



Tucson Community Supported Agriculture

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Winter 2012-13

Harvest list is online

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JOSH'S LAMB SHARES

We've just finished a round of beef shares, and this week we'll start taking deposits for lamb shares at the front desk. After the lamb shares, we'll do pork shares.

We are trying to make lamb shares available once per season instead of twice a year. Lamb shares weigh about 8 pounds each, cost \$9.00 per pound and typically include ground or stew meat, roast, shanks, two different kinds of chops, and riblets or shanks (share content varies slightly though). A pre-paid \$20 per share deposit is required at the time of ordering, and the shares will be available in three weeks.



Dill

DILL – USE IT OR FREEZE IT!

The bunches of dill we get at the CSA can be big. I often finely chop the entire bunch into a large batch of tomato sauce or a cheese sauce and I love it! You can also use sizeable quantities of it in dips – dill makes a great herb for flavoring dips. If you prefer to use your dill over time, separate your bunch of dill into smaller portions, place the portions in freezer bags, and freeze them. Dill freezes admirably!

For more dill ideas, there are two recipes on the back page that use it, and there are more in our online recipe archive (click on *Recipes* in our homepage's navigation bar and wait a few seconds – there are so many recipes that the page takes a while to load).

A WEEK AT MY TABLE – By Cristina Williams

I'm always amazed at the color and diversity of winter produce at the CSA. I love the abundance of greens and got two of my favorites this week. But other colors of the rainbow were represented in the orange of the carrots, citrus and sweet potatoes and the pinks and purples of the easter egg radishes. A feast for the eyes as well as the belly!

Arugula - I can never get enough of this peppery green. They made a cozy home nestled in a winter quinoa salad w/ goat cheese, roasted red peppers, capers and lemon juice. Since these were mature leaves, I chopped them up and wilted them slightly in a pan with a scant amount of olive oil before adding it to the cooked quinoa.

Carrots - These were some gorgeous specimens - so big and an almost fluorescent orange. I diced them up with onions and celery to make a huge soffritto for a giant pot of kale and white bean soup. The rest go into the juicer for an afternoon pick-me-up with ginger and apples.

Easter Egg Radishes – Adorable! My favorite way to enjoy them is sliced and dressed with olive oil, and good ol' salt and pepper. I also save the tops and sauté them in butter and maybe a pressed clove of garlic to go with fried eggs in the morning.

Fennel - I've never come across fennel before so this was one of those CSA learning experiences for me. I cut the bulbs in wedges and roasted them with some Italian link sausages (also from the CSA) and onions in a red wine gravy. That mild licorice taste was out of this world. The recipe is from a gorgeous blog written in the Medoc region in France: <http://mimithorisson.com/2013/01/14/roast-sausages-with-fennel/>

Navel Oranges - I'm a Florida girl, so I love me some oranges. Easy to peel, these made great snacks for when my energy levels were low. Pepped me right up!

Spinach - This lush bag of velvety spade-shaped leaves was sautéed in olive oil and minced garlic and of course salt and pepper. About as simple as you can get, and it still doesn't get much better.

Sweet Potatoes - Not surprisingly, this Southern gal has a deep fondness for sweet potatoes. Not much needed here but a slight slathering in olive oil, prick the skin a few times with a fork and roast in a 400 degree oven until it's oozing a caramel-like substance. A pat of butter and heaven is served.

Tuscan Kale - The Big Daddy of greens - these were the really dense, pebbly 'dino' kale that inspired my big soup of the week. I waited until the end of the cooking time, sliced them into thin ribbons and tossed them in to wilt in the hot broth. They maintained their vivid green color and made a bright counterpoint to the richness of the rest of the soup.

Rice Pilaf with Dill

Sara Jones, Tucson CSA

With a simple salad, this rice could make an easy meal. It can use up a lot of the dill that we get at the CSA.

