



# *Tucson Community Supported Agriculture*

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## Winter 2012-13

Harvest list is online

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Many more recipes on  
our website

### BEST WISHES FOR 2013!

We wish you all a happy and healthy  
year.



### 4th Avenue: Tucson Streetcar Construction Update

4<sup>th</sup> Avenue and its intersections are  
open to all traffic with the exception of  
the 9<sup>th</sup> street intersection which is  
closed west of 4<sup>th</sup> Avenue.

### Radish Dip: an easy recipe

Grate a bunch of radishes, add two  
cups of Greek yogurt, some salt and  
pepper, and voila, you have a  
surprisingly fabulous dip. Particularly  
delicious on Don's amazing bread  
(especially the peasant levain).

The yogurt almost completely  
eliminates the radishes' spiciness, but  
the radishes retain their crisp,  
refreshing flavor.

## FENNEL



Fennel is a highly aromatic herb, erect, grayish or bluish green. Fennel is cultivated for its edible, strongly-flavored bulbs, leaves and seeds. The flavor is similar to that of licorice though usually not so strong. It has been used as a vegetable, an herb, and as a medicinal plant since ancient times. In medieval times, fennel was used in conjunction with St. John's wort to keep away witchcraft and other evil things. This practice may have originated from fennel's use as an insect repellent.

Fennel bulbs may be used raw or cooked. It is delicious braised, baked, steamed, sautéed, or grilled. However, cook fennel as little as possible in order to preserve its flavor. With its soft anise flavor, fennel is sweet, refreshing, and delectable. Because a fennel bulb has a well-defined shape, it can assume a strong role on the plate, especially when cooked in halves. Fennel bulb is a key ingredient in some Italian and German salads, often tossed with chicory and avocado, or it can be braised and served as a warm side dish. It makes a good addition to tomato sauce.

Avoid eating the stems as they are fibrous and tough. They can however be used for flavoring – they are often substituted for celery stalks in soups and sticks – but must be removed after cooking.

Baby fennel bulbs are perfect for salads. Finely sliced, they make a good partner with olive oil, butter, thyme, bay parsley, fennel seeds, orange, lemon, saffron, tomatoes, potatoes, olives, garlic, Parmesan, Gruyere, and goat cheese.

Fennel leaves: many egg, fish, and other dishes employ fresh or dried fennel leaves. One may also blanch and/or marinate the leaves, or cook them in risotto. In all cases, the leaves lend their characteristically mild, anise-like flavor. They can be used as you would use dill.

## COLLARD GREENS



It is customary in the American South to eat collard greens (along with black-eyed peas and cornbread) on the first day of the year. Doing so is said to bring financial prosperity, as the folded green leaves resemble money itself. If you missed out on that tradition on January 1st, at the very least you'll get a good dose of vitamin C and soluble fiber, plus of slew of anticancer nutrients, when you next eat them.

You can cook collard greens the traditional Southern way by boiling them or simmering them slowly with a ham hock or salt pork. If you do so, be sure to save the liquid in the pan for dipping. It's known as "potlikker" or "pot liquor," a highly nutritious broth said to cure you of anything that ails you. You can also chop up these greens and add them to a stir fry, or simply sauté them with onions or garlic.

## **Baked Greens “Chips”**

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

More of a method than a recipe, this recipe is best with hearty greens like kale and collards. 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 (it is important to dry the leaves well, as they will steam instead of crisp if they are wet). 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.

## **‘Bruised’ Raw Curried Kale Salad**

Sara Jones, Tucson CSA

You can use any type of kale or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a ‘cooked’ taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine  
1 carrot, grated  
2 small turnips, grated  
1 cup cooked or sprouted grains  
1 cup cooked or sprouted lentils  
1/4 cup sunflower or pumpkin seeds  
1/2 yellow onion  
2 tablespoons apple cider vinegar  
2 tablespoons apple or orange juice  
1 tablespoon oil  
2 teaspoons curry powder  
1 teaspoon ground cumin  
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and turnip and set aside. In a food processor or blender, puree onion, vinegar, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt

and pepper. Let sit at least one hour, then garnish with seeds and serve.

## **Braised Fennel**

Philippe, Tucson CSA

1/2 dozen small fennel bulbs, or 2-3 larger bulbs, cored and quartered  
1 cup fennel fronds (not the stems, just the fine leaves), finely chopped  
1/2 cup olive oil  
2 cloves garlic, finely chopped  
3 anchovy fillets (salt packed if possible), rinsed, drained, and chopped  
1/4 teaspoon red pepper flakes  
Salt and pepper

Boil quartered fennel bulbs for 5-10 minutes, or until tender. Drain and set aside. In a frying pan, heat the oil over medium-low heat, and add the garlic, anchovies, and pepper flakes. Cook gently until the garlic has softened and the anchovies begin to dissolve. Add the fennel quarters and leaves and continue cooking another 5 minutes. Season with salt and pepper. Serve hot or at room temperature, with pasta or noodles.

## **Roasted Winter Squash and Apple Soup with Walnut Cilantro Pesto**

Adapted from The Healthy Kitchen, Andrew Weil

1 pumpkin, cut in half, seeds removed  
2 onions, chopped  
2 apples, cored and quartered  
3 garlic cloves, peeled  
2 tablespoons ginger, minced  
2 tablespoons olive oil  
Salt to taste  
2 tablespoons red chili powder, or 2 jalapenos, chopped  
4 vegetable bouillon cubes  
Preheat oven at 400°F.

Toss all ingredients in the squash halves. Place the halves in a baking tray filled with 1 inch of water and bake for 1.5 hours. Scoop out contents of the squash halves, down to the skin, and blend. Add water or stock to obtain a thick but liquid (like apple sauce) consistency (1-2 cups). Serve hot with a scoop of walnut cilantro pesto. The pesto adds a lot to the soup, so avoid the temptation to skip it.

## **Walnut Cilantro Pesto**

1 cup walnut pieces  
2 cups cilantro leaves  
1 jalapeno  
2 tablespoons cider vinegar  
1/4 cup water  
Salt to taste

Blend all ingredients. Add water or stock to desired consistency.