



# Tucson Community Supported Agriculture

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## Spring 2012

Harvest list is online

### The Back Page

- Grapefruit Marmalade
- Potato and Cilantro Soup
- Scalloped Potatoes and Greens
- Swiss Chard Pesto
- Cilantro Chimichurri Sauce

Many more recipes in our online recipe archive

### How to say artichoke in different languages

- Italian: carciofo
- French: artichaut
- Spanish: alcachofa
- Dutch: artisjok
- German: artischocke
- Hebrew: ארטישוק
- Norwegian: artisjokk
- Swedish: kronärtskocka
- Arabic: خرشوف
- Hungarian: articsóka
- Turkish: enginar
- Haitian: aticho

### Farmer Frank on Artichokes

We are about halfway though artichoke season. Want to know more about the artichokes you are actually eating from your CSA shares? Check our page on Facebook to see Farmer Frank's short interview about how he grows them at Crooked Sky Farms:

<http://www.facebook.com/TucsonCSA>



## THE ARTICHOKE

The globe artichoke (*Cynara cardunculus* var. *scolymus*) is a perennial thistle believed to have originated in Southern Europe around the Mediterranean. It is a spectacular plant that grows up to 6 feet tall, with arching, deeply lobed, silvery-green leaves up to 3 feet long. Its purple flowers develop from a large edible bud that measures 3-6 inches in diameter and features numerous fibrous triangular scales ranging from green to purple. The edible portion of the buds consists primarily of the fleshy lower portions of the flower bracts and the base, known as the "heart"; the mass of immature florets in the center of the bud is called the "choke" or beard. These are inedible in older larger flowers.

It seems that the artichoke was mostly developed in Sicily, Italy: there is mention of the plant in Greek and Roman literature as far back as 77 AD. The North African Moors in Spain also cultivated artichokes around 800 AD. The Spanish settlers brought artichokes to California in the 1600's, but artichokes did not become popular in California until the 1920's.

Castroville, California, and the artichoke really made it on the map when Marilyn Monroe was crowned Artichoke Queen in 1948. Eighty percent of all artichokes grown commercially in the U.S. are grown around Castroville. Castroville may call itself "the artichoke capital of the world" but Italy is by far the largest producer of artichokes (it produces about 10 times more artichokes than the U.S.).

Some artichoke facts:

- Artichokes are low in calories and fat (if you leave out all the butter or mayonnaise you dip them in), and they are a rich source of dietary fiber.
- They have a cholesterol reduction action
- They are rich in folic acid, B-complex vitamins and vitamin K
- They are rich in vitamin C, but only when they are fresh (not the canned ones)

For information on how to prepare them, see last week's newsletter or check out our online recipe archive.

## SPROUT SHARES

Since we don't get greens during the summer months, we'll soon be offering sprout shares.

Stop by our sprout table **this Tuesday, May 1** and **next Wednesday, May 9** for samples and information. A sprout share will consist of a weekly delivery of either a ¼ pound or ½ pound bag of sunflower seed sprouts (more types of sprouts may follow). The first days to pick up your sprout share will be Tuesday, May 22 and Wednesday, May 23.



Cost

	Unit Price	6 pickups	12 pickups
¼ pound per week	\$3.00	\$18.00	\$36
½ pound per week	\$5.25	\$31.50	\$63

If you decide to try a sprout share, you'll need to add it to your subscription. To do this, log in to your online CSA account, and click on "Change Subscription" in the Summary Box (note that you can only edit your subscription starting the day after your pickup through midnight Friday).

### **Grapefruit Marmalade**

Sara Jones, Tucson CSA

You can stew this marmalade with ginger or other spices to give it a kick. Though it takes a while on the stovetop, actual prep time is short.

2 grapefruit  
1 cup sugar

Cut grapefruits into quarters and remove flesh from peels. Cut peels into a medium dice. Place in a saucepan with enough water to cover and bring to a boil. Drain and repeat once more. Meanwhile, separate grapefruit flesh from membranes as best you can without spending too much time worrying about it! Reserve all juice and combine with flesh. You want one cup of this mixture. If you don't have quite enough, add orange juice or water to make one cup. Bring liquid and one cup sugar to a boil. Add grapefruit peels and any spices you are using and reduce heat to low. Cook for about 45 minutes, until liquid is syrupy and thick. Remove from heat and cool. If desired, puree in a food processor or blender, or leave chunky. Store in a glass container in the refrigerator for up to a month.

