



Tucson Community Supported Agriculture

Newsletter 123 ~ February 5, 2008 ~ Online at www.TucsonCSA.org

Week 9 of 12

Winter '07/'08

Planned harvest list is [Online](#)

The Back Page

- Winter Chopped Salad
- Eggs, Beans and Greens Breakfast Bowl
- Tortilla Crust Quiche with Vegetables
- Spinach and Arugula Salad with French Dressing

SPRING ENROLLMENT SCHEDULE:

FEBRUARY 1 TO 29

February 1 to 16: renewing and former members only.

Spring session contract is available online (under Join > Subscriptions) or at the CSA front desk during pickup hours. Renewing and former members can mail us their completed contract and payment or fill in a one-line contract at the CSA front desk. Our mailing address is: Tucson CSA, 300 E. Univ. Blvd., Ste. 146, Tucson, AZ 85705.

February 17 to 29: renewing, former AND waitlisted members.

Waitlisted members will be contacted by email beginning February 16 in the order in which they joined the wait list. They **should not** submit a contract and payment unless they have been invited to join. New members must first add themselves to the wait list (online).

Price per share: single payment: \$247 or two payments of \$130.

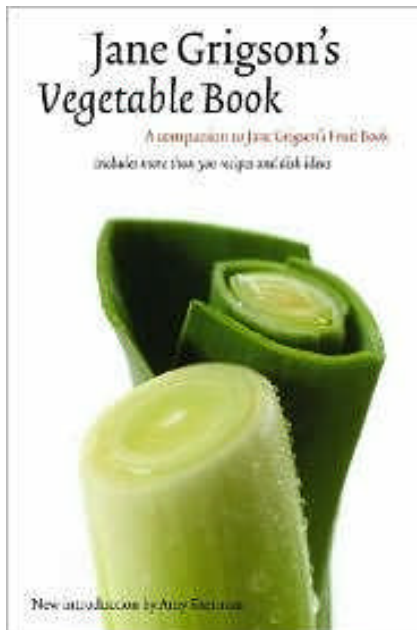
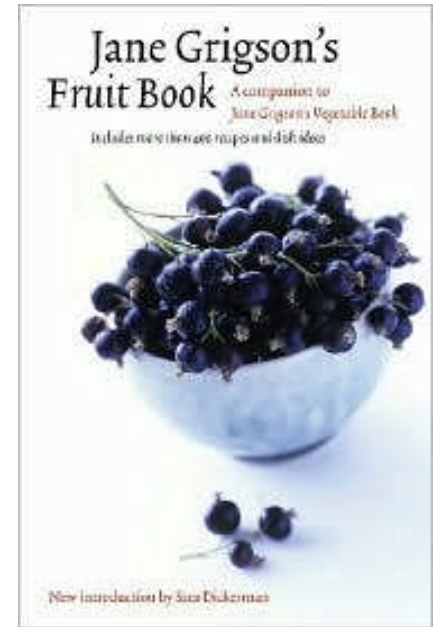
Newsletter editor

Philippe Waterinckx

VINTAGE COOKBOOKS

Jane Grigson's classic *Vegetable Book* and *Fruit Book* now available thanks to University of Nebraska Press

The reprinting of two of noted English food writer, Jane Grigson's classic texts, *Jane Grigson's Vegetable Book* and *Jane Grigson's Fruit Book* has been long awaited. The *Vegetable Book* was first published in 1978 and the *Fruit Book* appeared as its companion in 1982. But by the late 1980s, both books were out of print and nearly impossible to find in used book shops; those seeking to acquire the books were sadly disappointed. So central to the emerging local food movement of the 1980s was Jane Grigson's writing that, in interviewing chefs for positions at *Chez Panisse*, her newly opened restaurant in Berkeley, California, Alice Waters asked a pivotal question: which single cookbook would you take with you on a desert island? Anyone who did not answer *Jane Grigson's Vegetable Book* was immediately eliminated from consideration. Both books are encyclopedic in their scope, providing short histories as well as luscious



recipes, many of them from the table of European royalty. The *Vegetable Book* covers seventy-five different vegetables from artichoke to watercress (don't worry about a missing zucchini: the English prefer the French word for it, courgette, to the Italian, zucchini). The *Fruit Book* covers forty-six different fruits from apple to watermelon. For the carambola entry she writes (from the first edition): "An amusing fruit." At first glance, it looks like a small banana gone mad, bright yellow, waxy, and shining, with five fluted edges... The name – nothing to do with billiards – comes from the northern Indian kamranga, which goes back to Sanskrit karmara, meaning food-appetizer, an excellent description of its pleasure (1982, p. 102)."

