



# Tucson Community Supported Agriculture

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## Winter 2010/2011 - Week 7 of 11

Harvest list is online

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*Many more recipes on  
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### Barrio Bread Sourdough Bread

Many of you are subscribed to bread shares and you know how good they are. Don Guerra's outstanding artisan organic sourdough breads are what bread is supposed to be. No additives, no oils, no sugar. Just top-grade organic flours, local sourdough starter, and of course the skills of an amazing baker who, over twenty years, has perfected the art of French traditional bread making.

Any member can buy extra loaves when we have them for sale. (But often we run out, so you should subscribe for a share to be guaranteed bread.) Don makes his bread in batches. He makes enough batches to fill our bread share orders. We also get the remainder of the loaves, which we sell first-come, first served, so the number of non-share, extra loaves we get will vary.

Occasionally, Don also brings us some specialty bread, such as focaccia, rosemary bread, and baguettes and epis, which we also have for individual sale.

If you are subscribed to a bread share and wish to try one of Don's specialty bread, you can of course buy one, or trade your bread share for one of the loaves available for sale. You'll just have to pay the difference in price if there is one, or we will refund you the difference if the bread you are trading your share for is lower in price.

### Contributing Editors

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## DILL

Dill and its soft, flowing leaves conjure a breeze. This beautiful herb, *Anethum graveolens*, comes from the same family as parsley, cumin and bay. Both its leaves and seeds can be used to season food. The leaves are slightly sweet, while seeds are sometimes compared to caraway, bittersweet and orange-y.

Native to Russia, West Africa, and the Mediterranean, dill is also known for its healing properties. The word "dill" comes from the old Norse, "dilla," meaning to lull.

It was traditionally used to soothe upset stomachs and relieve insomnia. As dill can relieve flatulence and hiccups, even Charlemagne the Conqueror was said to have placed it on the dinner table for his guests. How thoughtful!

A "chemoprotective" food (like parsley), dill can help neutralize carcinogens such as those in some smoke from cigarettes and burning trash. Its anti-oxidant and antibacterial properties have made it a favored medicine through the millennia. It is also high in calcium.

As a spice, fresh dill leaves are revered for their sweet grassy taste. The Scandinavians favor it as an accompaniment to salmon, and it pairs well with other fish, cheeses, eggs, cream sauce, and potatoes. It is also a perfect addition to soups and salads.

To store fresh dill, wrap it in damp paper towel or keep its stems in water and store in the fridge. It can also be chopped and frozen in ice cube trays of water or soup stock.

You can also dry it or freeze it. To dry it, just hang a bunch and let it dry completely, before crumbling it and storing it in a jar, or finely chop it first and let it dry on a flat surface. To freeze, just put it in a freezer bag, force the air out, and seal and freeze it.

## NEW USDA BIO LABELS MAY NOT TELL ALL

This spring you'll be able to shop "green" more easily when the USDA unveils a new eco label. The "USDA Certified Biobased Product" label will identify consumer products made with bio-based ingredients (mostly corn). Products include things like water bottles, grocery bags, soap bottles, and skin-care products. Biobased ingredients decompose naturally so the products don't have to be recycled.

Products eligible for the label require a minimum of 25% biobased content, which includes most renewable plant, forestry, animal and marine materials. The label also indicates biobased content in product packaging.

It sounds pretty great. On the one hand, the program may reduce energy consumption by cutting back on recycling plastics. But there's a catch. By not considering the life cycle of biobased products, the program may not be all that energy-smart. Many products will use corn, an energy-intensive crop, as their primary bio-based ingredient. Also, because of this, the program seems something of a scheme to further boost the agricultural commodity market. Hmmm. Food for thought.



### Greens Soufflé

Kristin Terpening, Tucson CSA

Here's an option for using lots of greens: soufflé! I've slightly modified a recipe for broccoli soufflé from an old Better Homes and Gardens cookbook: All-time Favorite Vegetable Recipes. It's great with broccoli of course, but it's also quite good with whatever greens you have on hand.

2 cups chopped greens (kale, braising mix, spinach, whatever)  
2 tablespoons butter  
2 tablespoons all purpose flour  
1/2 teaspoon salt  
1/2 cup milk  
4 egg yolks  
1/4 cup grated Parmesan cheese (or mix of hard cheese)  
4 egg whites

Wilt the greens (or blanch and shock in ice water), and drain very well (squeezing works great). Chop any large pieces. In a saucepan, melt the butter and blend in the flour and salt to make a roux, then add the milk, cooking and stirring until thick. Remove from heat. Meanwhile, beat egg yolks till thick and lemon-colored (although with those great CSA eggs, it'll be more orange). Slowly stir half of the hot mixture into the yolks, then return this to the remainder of the hot mixture, stirring continually. Stir in cheese and greens. Beat egg whites till stiff peaks form; gently fold into the greens mixture and turn into ungreased 1-quart soufflé dish. Bake at 350 till knife inserted off-center comes out clean, 35 to 40 minutes. Serve at once and enjoy!

### Rice Pilaf with Dill

Sara Jones, Tucson CSA

With a simple salad, this rice could make an easy meal. It can use up a lot of the dill that we get at the CSA.

1 1/2 cups long grain white rice  
2 tablespoons butter or oil  
1 onion, diced  
1 cup dill, chopped  
2 tablespoons capers  
1 large can garbanzo beans, drained  
Juice from 1 lemon  
Salt and pepper to taste

In a medium sauce pan over medium high heat, cook onion in a bit of oil until beginning to brown. Add butter and rice and cook about 3 minutes, stirring frequently, to toast rice. Add lemon juice, dill, beans, salt and pepper and 2 and 3/4 cups water to rice. Bring to a boil. Cover rice, reduce heat to low, and cook for 20 minutes. Stir in capers. Add more salt, pepper and lemon juice to taste.

### Arugula and Tangelo Salad

Sara Jones, Tucson CSA

Another recipe inspired by one of our farm visits – peppery arugula and sweet/sour citrus go perfect together in this simple recipe. (Use any citrus that has a nice tart flavor.) The hardest part of this recipe is segmenting the citrus. To do this, just peel the fruit with a knife, cutting away the peel as well as the pith. Remove the individual segments by cutting between segments in a V shape towards the center of the fruit.

1 bunch arugula, washed and dried (chop roughly if using large leaves)  
1 tangelo or grapefruit, cut into segments  
1 small handful thinly sliced onion  
2 teaspoons olive oil  
2 teaspoon balsamic vinegar  
Salt and freshly ground pepper  
Chopped pecans or walnuts  
Crumbled feta or blue cheese

In a small saucepan, heat oil, vinegar and citrus segments over medium high heat. Stir for a few minutes until grapefruit has released some juice. Season mixture with salt and pepper. Pour over arugula, tossing to coat. Garnish with nuts and cheese. Serve immediately.

### Turnip or Radish Fritters

Tina Hansleben, Tucson CSA

3 large turnips or radishes  
1/4 cup flour of choice (I have used many different kinds of wheat-free flours with success.)  
1 egg  
1 tablespoon dried dill or more if fresh  
Juice of one lemon  
Peel of one lemon  
1/2 teaspoon salt  
Sugar, to taste  
Chèvre, to garnish

Shred roots into a large bowl. Add egg, dill, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet, you want the vegetables to stick together. Heat a pan to medium with oil. Scoop out the mixture in a 1/4 cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table.