a large bowl. Add cranberry mixture; toss to coat. Add beets; toss gently to combine. Divide salad evenly among 6 plates. Top each salad with 4 teaspoons cheese.

* Walnut oil is a splurge but is so worth it—it's also good with arugula and dandelion. If you don't have walnut oil, substitute a fruity olive oil—it will taste good, but different.