The University of Nebraska Press should be applauded for including the reprinting of these classic texts in its "At Table" Series.

For more information on the books or to purchase them directly from the University of Nebraska Press, visit:

<http://nebraskapress.unl.edu/product/Jane-Grigsons-Fruit-Book,673218.aspx>

<http://nebraskapress.unl.edu/product/Jane-Grigsons-Vegetable-Book,673219.aspx>

(Editor's note: they're also available on Amazon and likely through local bookstores.)

-- contributed by CSA member Sallie Marston, Professor of Geography, Univ. of Arizona

Winter Chopped Salad

Lorraine Glazar

1 cup diced radishes
1 cup diced carrots
2 tablespoons finely chopped fresh dill
2 tablespoons finely chopped fresh mint (optional)
Lemon juice
Olive Oil
Salt and Pepper

Cut the vegetables into an even ¼ inch dice. Combine with the finely chopped herbs and dress lightly with lemon juice and olive oil, adding salt and pepper to taste.

Eggs, beans and greens breakfast bowl

Norma Mendoza-Denton (c) 2008, Tucson CSA

1 cup cooked beans with some (1/2 cup) of their broth
1 sprig fresh (or 1 tsp dry) epazote (optional)
3 eggs (or five egg whites)
¼ onion
2 handfuls washed CSA greens -- I combined rocket and rapini
1 tsp olive oil
1 small chopped fresh tomato
1 tsp chopped fresh cilantro

For the beans:

In a medium saucepan, heat the beans with their broth (I had cooked CSA tepary beans the night before with a clove of garlic and a shallot after soaking them all day.)

For an unusual and traditionally Mexican flavor, put the dried epazote in a tea bag and tie up the end of the teabag. Add teabag to the beans and heat them together on low heat. Cover so the bean broth does not completely evaporate. Discard the teabag when beans are hot.

For the eggs and greens:

Heat olive oil in a deep wide skillet.

Add onion and stir fry for a couple of minutes until it's light brown.

Add the bunches of greens and cook very briefly until they are no longer wet but not yet too wilted.

Add eggs and scramble with the greens.

To serve:

Divide the scramble of eggs and greens into two deep bowls and then pour over each one equal portions of beans and broth. Top with chopped tomato and cilantro, and serve while hot with warm bread or tortillas.

Serves two.

Tortilla Crust Quiche with Vegetables

Adapted from *Vegetable Planet* by Didi Emmons

Contributed by Tucson CSA member, Paula Karrer

3 or 4 large tortillas (corn or flour - your choice)
Your choice of CSA vegetable(s) (or a combination)

Greens - one or two bunches

Sweet potato - about 1 lb

Potatoes - about 1 lb

Winter squash - about 1 lb

Scallions, onions - add for extra flavor

Your choice of seasonings:

Garlic - nice with sweet potatoes, greens

Herbs - rosemary and/or oregano would be nice with potatoes, cilantro, parsley

Spices - cumin, pepper, salt, hot pepper flakes

Your choice of grated or crumbled cheese- 3 oz of:

Cheddar or Jack - good with sweet potatoes

Gruyere - good with greens

Goat cheese - good with potatoes

Olive oil - 1-2 tbsp

1 ½ c milk

3 eggs

1) Prepare your vegetables and let them cool:

Dice and roast sweet potatoes, potatoes, and squash, with olive oil and garlic (if using garlic) at 400 for 20-30 minutes (until soft)

Sauté greens with garlic and olive oil until wilted.

Squeeze out excess moisture.

2) Preheat oven to 375

3) Line a pie plate or baking dish with tortillas, overlapping them a bit - this will be your "crust." (Don't use a springform pan.) Let the edges of the tortillas hang over the lip of the dish - they'll get nice and crispy.

4) Prepare the quiche mixture - briefly whisk together eggs, milk, onions/scallions, salt and pepper, herbs

5) Fill the pie. Spread the prepared vegetables in the pie and top with grated or crumbled cheese. Pour the quiche mixture over everything. Don't worry if it seeps underneath the tortillas.

6) Bake until filling is set - about 40 minutes at 375.

Sprinkle with additional herbs, if you like. Serve hot or cold.

Spinach and Arugula Salad with French Dressing

Philippe, Tucson CSA

Toss together 1 CSA bag spinach and 1 CSA bag arugula, ½ cup crumbled walnuts, ½ thinly sliced onion, and 4 strips of fried and crumbled bacon.

French dressing: mix 1 teaspoon Dijon mustard, 2 tablespoons balsamic vinegar, red wine vinegar or cider vinegar, 5 tablespoons olive oil, and salt and pepper to taste.