



Tucson Community Supported Agriculture

Newsletter 156 ~ September 22, 2008 ~ Online at www.TucsonCSA.org

Fall `08

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Harvest list is [Online](#)

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More recipes at
www.tucsoncsa.org

Cooking Demo Next Week

- Looking for new ideas on how to use your CSA produce?
- At a loss on how to use your greens?
- Suffering from a little CSA cooking block?
- Need some help transitioning from summer to fall session?
- Ready to sample some delicious foods cooked right in front of you with CSA produce?

Once a session, we have cooking demos to give our members fresh ideas on how to use their CSA shares.

Next week our very own Sara Jones will once again demonstrate her extraordinary culinary talents, in the courtyard on Tuesday, September 30th and Friday, October 3rd, during pick-up hours.



Newsletter editor

Philippe Waterinckx & Sara Jones

CROOKED SKY FARMS GRAINS: WHEAT, SPELT, OATS AND BARLEY



When one attempts to stick to a local foods diet, it is one thing to try to buy locally grown produce, eggs or meats, and it is a whole other thing to navigate the jungle of processed foods containing multiple ingredients. Even foods as straightforward as bread become a challenge. Locally made bread is fairly easy to find, but how local are its ingredients? One step closer to eating local bread is to use local flour and bake the bread yourself. Which is totally possible. The San Xavier Co-op, for one, sells flour made from their own locally-grown wheat.

Farmer Frank, too, started growing wheat and oats last year. This year, he successfully grew and harvested not only wheat and oats but also spelt and barley. You can look forward to finding some in your shares from time to time. Farmer Frank assured me that he would give them to us less frequently this year than he did last.

Whole or ground? Because the farm does not have a mill, the grains come whole. There is much that can be done with whole grains (look for 'Wheat' and 'Oats' in our online recipe archive). Wheat berries can be substituted for rice, for example. If, however, you want flour instead, you must grind the berries yourself. A coffee grinder will do the job just fine. Or you can use the Tucson CSA mill. We now have a mill that works quite well; it takes less than a minute to grind a pound of wheat berries into fine flour. We keep the mill in our back room and it is very easy to use. Just ask someone at the front desk to show you how to operate it.

Cleaning grains. Crooked Sky Farm's grains are mostly clean, but they do include some chaff and also little black wild mustard seeds from the field. The seeds are harmless and can safely be left in. The chaff can be removed by winnowing the grains before use. To winnow grain, stand out of doors in a breeze or in front of a fan, and pour the grain from one bowl into another a few times and let the chaff blow away in the breeze.

THERE IS MORE TO GREENS THAN LETTUCE AND SPINACH!



The first fall greens, in the form of young and tender arugula and mustard greens, have started to appear in our shares to the delight of many CSA members who missed them during the summer session.

Greens are among the most nutritious of all vegetables and they can easily be incorporated in all types of cooking. However, they can be intimidating if you're not familiar with them. If you're new to greens, we hope your experience with the CSA will help you explore and enjoy them. Take a moment to browse through our Winter

Greens Handout. You can find it online on the top of the Recipes page. The handout lists the different types of greens we get and offers practical suggestions on how to prepare them.

CHILES, CHILES, CHILES

Here is an idea for those of us who struggle to find ways to use our fresh green chiles. Why not make dried red chile powder or beautiful red chile ristras? Fresh green chiles left out of the refrigerator will slowly begin to turn red and then dry. Keeping them in a basket or strung up and hanging away from heat, moisture and direct light will help them dry without molding. (But check frequently, discarding any with signs of rot.) Fully dried chiles can be ground into a base for a delicious enchilada sauce, and both chile powder and ristras make excellent gifts.

Italian Dandelion Greens

Sara Jones, Tucson CSA

½ yellow onion, chopped
1 bell pepper, chopped
2 large tomatoes, or ½ can stewed tomatoes
3 cloves garlic
1 bunch dandelion or other greens, washed and roughly chopped
¼ cup chopped olives and/or capers
2+ tablespoons goat cheese
Red pepper flakes, to taste
1 tablespoon olive oil
Salt and pepper to taste
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and pepper and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or cooked wheat berries.