1 1/2 cups long grain white rice
2 tablespoons butter or oil
1 onion, diced
1 cup dill, chopped
2 tablespoons capers
1 large can garbanzo beans, drained
Juice from 1 lemon
Salt and pepper to taste

In a medium saucepan over medium high heat, cook onion in 1 tablespoon oil until beginning to brown. Add 1 tablespoon butter (or additional oil) and rice and cook about 3 minutes, stirring frequently, to toast rice. Add lemon juice, dill, beans, salt and pepper and 2 and 3/4 cups water to rice. Bring to a boil. Cover rice, reduce heat to low, and cook for 20 minutes. Stir in capers, more salt and pepper and lemon juice to taste.

Winter Greens Pastry Shell

Howard Frederick, Tucson CSA

Yes, putting greens into a quiche is a great way to use them. But putting them into the pie shell, ingenious! Double up on your greens by putting them in the shell and the filling. This is a great opportunity to use up any greens that may be clogging your veggie drawer. Make more than one, because they freeze easy, too.

1 pound greens and their stems (to date, I've successfully used every green we get)
2 – 3 Tablespoons butter (veg oil works, but isn't as flavorful)
3/4 cup all purpose flour
3/4 cup bread crumbs (bran also works; either wheat or oat)
Optional herbs (dill, celery seed)

Pre-heat oven to 375°. Lightly oil a 9 inch pie plate. Chop greens (or pulse in food processor) until they are finely minced (if stems are tough, you could remove, but I've not had a problem with them). Melt butter in a heavy skillet and add greens. Sauté until soft, then transfer to a bowl and mix in flour, bread crumbs, and herbs. Press mixture into the pie plate, using a fork or spatula to spread evenly and then forming the edges with your fingers. Bake for 15 to 20 minutes. At that point you can refrigerate or freeze for later use, or without cooling, use it for a quiche (since the oven's hot, why not?)

To make Quiche

1 Winter Greens Pastry Shell (see above)
1/2 pound grated cheese (Swiss, Cheddar, etc.)

Enough sautéed greens, onions, peppers to fill Winter Greens Pastry Shell
3 eggs
1 cup milk or soymilk

Sprinkle grated cheese on bottom of shell. Fill to the top with mixture of sautéed greens, onions, peppers, more herbs, etc. Beat eggs with milk (or soy milk) and pour over greens. Bake at 375° for about 30 minutes, or until center is firm. I haven't seasoned with salt or pepper; there seem to be plenty of good flavor enhancers in there naturally.

Quick Indian Inspired Greens and Lentil Soup

Kumi Rao, Tucson CSA

3 cups of cooked lentils (split mung dal is my favorite)
2 tablespoons oil
1/2 teaspoon of cumin seeds
1 - 2 dried red chilies
1/2 teaspoon turmeric
1 jalapeno (seeded if you are more heat sensitive)
1 teaspoon minced garlic
2 teaspoons minced/grated ginger
3 cups chopped greens (radish, braising greens, turnip, mustard, spinach, all work great), cut into small pieces
1 teaspoon coriander powder

In a 4-quart saucepan, warm the oil on low to medium heat and add dried red chilies and cumin seeds. When the oil starts to smell fragrant and the cumin seeds just begin to lightly toast (this should take about 2-3 minutes but watch your cumin, don't let it burn) add the turmeric and diced jalapeno. Sauté for 1-2 minutes and then add ginger and garlic. Add chopped greens. Raise the temperature to medium-high and sauté with 1/2 teaspoon of salt and coriander powder (about 3-4 minutes until they are nice and tender). Add the lentils and simmer for another 5-10 minutes. Serve over basmati rice and top with fresh cilantro.

Dilly Carrots and Radishes

Sara Jones, Tucson CSA

In this recipe, the carrots and radishes are barely cooked so that they retain a bit of crispness and their bright colors.

1 bunch radishes, trimmed and cut into bite size pieces
2 carrots, trimmed and cut into bite size pieces
1/4 bunch dill, finely chopped
1 large pat of butter (or use olive oil)
Salt and pepper to taste

Sauté radishes and carrots in butter over medium high heat for a few minutes. Sprinkle dill over vegetables, stir to coat, then remove from heat. Add salt and pepper to taste. Serve hot or at room temperature.