



Tucson Community Supported Agriculture

Newsletter 115 ~ December 4, 2007 ~ Online at www.TucsonCSA.org

Fall '07, Week 1 of 12

Planned harvest list is [Online](#)



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Chicken Feed on Sale

We would like to sell our remaining chicken feed (layer pellets) before Christmas. We'll take a loss on what's left to sell it at \$22 per 50-pound bag, down from \$26, which was our cost. We won't order any more as the OK Feed Store is finally carrying it again after almost a year hiatus.

The Goat Cheese Deal

The goats at Black Mesa Ranch are slowing down milk production as their energy is now being channeled toward breeding. We will still get some goat cheese at the CSA until milk production halts completely at around Christmas. Goat cheese logs will be available for sale on a first come, first served basis (no shares)

Holiday Candy



This week we get our last shipment of holiday candy from Black Mesa Ranch.

More fudge and truffles and caramels and barks and rubbles for Christmas, and then... nothing until next Thanksgiving.

Newsletter editor

Philippe Waterinckx

WELCOME TO THE TUCSON CSA WINTER SESSION 07/08

We hope you'll enjoy the full range of winter produce from Crooked Sky Farms, where everything is naturally grown, with no pesticides, no herbicides, no chemical fertilizers, and with minimal irrigation and integrated pest control. Other than produce that can be harvested and then stored (e.g. potatoes, onions, and winter squash), everything is harvested the day before or the day of the CSA pick-up.

TUESDAY OR FRIDAY EMAIL LIST – GET ON THE RIGHT ONE!

If you switched pick-up days, remember to also switch your email list subscription, so that you'll receive the weekly email that corresponds to your pick-up day.

- **To subscribe** to either the Tuesday or the Friday email list, simply go to our home page and enter your email address in the little window at the top of the left column.

- **To unsubscribe** from either the Tuesday or the Friday email list, go to <http://tucsoncsa.org/mailman/listinfo/tcsatuesday> (for Tuesdays), or <http://tucsoncsa.org/mailman/listinfo/tcsafriday> (for Fridays) and scroll down to the **unsubscribe** section. Follow instructions from there.

If you can't make it work, just email us with your email address and tell us which day you want to be switched to. But remember that at the moment we are rather swamped with all the administrative work related to starting the new session, so we may not be able to process your request for a few days.

GOBBLE GOBBLE... CHRISTMAS TURKEYS ANYONE?

Thanks to all who gave us all such great feedback on Josh's Thanksgiving turkeys! Well, it looks like we may get a few more. Today Josh told me that he had just processed the last few turkeys from his farm near Wilcox. They are naturally raised on pasture. They come frozen, weigh approximately 16 pounds each and cost \$4 per pound. To reserve a turkey for Christmas, please pay a \$20 deposit at the front desk. Numbers are limited (no more than 20). Turkeys will be available at the CSA during the week prior to Christmas (Tuesday, December 18 and Friday, December 21).

GRASS-FED AND GRASS-FINISHED BEEF AVAILABLE FOR CHRISTMAS

The usual deal: frozen packs of approx. 8 pounds, at \$6.50 per pound, typically including two steaks, one roast, one or two packs of ground meat, and a variable cut (e.g. stew meat, ribs, soup bones). To reserve a pack, please pay a \$20 deposit at the front desk. Packs will be available at the CSA during the week prior to Christmas (Tuesday, December 18 and Friday, December 21).

PARKING AT THE CSA – BEWARE OF TICKETS!



Please remember not to park across from the Historic Y (north side of University Blvd., between 4th and 5th Ave.). Our neighbors are quick to complain, and ParkWise officers are frequently patrolling the area during CSA pick-up hours. Thanks to our CSA members who have stopped parking there.

There is open parking on University in front of the Historic Y, on University west of 5th Ave., on the east side of 5th Ave. (both north and south of University), and in the alley east of the Historic Y.

Wherever you park, please take a second to read the sign to be sure it's OK.

Winter Greens Lasagna

Adapted from RealSimple.com

2-3 bunches or bags of fresh kale, Swiss chard, endive, mustard greens, spinach, or another fresh green
2 tablespoons olive oil
1 garlic clove, minced
1/2 teaspoon kosher salt
1 tablespoon all-purpose flour
1 1/2 cups milk
1 cup grated Parmesan or Romano, or a combination of the two
1 15-ounce containers ricotta
1 egg, beaten
1/4 teaspoon ground nutmeg
1 16-ounce box no-boil lasagna noodles

Discard any tough stems and chop the leaves. Rinse and shake gently to remove most but not all of the water. Place 1 tablespoon olive oil in a large stockpot with the garlic and cook over medium-high heat. As soon as the garlic begins to brown, add the greens and toss. Add 1/4 teaspoon of the salt. Cover immediately and cook over medium heat, stirring occasionally, for 10 minutes or until very tender. Remove from heat and set aside to cool.

Meanwhile, in a medium saucepan over medium heat, combine the remaining olive oil, the flour, and the remaining salt. Cook, whisking constantly, for about 3 minutes. Add the milk and increase heat to medium-high. Cook, stirring constantly, until the sauce thickens and boils, about 10 minutes. Stir in all but 1/2 cup of the grated cheese.

Heat oven to 350° F. Coat a 13-by-9-inch baking pan with oil. Blend the ricotta, eggs, and nutmeg into the greens. Spread about 1/4 cup of the cheese sauce in the bottom of the baking pan. Place 2 sheets of pasta on top. Spread on 1/4 of the spinach filling and 1/4 cup sauce, then another 2 sheets of pasta. Make 3 more layers. End with the pasta and sauce, and sprinkle with the remaining cheese. Cover with foil and bake 45 minutes. Remove the foil and cook 15 minutes more or until golden. Let stand 10 minutes before serving. (Can be made up to one day ahead. Cover and refrigerate. Reheat in a 325° F oven for 20 minutes or until a knife inserted in the center comes out hot.)



Mustard Greens and Pork Casserole

Mustard greens and endive are particularly tasty when cooked with pork. The fat in the pork seems take the bite out of the greens and mellow out their flavor.

1/2 pound ground pork or 1/4 pound bacon (sliced)
1 onion, chopped
2 potatoes, cubed
1 or 2 bunch mustard greens or endive, sliced
Salt and pepper to taste

Brown meat and onion in a skillet. If using sausage, break it up as you brown it. When brown, add cubed potatoes and greens. Salt and pepper to taste. Stir well.

Cover and simmer for 45 minutes or until potatoes are tender, stirring occasionally. Add

Mustard Greens Gratin

Sara Jones, Tucson CSA

Another easy favorite that can be made over and over with rewarding results.

Mustard greens or other spicy greens will mellow with fat and cream, so this recipe is a good one if you find their taste too strong. You will probably need at least two bunches of mustard or other spicy greens for this recipe, but use whatever you have on hand and adjust the other ingredients accordingly.

1 bunch or 2 CSA-share bags of mustard or other spicy greens, washed and roughly chopped
1 cup sliced mushrooms
3 cloves garlic, minced
1 tablespoon butter
1 cup ricotta cheese
1/4 cup parmesan cheese
3 eggs
1 cup cracker crumbs
Salt and pepper to taste

Sauté mushrooms and garlic in butter, over medium heat, until mushrooms soften. Stir in greens and cook until wilted. Combine greens and mushrooms with ricotta cheese, eggs and salt and pepper. Spread into a baking pan and cover with parmesan cheese and crackers. Bake in a 375 degree oven for about 35 minutes, until cooked through.