



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**

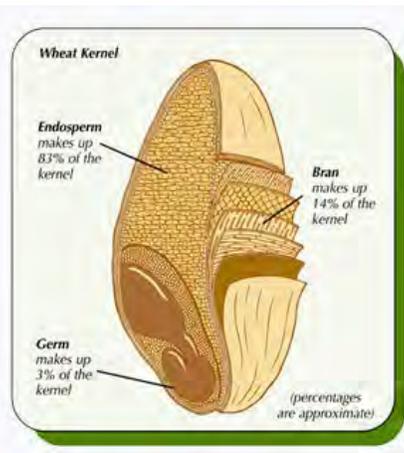
Black Mesa Ranch Candy

Because some of their goats are still producing some milk and because that milk has been very rich, David and Kathryn from Black Mesa Ranch have been able to extend their candy production season and will send some more candy our way.

We have some of Black Mesa Ranch's finest chocolate candy: Milky Rubble, Dark Debris, Butter Almond Toffee, Sea Salt English Toffee, Vanilla Bean Caramels, Peanut Betterfingers and Buttercream Mints.

We will only place this one order of candy with Black Mesa Ranch. We have done so with the approaching Valentine's Day in mind. So, what you see on our shelves is all there is. Make sure to grab them before they're gone.

Anatomy of a wheat berry



MORE NEWS ON THE EFFECTS OF THE FROST AT THE FARM

The frost of a few weeks ago was the most severe since 1988. Probably the crop that suffered most was the Swiss chard: Swiss chard has thick and spongy stems that have a high water content. The frost caused the stems to expand and split and pop.

Many greens can withstand the effects of mild frosts in the fields. But when the frost is more severe and is prolonged over several nights, as was the case three weeks ago, it puts the greens in a state of suspended animation. They just stop growing, and it can take a while for them to resume growth. In addition, severe frost can also damage them: there is a lot more browning and singeing of the existing leaves. You may have noticed that the dill we got last week showed signs of singeing: while the dill was mostly good, small parts of it had a brown tinge.

When the crops show signs of frost damage, it takes the harvesters much longer to harvest. Harvesting requires a lot of selecting and sorting because the degree of damage varies a lot from crop to crop and even from plant to plant: instead of systematically going through a row of say, mustard greens, and cut one plant after the other, the harvesters must identify for plants that still look good enough. Even so, among the greens that are harvested, a lot of sorting is required to extract leaves that show signs of browning.

NEW! CROOKED SKY FARMS' ALL-PURPOSE FLOUR

We are very excited to finally have locally grown flour from Crooked Sky Farms at the CSA. Farmer Frank has grown wheat for many years in his fields in Duncan, but we have always gotten it in the form of wheat berries. Now, with the revival of the historical Hayden Flour Mills in Chandler, Farmer Frank is able for the first time to have his wheat berries milled into flour. While we may see flour in our shares at some point in the future, right now Farmer Frank is initially making it available through retail sales. You will find it inside on the retail shelves near the front desk.

The flour we have available now is all-purpose flour made from Paloma White Winter Wheat. It is minimally processed in the sense that the bran and the germ (the 2 external layers of the wheat berry) have been mechanically removed, leaving only the core part of the wheat berry, or endosperm, i.e. the part that contains the flour itself (see drawing on the left).

Flour available commercially is highly processed and contains chemical additives. Crooked Sky Farms' flour is pure, without any chemical additives and bleaching agents. It has a slight ivory color because it is not bleached and has a mild nutty flavor. Please try it out and tell us what you think about it.

If it proves to be popular, we also plan to carry Farmer Frank's whole wheat flour, i.e. flour that includes the entire wheat kernel: bran, germ and endosperm.

Kickin' Collard Greens

1 tablespoon olive oil
3 slices bacon
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon pepper
3 cups chicken broth
1 pinch red pepper flakes
1 pound fresh collard greens, cut into 2-inch pieces

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt. Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.

Citrus Seltzer

Sara Jones, Tucson CSA

Homemade grapefruit soda! If you don't have the ingredients to make this now, squeeze and freeze your grapefruit for a treat later on.

1 part grapefruit or orange juice
1 part sparkling water
Agave nectar, to taste

Stir together juice and agave nectar, about 2 teaspoons per cup of juice for grapefruit, less for orange juice. Add sparkling water and taste for sweetness, adding more nectar if desired. Serve over ice.

Spaghetti Squash Soup

Paula Redinger, Tucson CSA

3-4 tablespoons butter
1/2 medium onion, minced
2 (or more) cloves garlic, minced
1/4 cup rice (short grain, but long grain will work)
Chile powder/paprika
1 lb. cooked/chopped spaghetti squash
6 cups broth of your choice
Parmesan rind if there's one in your fridge
2 eggs
1-2 tablespoons lemon juice
1/4-1/2 cup chopped herb of your choice (I used chives)
Salt and pepper
Grated parmesan

Melt 3 tablespoons butter in soup pot and sauté onions until soft. Add garlic, cook for a few seconds, then rice and stir to coat with butter. Stir in chile powder or paprika as desired and cook briefly in butter, stirring. Add spaghetti squash and sauté until excess liquid is reduced – until it begins to stick to pot.

Add broth, and parmesan rind if you have one. Bring to a boil, then reduce to a simmer. Simmer uncovered for 20 minutes or so, until rice is cooked. Beat eggs in a large heatproof bowl until frothy. Beat in lemon juice. Take one ladle of soup (mostly broth, not too many vegetables) and slowly dribble into beaten eggs, whisking vigorously while doing so. Repeat once or twice more, then slowly pour the egg/broth mixture back into the soup pot while stirring the soup. The soup should not be boiling vigorously when you do this. (This technique allows the eggs to give body to the soup, without scrambling in the hot broth.) Correct seasoning with salt, pepper, additional chile powder, paprika, lemon as needed. Tasting carefully here can make a big difference! Stir in herbs. Stir in an additional lump of butter. Garnish individual servings with grated parmesan. Indian Variation: instead of paprika or chile, use generous amounts of curry powder, garam masala, or your own favorite Indian spice blend instead. Substitute coconut milk for the eggs and omit the lemon juice. (I haven't actually tried this yet – let me know if you do!)

Saag

Sarah Elwood, Tucson CSA

Here's a simple recipe for saag. There's a million ways to do it. We like it sometimes with not so many chiles and instead chile powder, mustard seeds (add these at the onion stage), lemon, and cilantro. Sometimes we put a big spoonful of yogurt in at the end. Or you can add a diced potato, or paneer cheese. A fine way to eat all these greens we've been getting!

1 large bunch mustard greens, chopped finely
1/2 bunch dark leafy greens, chopped finely
1 onion, chopped
1/2 inch piece ginger, minced
4 cloves garlic minced
2 green chiles, minced
2 red chiles
2 tablespoons gram flour, sieved
1 tablespoon butter
Ghee (or butter/oil mix)
Salt to taste

Boil both the greens until soft. Remove excess water and chop the leafy vegetables well and reserve. Heat 4 tablespoons ghee (or a mixture of oil and butter), sauté onions until soft, then add ginger, garlic, green chiles and broken red chiles and cook. When the paste has been browned, add the chopped greens and salt. Mix the gram flour in a little water and add to the saag. Simmer for at least 30 minutes.