Okra and Chiles

Contributed by Stefanie Herrmann, TCSA friend.

1 handful of okra, sliced (it is imperative that the okra be completely dry before slicing, or it will be gummy)
2 fresh chiles or bell peppers, sliced or chopped
1/2 tablespoon olive oil
1 teaspoon ground cumin
Salt and pepper to taste

In a skillet, heat oil and toss chiles and cumin. Sauté until tender. Add okra and sauté until tender (5 minutes or so).

Fresh chiles can be replaced by roasted chiles, except these are added after the okra is cooked. Make sure to pat the roasted chiles dry (if you rinsed them) before adding them to the okra.

Spanish Egg Drop Soup version #2

Sara Jones, Tucson CSA

3-4 cups escarole or dandelion, cleaned and cut into thin strips
3-4 cloves garlic minced
2 teaspoons olive oil
2 eggs
1 teaspoon each of salt and pepper
1 tablespoon flour
5 cups soup stock
1 lemon

Green onion, chopped, to garnish

In a soup pot, sauté garlic in olive oil until fragrant, add stock and bring liquid to a boil. Add greens and cook about 15 minutes. Mix together eggs, salt and pepper and flour. Pour egg mixture through a colander and into boiling broth, stirring gently. Add the juice from ½ lemon. Stir briefly. Serve, garnished with chopped green onion and lemon slices.

Wheat Berries with Ricotta and Honey (Cuccia)

splendidtable.publicradio.org

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All over southern Italy country people eat bowls of nutty-tasting whole-wheat kernels with creamy ricotta, sweet honey and dried fruit to celebrate the feast of Santa Lucia on December 13 and the planting of the new wheat. It's the one day no one eats pasta. Called Cuccia, the dish is lunch, dinner, or a snack. Here in America, it's a terrific dish for brunch or dessert. Who can resist the fresh warm tastes of whole wheat kernels with honey and ricotta? You can cook the wheat a day ahead and keep it in the refrigerator. Have Cuccia the way you'd eat it at an Italian farmhouse — served at room temperature in small bowls and eaten with soup spoons.

1 cup (5 ounces) hard wheat kernels (wheat berries)
Water
1/2 teaspoon salt
1 1/2 cups high-quality whole-milk ricotta (made without gelatin or stabilizers)
Honey to taste
1/2 cup currants or raisins
generous pinch cinnamon (optional)

1. Soak wheat in cold water to cover overnight in the refrigerator. Drain and place in a 3-quart saucepan along with the salt and enough water to cover by 2 to 3 inches. Cook at a slow simmer, partially covered, about 1 hour, or until tender. Kernels will open up slightly.
2. Drain the wheat and combine it with the ricotta. Blend in honey to taste, and the raisins or currants. Turn into a deep serving bowl and dust with cinnamon. Serve warm or at room temperature in small bowls.

Variations - Cuccia with Chocolate: Some Italians like warm Cuccia with ricotta, honey, and shaved semi-sweet chocolate to taste. They add 1 to 2 tablespoons chopped candied orange rind.

Fresh Chile Lunch Pockets

Inspired by Marit Alanen, Tucson CSA Member

The mild fresh chiles in this week's share make excellent packages for a variety of fillings. Simply cut off the stem end and scrape away the white ribbing inside the pepper. Stuff with something simple like cheddar cheese or leftover rice. Eat cold, as a refreshing, less heavy version of the typical chile relleno. This makes a quick and easy snack or light lunch.

Dandelion Greens Fettuccini

The Cook's Garden catalog - Spring/Summer 1989

2 cups dandelion greens
2 eggs
1 1/2 cup flour
1/2 teaspoon salt

Put dandelion greens and eggs in a blender and blend until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8"-1/4" thickness or thinner. Allow to stand and dry 1 hour, then cut into strips. Drop into boiling water and cook 1-2 minutes. Serve with butter and grated parmesan or asiago cheese.