



Tucson Community Supported Agriculture

Newsletter 217 ~ Nov. 30, 2009 ~ Online at www.TucsonCSA.org

Winter '09 Week 1 of 11

Harvest list is online

The Back Page

Frisée Au Gratin
Moroccan Slaw
Spaghetti Squash at Its Sweet Best
Eggplant Pasta in Yogurt Mint
Sauce

More recipes online

December Holidays

There will be no pickups during Christmas week and New Year's Week. The last pickups of the year will be Tuesday, December 15 and Friday, December 18.

Enhancing Male Vitality & Fertility Through Nutrition, Herbs, Exercise & Lifestyle

Join local herbalist John Slattery in this class for men wishing to enhance their overall vitality and resistance to disease as well as augment their fertility. We will discuss essential nutrition, lifestyle, taoist exercises and herbs useful for achieving vitality and wellness.

The Historic Y Conference Room.
Wednesday, December. 16, 5:30 to 7:30 pm.

RSVP John at 275-2105 or email desertortoisebotanicals@gmail.com



Newsletter Editors

Philippe Waterinckx

WELCOME TO THE WINTER SESSION!

Welcome to the Tucson CSA's winter session. This is when Crooked Sky Farms sends us the most amazingly fresh and delicious greens. Before I started the CSA, the greens I ate consisted mostly of spinach and salad greens. When the CSA started hitting me with tat soi, bok choy, beet greens, mustard greens, kale, rapini, collard greens, tokyo bekana, turnip greens, chard, radish greens, mizuna, mibuna, arugula, and more, I had no idea how to handle them. It took me a while and the help of the CSA volunteers to learn to enjoy those healthy gems.

Now, almost six years later, I can't live without greens and I anticipate greens' season with much excitement. Dark leafy greens add wonderful color, flavor and texture to just about any dish. And they are some of the healthiest vegetables our earth has to offer. I add them to just about any dish: sometime I eat them by themselves and sometimes I incorporate them into other dishes, such as pasta sauce, casseroles, stews, stuffing's and stir-frys. I use all the greens I can get, and I even save radish tops.

Joining the CSA in winter can be rough on new members not used to greens. If that's your case, don't despair. First, we get vegetables other than greens. And second, our online recipe archive has many recipes, written by CSA members and volunteers, to guide you into using everything you get at the CSA (and we have a particularly hefty section on how to use greens). Also, if you're new to greens, I highly recommend reading Sara's "Winter Greens" article, at the top of the recipes webpage. Sara Jones is our local food and cooking guru and she is at the CSA during both Tuesday and Friday pickups. Feel free to ask her questions about how to use your CSA veggies.



NEW MEMBERS – KEY REMINDERS!

Stick to Your Pickup Day: You can only pick up your share on your assigned pickup day, not on the other pickup day. If you know that you won't be able to pick up, ask a friend or neighbor to pick up your share for you.

Parking: Be careful when parking near The Historic Y. Please respect resident-only parking restrictions (especially across the street from The Historic Y). Read parking signs carefully (ParkWise agents are frequently present and fines are hefty). There usually is good open parking on University Blvd. one block west of 5th Avenue.

E-mail Lists: There's one list for Tuesday members and one list for Friday members. We strongly recommend you join the list for the appropriate day. Both lists are self-managed, which means that members are not automatically added to, or removed from, either list. Instead, you must add or remove your own e-mail address via our webpage (or use the links at the bottom of the e-mails). The weekly e-mails are our most effective and efficient way of communicating with you. We keep the weekly e-mails brief to save you time, and we use them to announce what's coming, and notify you of important deadlines and special availabilities (like grass-fed meat shares).

Questions? If you have any questions about the CSA or about your produce, just ask one of our crew. We're here to help you enjoy this!

Frisée au Gratin

Philippe, Tucson CSA

Adapted from Epicurean.com

This traditional Belgian dish is usually made with Belgian endive, but frisée or escarole can be used instead (they are all different incarnations of the same vegetable).

1 head, or bag, of frisée, cleaned
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.

Moroccan Slaw

Sara Jones, Tucson CSA

Consider using any combination of mixed grated root vegetables. If you want to make the slaw milder, let the grated veggies sit in a bowl of well salted water for about 30 minutes, then drain and proceed with the recipe.

Mix:

1 cup beets, peeled and grated
1 cup turnips, scrubbed and grated
1 orange or grapefruit, peeled and cut crosswise in thin slices

Dress with:

1 pinch ground cumin
1 pinch ground coriander
Juice of 1/4 small lemon
1/4 cup yogurt (optional)
pistachios or cashews, chopped
fresh cilantro, chopped
salt and pepper

Toss veggies and citrus with spices, lemon juice and yogurt. For a dairy free slaw, you can replace the yogurt with oil and apple cider vinegar. Season to taste with salt and pepper. Let sit for at least 30 minutes before serving. Garnish with nuts and cilantro.

Spaghetti Squash at Its Sweet Best

Dallas Scott, Tucson CSA

This was featured in the Friday cooking demo a few weeks back. Simple and delicious.

1 spaghetti squash
A few tablespoons butter or Earth Balance for dairy free
Cinnamon and/or ginger and nutmeg, to taste
Agave nectar or honey

Preheat oven to 350°F. Position a rack in the center of the oven. Halve a spaghetti squash length wise and scoop out the insides. Place a cooling rack onto a baking sheet and place the squash cut side down onto it. Open your oven and pull the rack out halfway, place the baking sheet with the squash on the rack then add a half inch of water to the pan. Push the rack back into the oven and bake about 1 hour, or until a fork can pierce the flesh and the insides come out easily. They should be tender, but still hold their snap when you bite them. Use a fork to scrape out strands of squash and toss immediately with butter, spices and sweetener. Serve warm.

Eggplant Pasta in Yogurt Mint Sauce

Sara Jones, Tucson CSA

This recipe is adapted from a simple Turkish dish of grilled eggplant topped with yogurt sauce. If you can, try grilling the eggplant for a richer, smoky flavor. Many recipes also add ground beef or lamb to the dish.

1 large or 2-3 medium eggplant
1 teaspoon balsamic vinegar
1 tablespoon oil
1 1/4 cups plain yogurt
Juice from one lemon
2 cloves garlic, minced
1 tablespoon fresh mint, chopped
1 teaspoon chile flakes, optional
1 package pasta, cooked and drained
Salt and pepper to taste

Prepare the yogurt sauce first, up to a day ahead of time. Stir together yogurt, lemon juice, garlic, about half the mint, and chile flakes if using. Keep in refrigerator until ready to use. While pasta is boiling, prepare eggplant. *To grill-* slice eggplant in lengthwise strips and marinate briefly in oil, vinegar and salt and pepper. Grill over hot coals until browned on both sides. Chop into bite size pieces and proceed with recipe. *To cook on the stovetop-* heat oil in a large skillet and add chopped eggplant. Stir to coat in oil, then cover and cook, stirring occasionally, until beginning to soften and brown. Mix vinegar with about 1 tablespoon of water and pour over eggplant. Cover and let steam until completely cooked through. In a large bowl toss together cooked pasta, cooked eggplant (and cooked ground meat, if using) and yogurt sauce. Add salt and pepper, to taste. Serve sprinkled with remaining mint.