



Tucson Community Supported Agriculture

Newsletter 216 ~ Nov. 23, 2009 ~ Online at www.TucsonCSA.org

Summer '09 Week 13 of 13

Harvest list is online

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Prevent the Flu with Herbs

Join herbalist John Slattery for a special workshop and take a closer look at the Influenza virus. Learn how to recognize symptoms, augment your immunity and prevent the flue with natural therapeutics, including local herbs.

Wednesday, Dec. 2, 5:30 to 7:30 pm
The Historic Y Conference Room
Call John at 275-2105 or email desertortoisebotanicals@gmail.com.



"Do It in the Dirt" Gardening Workshop with Kim Fox

Learn how to grow your on food! This workshop by urban farmer, Kim Fox, will cover planting techniques, how to increase soil fertility for better tasting fruits and vegetables, higher yields, and nutrient content; effective composting, vermiculture (worm composting), mulches, manures, organic soil amendments and soil organisms.

Sunday, November 29th
Noon to 2 pm, \$20
RSVP 622-1917

Newsletter Editors

Philippe Waterinckx & Kimi Eisele

LAST WEEK OF THE FALL SESSION. REGISTER FOR WINTER!

Another session has come and gone. We started it with summer produce, transitioned to fall produce and finished it with the early winter produce. Quite a range! Did you know that Farmer Frank grows over 200 different types of fruits and vegetables over the course of a year!

We really appreciate you being part of the CSA and local food movement. If you're leaving the CSA after this session, we hope to see you again sometime. If you're renewing your subscription, thanks for sticking with us!

Next week we will be starting our 25th session. While Tuesday pick up is full, there is still room for Friday members. Contract forms are available at the CSA, or online under Join > Subscriptions & Cost. Drop your contract and payment at the CSA during pickup hours or slip it under our door during business hours (or any other time the courtyard is accessible), or mail it to us. We'll e-mail you a confirmation after processing it. And thanks to everyone who submitted their renewal earlier this month – it's always nice to limit the last-minute rush.

STRANGE FRUIT WOES? RECURRING VEGGIE BLUES? BE CREATIVE!

by Sallie Marston, CSA member

When you encounter an exotic fruit or vegetable in your weekly share, consider this story from Jane Grigson's *Vegetable Book* (1979) about the marvelous introduction of the potato into the European markets of the late eighteenth century.

"In Germany, or to be precise in Prussia, after the famine in 1774, Frederick the Great sent a free load of potatoes to the starving peasants of Kolberg. They refused to have anything to do with them—until Frederick sent along an armed soldier to communicate his enthusiasm. The psychology was right. Three-quarters of a century later, potatoes were so established and appreciated in Germany that the citizens of Offenburg raised a statue to Sir Francis Drake, potato in hand, whom they credited with introducing the potato to Europe. In France, Antoine Parmentier tried a different tack. He started at the top with courtly flattery. . . . On his return from the Seven Years War [during which he was a prisoner and would have died without access to potatoes] he presented a bouquet of potato flowers to Louis XVI. Marie Antoinette thought they were so pretty, that she tucked one into her hair. New potato dishes in France bear the name Parmentier."



The moral of the story: embrace strange vegetables or fruits! You cannot know in advance how transformative its impact on your life might be.

And when the CSA gives you potatoes, beets, or mustard greens week after week, let that recurrence be an inspiration to your culinary imagination and celebrate the perfection of organic, locally produced fresh fruits and vegetables. And hey, if you get sick of greens this winter, you can always "go Marie Antoinette" and stick them in your hair.

'Bruised' Raw Curried Green Salad

Sara Jones, Tucson CSA

You can use any type of kale or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine
1 carrot, grated
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
1/2 cup sunflower or pumpkin seeds
1/4 large sweet onion
2 tablespoons apple cider vinegar
2 tablespoons apple or orange juice
1 tablespoon oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and set aside. In a food processor or blender, puree onion, vinegar, juice, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.

Panade

Lorraine Glazar, Tucson CSA

1 1/2 pounds onions, halved and thinly sliced (about 6 cups)
2 tablespoons olive oil (divided use)
Salt and pepper
1/2 teaspoon dried thyme or 1 tablespoon fresh thyme
6 cloves garlic, slivered
1 pound kale or chard, stemmed and cut into wide ribbons
10 ounces stale, hard peasant type bread, torn or cut into one inch chunks

2 cups cheese, shredded
3-4 cups vegetable stock

Heat one tablespoon olive oil in a sauté pan and slowly cook the onion until translucent and tender. Sprinkle with thyme while cooking and add salt and pepper. Remove the onions and add one more tablespoon of oil to the pan. Add the greens and the garlic and a sprinkle or two of salt and cook for three or four minutes, just until the greens soften a bit. In a 2-quart casserole with a lid or a Dutch oven, begin layering the panade: first the onions, then a loose layer of bread cubes, then greens, and top with cheese. Continue this way until the ingredients are all used. Bring the vegetable stock to a simmer and add salt to taste. Add stock to the casserole up to 1 1/2 inches below the rim of the

dish (you can go a bit higher in a shallower casserole dish). Cover and bake in a 325-degree oven for 1 to 1 1/2 hours, or until it is hot and bubbly and slightly brown around the edges. Then increase heat to 375, remove lid, and bake for 10-20 minutes or until top is evenly brown.

Note: If the bread you have on hand is not hard, you may bake it in a 300-degree oven for about 20 minutes to dry it out. Most any greens or combination of them will work with this recipe with the exception of spinach (for some reason, it gets slimy in the baking process).

Sweet Potato Biscuits

Lorraine Glazar, TCSA

2 cups all purpose flour (about 9 ounces)
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon salt
5 tablespoons chilled unsalted butter, cut into small pieces
1 cup pureed cooked sweet potatoes, cooled
1/3 cup fat free milk
Cooking spray

Preheat oven to 400 degrees.

Lightly spoon flour into a measuring cup, level with a knife. Combine flour, sugar, baking powder and salt in a bowl. Cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Combine sweet potato and milk in a small bowl, add potato mixture to flour, stirring just until moist. Turn dough out onto a lightly floured surface, knead lightly 5 times. Roll dough to a 1/4-inch thickness, cut with a 2-inch biscuit cutter into 10 biscuits. Place biscuits on a baking sheet sprayed with cooking spray. Gather remaining dough. Roll to a 1/4-inch thickness. Cut with a 2-inch biscuit cutter into 6 biscuits. Place the biscuits on prepared baking sheet, discard any remaining dough. Bake for 15 minutes or until lightly browned. Remove from baking sheet and cool 5 minutes on wire rack. Serve warm or at room temperature.

Pumpkin Strudel

Sara Jones, Tucson CSA

Here's an easy alternative to pumpkin pie.

3 cups pumpkin puree
2 teaspoons cinnamon
1 teaspoon ground nutmeg
1 cup ground pecans
1/4 cup brown sugar
1 package puff pastry, thawed

Mix together first 5 ingredients. Fill puff pastry according to directions on package. I try to find frozen, individual square pastry dough, which, once filled, folds into a nice triangle. Bake according to directions on package. Best served warm, with plain or vanilla yogurt or ice cream.