



Tucson Community Supported Agriculture

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Spring 2012

Harvest list is online

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Cooking Dry Beans: add salt later!

After soaking your beans overnight, drain them, add them to a pot and cover them with water.

Bring the beans to a boil then reduce heat. Cover and let simmer for an hour.

Cook your beans without adding salt at first. Salt hardens the skins of the beans and can lengthen their cooking time significantly. Just add the desired amount salt once they are soft.



Black Turtle Beans



Mayocoba Beans



Pinto Beans

ANOTHER WEEK AT MY TABLE – By Paula Redinger

Our harvests are starting to show the change in season, and soon, my table will as well. I'm sad to see some things go, but excited to be eating dishes I haven't had since this time last year.

Grapefruit – I challenge my friends who have grapefruit trees to give me too much fruit. They simply can't, and whenever CSA has grapefruit, I cruise the surplus table looking for more. If I'm feeling ambitious with a knife, I cut up several of them into "supremes" and eat them in one sitting. At the very least, I need a half with my breakfast.

Beets – The food nerd in me may be going over the edge here, but in my weirdest kitchen experiment to date, they, and some leftover carrots, have been turned into vegetable powders. I'm hoping to create palatable dehydrated camping soups. Should you be so inclined, here were my steps: grate, quickly blanch and squeeze dry, dry completely via food dehydrator, barely warm oven or our convenient climate, then grind in blender, food processor or grain mill.

Arugula – I was a bit melancholy, eating my go-to dinner of greens and pasta (this time with pine nuts, too), knowing we won't have greens for much longer.

Beet greens – Quickly blanched and frozen, I'll be able to pull them out of the freezer when I'm craving greens.

Sweet Potatoes – I love them mashed with the African flavors of peanuts, coriander, and cayenne.

Romaine – Now that the weather has warmed up, a salad feels refreshing rather than chilling. Lately, I've been stirring some hummus into the dressing to vary my hastily made vinaigrette routine. Since the chickens next door are in high production, hard-boiled eggs are a frequent addition to my catch-all salads lunches. I like adding handfuls of shredded lettuce to egg salad as well, to lighten and "green it up."

Radishes – Grated and added to my salads.

Artichokes – It's hard not to be alarmed when, after trimming artichokes, there is very little edible material left. But it must be done! I slice off the top third to half of the artichoke with a serrated knife, peel away many layers of outer leaves until I reach the tender pale almost yellow center section, pare away any remaining green bits around the base, quarter them lengthwise, and then scrape out the tiny "choke" or prickly center. If they are young enough, the choke may not have to be removed. Rubbing them with lemon as you work, and/or dropping the finished pieces in lemon water will reduce browning. Prepared as such, then sliced thinly, slowly braised in butter and lemon, topped with a bit of parmesan and run briefly under the broiler, and finally served over toast or grilled bread, they make a delicious special springtime bruschetta. For some reason my world stops when artichokes arrive.



Nopalitos – They remind me I own a small grill. Lightly grilled, julienned and added to tacos of any kind.

Carrot Apple Slaw

Paula Borchardt, Tucson CSA

A cooling and refreshing slaw for hot days!

3 cups shredded carrots (3+ carrots)
3 cups shredded apples (4-5)
1/4 cup nonfat plain yogurt
1 tablespoon lemon juice
1/4 teaspoon cinnamon

Mix all ingredients. Enjoy.

Roman Style Dandelion Greens

Philippe, Tucson CSA

Dandelion greens do have a bitter kick, but here it is well balanced with salty capers and acidic tomato. This is great as a simple side dish. You could also try it over pasta or pizza or as a sandwich or pita ingredient, combined with a spicy sausage or feta cheese.

A couple handfuls of dandelion greens, coarsely chopped
Olive oil
Onion, chopped
Garlic, crushed
Tomato sauce or fresh tomato, chopped
Capers, chopped
Parsley, chopped
Thyme
Salt and pepper to taste

Steam or boil the greens until tender. Drain. Sauté onion in oil until translucent. Add garlic, tomato, capers, parsley and thyme. Cook until it begins to thicken. Add cooked greens, salt and pepper. Stir and serve.

Smoky Summer Ranch Beans

Heidi DeCosmo, Tucson CSA

Let the crockpot do all the work. For vegetarian beans, omit the bacon and add some chipotle powder for the smoky flavor.

1 pound dried beans
4 strips bacon, cooked and chopped
1 onion, chopped
2 garlic cloves, minced
1 tablespoon chili powder
Sea salt to taste

Place the beans on the baking sheet to sort and remove small stones, lumps of dirt, and defective beans. Rinse the beans several times.

Place beans in crockpot and cover with 8 cups of water. Soak overnight **without** heat.

In the morning, add the bacon, onion, and garlic. Heat the crockpot on HIGH for 2-1/2 hours. The beans should always be covered with water, so if needed, add more hot water to cover, especially if you want more bean broth.

Check the beans periodically, as they may need as much as 2 more hours to become tender. (You can also leave the beans on low heat in the crockpot all day while you are at work). When the beans are tender, season them with salt to taste and chili powder. Then let the beans sit and absorb the flavors for a while.

Grilled Artichokes-new

Sara Jones, Tucson CSA

Eating an artichoke takes a bit of work and the inedible leaves and choke produce a fair amount of 'waste'. For some, this is all part of the fun and to others it is just tedious. If you take a few minutes to prep your artichokes beforehand you can have a fairly simple eating experience, though. If you are working with small artichokes the process is especially easy, if they are a bit larger you will just need to be more aggressive in your paring away of the inedible parts.

5-7 small to medium artichokes (don't use large artichokes for this recipe)
1-2 tablespoon citrus juice
1-2 tablespoons olive oil
Pinch dried thyme
Salt and pepper

Prep artichokes:

The goal here is to whittle the vegetable down to its completely edible core. With this recipe, the easiest way to do this is to cut the veggies in half lengthwise so you can see what you are dealing with. Feel the choke (the part right above the heart in the center of the artichoke); if it is tender and fuzzy you can leave it, if it is prickly you need to take the tip of a spoon to scoop it out.

Next, feel the central leaves above the choke: where they become hard and pokey is the line where you need to cut and discard the top of the artichoke.

Now begin discarding the outer leaves, you need to get down to leaves that are mostly a very pale green and snap easily when bent in half. You probably need to remove at least 3 layers of leaves, possibly several more, before you get to the tender central leaves.

Rub the cut parts of the artichoke with citrus juice and finish prepping the rest of the veggies.

In a large pot of salted water, boil the prepped artichokes for about 10-20 minutes, until almost tender. Drain, then toss with the olive oil, thyme, salt and pepper.

Place **cut side down on a hot grill** (or **cut side up under the broiler**) and cook for a few minutes until beginning to brown and crisp in spots, turn over and cook for a few more minutes. Remove from heat and season with a bit more citrus juice and salt and pepper. Serve warm or cold.