



Tucson Community Supported Agriculture

Newsletter 270 ~ January 3, 2011 ~ Online at www.TucsonCSA.org

Winter 2010/2011 - Week 4 of 11

Harvest list is online

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*Many more recipes on
our online recipe archive*

Volunteer backups needed

Permanent volunteer positions do not frequently come up, and when they do, they are usually filled by someone who has substituted before.

We are now updating our volunteer pool list for 2011, so if you are willing to substitute on occasions, now is the time to let us know. Send Philippe an email at tucsoncsa@tucsoncsa.org, indicating

- what position(s) you are interested in
- what day/times you are available
- your contact info (e-mail address and tel. number)
- why you are interested

Positions:

Unloading and setting up: Tuesday 2:00 to 3:30 PM and Wednesday 1:00 to 2:30 PM.

Requirements: moderate strength (there is some lifting)

Produce Line: Tuesday and Wednesday, 3:50 to 7:20 PM.

Requirements: knowledge of vegetables and how to prepare them, the ability to communicate that knowledge effectively, and an interest in cooking.

YOU ARE WHAT YOU EAT: RECIPES FOR FURTHER CONNECTION IN 2011 ~ by Kimi Eisele

It's a new calendar year, which means all those resolutions and new intentions, right? Instead of resolving NOT to eat certain foods, how about adding some foods or food activities to your year. By doing so, you might come even closer to what you eat and develop a deeper reverence for the fact that you have food to eat at all. Here are a few ideas:

Go foraging. The Sonoran Desert is abundant with free and delicious seasonal treats. You just have to know when to look for them and how to harvest them. Prickly pear cactus fruits and pads, desert ironwood seeds and flowers, Palo Verde seeds and flowers, mesquite pods, jojoba nuts, and more! Harvesting local and native foods connects you to the seasonal shifts in desert ecology and abundance and gives you a unique and delicious bounty to offer your friends and family. Learn more from the local organization, Desert Harvesters, and download how-to "pocket guides" at www.DesertHarvesters.org.

Get Your Hands Dirty. Maybe this is the year you finally start your own garden. Start small. Some fresh herbs in a pot on your windowsill. Or a small crop of lettuce. Or even some native wildflowers. Alternatively you might put in some volunteer hours—digging, weeding, watering, or harvesting—with a local garden or farm. Tucson Village Farm (www.tucsonvillagefarm.org), the Community Food Bank (www.communityfoodbank.com), Tucson Organic Gardeners (www.tucsonorganicgardeners.org) and Iskashitaa (<http://www.fruitmappers.org>) all offer garden volunteer opportunities.

Break Bread Together. There's something to be said for eating and sharing meals with others. But hosting a community dinner doesn't mean you have to do all the work yourself. How about hosting a monthly or quarterly potluck? Invite friends to your home or rotate host houses or meet in a public park. Choose a theme (for example, dishes from a specific country or region, or foods from within a 100-mile radius). Assign types of dishes or be surprised by randomness! What matters is that you're sharing with others!

Express gratitude. Whether or not you've said "grace" aloud at the dinner table since childhood, you could consider initiating a gratitude practice around mealtime. A simple moment of quiet will do. Or a deep breath. Or a few words, spoken or thought, to give thanks to the land and the hands that brought you your food. Then notice what you notice.

Making New Year's resolutions doesn't have to be a chore. It can be fun. And tasty, too! Happy 2011!



Cilantro Chutney

Wendy McCrady, Tucson CSA member

Delicious with the curried vegetables. Substitute roasted green chiles from your freezer for the fresh, if desired. Another option is to thin the chutney with a bit of oil and drizzle over cooked grains. Garnished with toasted pumpkin seeds, it will make a lovely side dish.

1 bunch cilantro, washed and drained
1/4 cup onion, chopped
1/2 teaspoon cumin seeds (or powder)
1 green chile
Juice from 1 lemon
1 teaspoon salt
Yogurt (optional) (I use plain soy yogurt.)

Remove discolored leaves and most of stem from cilantro. Chop cilantro and place in blender with onion, cumin, chile, salt, and lemon juice. Blend to a smooth paste. Taste and add a bit of yogurt if desired to mellow the bite of the onion. Chill at least one hour to allow the flavors to blend and mellow.

Moroccan Slaw

Sara Jones, Tucson CSA

Consider using any combination of mixed grated root vegetables – beets, radishes, carrots, turnips and kohlrabi all work well.

Mix:

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

Dress with:

1 pinch ground cumin
1 pinch ground coriander
1/4 cup yogurt
cashews, chopped
fresh cilantro, chopped
salt and pepper

You can replace the yogurt with oil and apple cider vinegar.

Refrigerate before serving, at least 30 minutes, to let flavors meld.

Baked Greens “Chips”

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

For people like me who really don't like stewed or sautéed greens, here's a different (and crunchy) way to prepare a lot of greens. More of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
Salt and pepper to taste

Preheat the oven to 325 F. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish. The butter and the heat mellow their bite and bring out their sugars.

1 bunch radishes with greens, cleaned and sliced in half lengthwise
1 pat butter
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 1 minute until heated through. Sprinkle with salt and pepper.

Citrus Vinaigrette

Rachel Yaseen, The Organic Kitchen

Use this vinaigrette for any salad. You can use leftovers to drizzle over roasted veggies, too.

1/4 cup juice of 1 orange (or half orange, half grapefruit)
1/8 cup each, juice of 1 lemon and lime
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil
2 tablespoon agave nectar
1 tablespoon chives, chopped
1/4 cup parsley, chopped
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.