### **Potato and Cilantro Soup**

Philippe, Tucson CSA

5 medium potatoes, diced  
1 large onion, chopped  
3 cloves of garlic, crushed 6 cups of vegetable stock  
1 bunch of cilantro, chopped  
2 tablespoons oil  
1 jalapeno, chopped, or a pinch of cayenne pepper

In a large saucepan, sauté onions in oil for 3-5 minutes or until golden, then add garlic, jalapeno and potatoes. Stir-fry for another 10 minutes, or until mixture begins to brown. Add the stock, cover, and simmer for another 15-20 minutes, until the potatoes are soft. Remove from heat. Add chopped cilantro. Blend. Return the soup to the pot and add salt to taste. This soup can be eaten hot or cold.

### **Scalloped Potatoes and Greens**

Philippe, Tucson CSA

4 medium potatoes, thinly sliced  
2 tablespoons butter  
1 bunch scallions (or I'itoi onions), sliced  
1 bunch greens (any greens), sliced in ribbons  
2 tablespoons flour  
2 cups milk  
1 dash nutmeg  
1 teaspoon dry mustard  
Salt and pepper to taste

Heat oven to 350°. Lightly grease an 11 x 7-inch baking dish. Melt butter in a medium saucepan. Add scallions and sauté for

one minute. Stir in flour until smooth. Add milk and stir until thick and bubbly. Add salt, pepper, mustard and nutmeg. Stir in greens. Pour mixture over potatoes and mix well, but gently. Pour the potato mixture into baking dish. Cover with foil. Bake for 45 minutes. Uncover and bake for another 15-20 minutes, or until potatoes are tender.

### **Swiss Chard Pesto-new**

Rani Olson, Tucson CSA

1 bunch swiss chard, any variety  
5-7 cloves garlic  
1/2 cup raw or toasted nuts: best choices are almonds, walnuts, pine nuts, or hulled pepitas (pumpkin seeds)  
2 tablespoon lemon or lime juice, or a good vinegar.  
1/2 cup good oil (extra virgin olive oil is my preference)  
1 tablespoon salt  
1/2 tablespoon smoked paprika OR cumin, or to taste  
Fresh ground pepper, to taste  
1 tablespoon water, optional

In a food processor, mince garlic. Add nuts and blend until finely chopped. Add swiss chard, lemon/lime/vinegar, salt, and other seasoning (paprika or cumin). Pulse until combined. Add oil slowly while food processor is blending. Add more oil or a little water to thin and to make slightly more creamy. Process until smooth. Add salt and pepper to taste.

### **Cilantro Chimichurri Sauce-new**

Rani Olson, Tucson CSA

6-12 stalks green garlic bulbs  
Large bunch of cilantro  
1 tablespoon lemon or lime juice, or vinegar (any type you would want on a salad)  
1/2 tablespoon dried herb, oregano or thyme would be best  
1/2 tablespoon cumin powder  
1/2 cup extra virgin olive oil (spanish varieties are best for this sauce because they tend to be more peppery in flavor. Other good oils will do, like a sesame oil)  
1 tablespoon salt  
Fresh ground pepper and additional salt to taste  
Add more oil to thin, if desired.

Cut off green portion of the green garlic, discard (remove any papyery membranes from garlic cloves). Pulse garlic cloves in food processor for about 10 seconds, until finely minced. Add cilantro, lemon/lime/vinegar, dried herbs, cumin, and salt. Pulse for about 1 minute, until cilantro is chopped and ingredients are combined. Add oil and continue to pulse until well combined. Empty into serving dish and add fresh ground pepper to taste, along with more salt and oil, if desired.

Note: I like to make this ahead of time; let it sit, covered, in the fridge for a day and you will notice how much stronger and more dynamic the flavors are. Good for about 1 week in the fridge.