



# Tucson Community Supported Agriculture

Newsletter 337 ~ May 7, 2012 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring 2012

Harvest list is online

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Arugula

### Nopalitos

Nopalitos, or prickly pear pads, are usually harvested in spring and, after paring, can be eaten grilled, stir-fried or boiled. Over-cooking may give them a slightly “slimy” texture you may want to avoid.

Frequently, nopales are added to eggs, salsas, or as a vegetable in soups, chilies or a filling in a tortilla.

The best preparation we have tried is to prepare slice into nopalitos strips and the nopal leaves (remove spines, but this is already done for you if they're from the CSA), then grill over hot coals till tender and slightly browned. Then toss with a squeeze of lime and a little bit of olive oil. They are delicious.



## ARUGULA

Arugula (*Eruca sativa*) is the American and Spanish name for this pungent green, which is also known as roquette in French, rocket in English and rucola in Italian. It originates from the Mediterranean region where it has been grown since Roman times. It is an annual plant with green spear-shaped leaves, with several indentations, or notches, at the base. The leaves taste nutty, with a hint of pepper. The flowers and seeds are also edible.

Like many greens, arugula can be used raw in salads or in a pesto, or cooked in soups, stuffing, stir-frys, and pasta dishes. A popular combination is arugula mixed with mozzarella, sun-dried tomatoes and a drizzle of olive oil.

At Crooked Sky Farms, arugula plays an important role in biological pest control and integrated pest management. Farmer Frank often lets some of the arugula in the fields go through its complete growth cycle, along with carrots and some other leafy plants, to provide a harbor for beneficial insects.

Like almost all leafy greens, arugula is low in calories and high in vitamin C, and as for the larger category of cruciferous vegetables it is also known for its anticarcinogenic properties.

## SPROUT SHARES (reminder)

Since we don't get greens during the summer months, we'll soon be offering sprout shares. Stop by our sprout table this 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, as you would for a bread or a cheese share. 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).

You won't have to pay for the sprout share at the time you add it to your subscription. Its cost will simply be deducted from the money you have on your CSA account. However, be sure to check that you have enough money in your CSA account and make a payment if necessary.

**Linguine with Arugula, Pine Nuts and Parmesan Cheese**

Phoenix SW Valley CSA

1 pound linguine  
1/2 cup olive oil  
4 ounces arugula, trimmed  
1 cup freshly grated Parmesan cheese  
1/2 cup pine nuts, toasted  
Additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately.

**Summer Squash and Pea Tacos with Tomato-Avocado****Relish**

Kumi Rao, Tucson CSA

3 summer squash  
1 jalapeno  
1 onion  
1 cup frozen sweet peas  
1-2 tomatoes  
3 tablespoons sunflower seeds  
Arugula or greens of your choice or finely minced cilantro  
Olive oil  
Salt and pepper  
Lemon/lime  
Handful of dates or dried cranberries (optional)  
10-12 flour/corn tortillas

Cut the summer squash into bite-sized pieces. Finely dice onions and jalapenos. Fry the onions with a good pinch of salt in 1 tablespoon of olive oil. When onions are browned (about 4-5 minutes) add minced jalapeno. Cook 1 minute and then add summer squash (fry on medium high heat for 3 minutes or to desired doneness. Assemble relish: finely mince a small onion, add two finely minced avocados, salt and pepper to taste and finish with a drizzle of teaspoons of olive oil and diced dates/cranberries (optional). Assemble the tacos: spoon about 1/4 cup of the vegetable mixture onto the taco, sprinkle with 1 teaspoon of sunflower seeds per taco and then top with 1-2 tablespoons of relish. Top with a small handful of greens or sprinkle with cilantro.

**Two-Potato Gratin**

David Allen, Tucson CSA

2 large russet potatoes  
2 large sweet potatoes  
Salt & freshly ground pepper  
Chopped fresh rosemary  
1 1/2 cups heavy or whipping cream  
1 1/2 cups grated Gruyere cheese  
1/2 cup grated Parmesan cheese

Peel and thinly slice all four potatoes, keeping separated by color. In a 10" x 12" microwave safe casserole, place half the white potatoes on the bottom in a thin layer, overlapping slightly. Sprinkle with salt, pepper and chopped rosemary. Cover with a layer of half the sweet potatoes; sprinkle with salt, pepper and rosemary. Repeat layering using up all remaining potatoes, sprinkling each layer with salt, pepper and rosemary. Pour cream over potatoes and cover casserole (with lid or plastic wrap). Microwave on HIGH for 18 minutes. Meanwhile, mix grated cheese. When potatoes are done, remove cover and sprinkle evenly with the cheese mixture. Microwave UNCOVERED for three more minutes at HIGH power. Can be reheated in the microwave.

**Three-Bean Salad with Nopalitos**

Sara Jones, Tucson CSA

This salad is a take on the traditional canned three-bean salad. The different colors and sizes add interest, but you can use just one type of bean for convenience. Broiling or grilling the nopales helps to keep the slime factor down.

2 nopal pads, grilled or broiled and cut into bite size pieces  
1 cup cooked white beans  
1 cup cooked kidney beans  
1 cup cooked black beans  
1/2 yellow onion, chopped  
1 teaspoon ground cumin  
1 tablespoon oil  
1 teaspoon apple cider vinegar  
2 teaspoons lemon juice  
Salt and pepper to taste

Combine all ingredients and stir well to mix. Let salad sit for at least one hour before serving.

**Breakfast Nopalitos**

Nancy Zierenberg, Tucson CSA

Slice up a cleaned nopal pad into bite-sized chunks.

Chop: Some onion, garlic, green tomato and/or red (green tomato or tomatillos give a wonderful flavor when stir fried). When your chopped ingredients are all ready, add with nopal to a pan with some oil to stir fry 'til just done. Then add the other ingredients (below) you've chosen that only need heating, not much cooking. You can throw in some grated cheese as you serve it.

Add: Corn, beans, chipotle chiles or sauce, chopped greens, or whatever is leftover from another meal. Flavor with cumin. You can add an egg or two if you want. It's pretty good stuff!