



Tucson Community Supported Agriculture

Newsletter 378 ~ March 4, 2013 ~ Online at www.TucsonCSA.org

Winter 2012-13

Harvest list is online

The Back Page

Hot Buttered Radishes
Braised Turnips (with onions and greens)
Asian-Style Greens with Sesame, Ginger and Soy Sauce
Panade
Huevos Florentine
Wilted Amaranth Greens (Quelites)

Many more recipes on our website

Josh's Lamb

We are now taking orders for Josh's grass-fed and pasture-raised lamb shares.

We are trying to make lamb shares available once per season instead of twice a year. We did beef shares in February and we will do pork shares in April.

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 deposit of \$20 per share is required at the time of ordering, and we expect the shares to be available from March 19th.



Quelites are a very good source of vitamins including beta-carotene, vitamin B6, vitamin C, riboflavin, and folate, and dietary

minerals including calcium, iron, magnesium, phosphorus, potassium, zinc, copper, and manganese. However their moderately high content of oxalic acid inhibits the absorption of calcium and zinc, and also means that they should be avoided or eaten in moderation by people with kidney disorders, gout, or rheumatoid arthritis.

PECANS FROM DESERT ASHRAM - FOR SALE IN THE COURTYARD THIS WEEK AND NEXT

We are glad to offer CSA members pecans from our small organic orchard (17 trees). We will be offering gourmet pecan butter next week. We maintain the orchard and pick the pecans with tarps on the ground and long poles to shake the nuts loose. This year—a bumper crop—we took the nuts to family-owned Shalako Pecan Farm in Casa Grande to be shelled. Many hands at the ashram have sorted and packaged the nuts. This was a difficult year for all pecan growers in our area so the nuts are not up to their top quality but still a locally grown and processed treat. We hope you like them!

Desert Ashram, founded in 1976 by Swami Amar Jyoti, is a meditation and retreat center that offers a peaceful haven for spiritual inspiration and enrichment. The teachings of Swami Amar Jyoti are universal and devoted to transforming individual and global consciousness. *Satsang* is held each Sunday and Thursday at 7 pm, including Wisdom Teachings, meditation and chanting from east and west. *Aarati* (Vedic prayers) followed by meditation is offered each morning and evening, daily. We also make available space for personal retreats. *Light of Consciousness* Journal of Spiritual Awakening is published here, in addition to other teachings of Swami Amar Jyoti and chanting CDs. There are opportunities for karma yoga (volunteering) in many areas of service. A therapeutic yoga class for women is held every Thursday afternoon. Visit us in the CSA courtyard for more information.

We are located on a 26-acre desert oasis west of town. You are welcome to call and visit the ashram. We would love to meet other CSA members. And we would really be grateful for help with our organic veggie garden and orchard—if anyone is interested!

Desert Ashram has been a member of the Tucson CSA for many years. For more information:

Desert Ashram
3403 W Sweetwater Dr.
Tucson AZ 85745
520-743-0384
email: info@truthconsciousness.org
truthconsciousness.org
light-of-consciousness.org



QUELITES (Amaranth Greens)

Quelites can be cooked like spinach, hence their other appellation of wild spinach. Use the leaves (the stems can get a little woody). For example, just steam the leaves or sauté for a few minutes with some olive oil and garlic, and serve them sprinkled with salt, pepper and some lemon juice.

Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish.

1 bunch radishes with greens, cleaned and sliced in half lengthwise
1 pat butter
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 1 minute until heated through. Sprinkle with salt and pepper.

Braised Turnips (with onions and greens)

Maggie Newman, Tucson CSA, adapted from EverGreen Farm

1 bunch white turnips with greens
1 clove of garlic, minced
Salt, to taste
2 teaspoons olive oil
1 onion, sliced

Wash the turnips tops and roots. Trim the turnip greens from the roots and put aside for later. Quarter the turnip roots. Over low heat, add 1 teaspoon of oil and turnips to a skillet. Sprinkle with salt. Cover and cook on low heat until the turnips are soft but not mushy, about twenty minutes. Cut turnip greens into 1/2 inch pieces. Fill skillet with water and bring it to a boil. Do not add salt yet! When the water is boiling, add cut turnip greens and blanch until soft. Drain and set aside. Peel and thinly slice onion. Heat 1 teaspoon of oil over medium heat. Add sliced onions and garlic. Cook until translucent. Add salt, cook until soft, then add blanched turnip greens. Add more salt. Cover and continue cooking for another 5 minutes. Serve with braised turnip roots.

Asian-Style Greens with Sesame, Ginger and Soy Sauce

William Masson, Tucson CSA Recipe courtesy Peter Berley's The Modern Vegetarian Kitchen

4 tablespoons light sesame oil or olive oil
2 tablespoons white hulled sesame seeds
4 teaspoons peeled, minced gingerroot
2 garlic cloves, minced
2 pounds tender Asian greens
2 tablespoons soy sauce
4 teaspoons rice vinegar

In a wide heavy sauté pan or wok over medium heat, warm the oil. Add the sesame seeds and stir until they pop and become fragrant. Add the ginger and garlic and sauté for 1 more minute. Add the greens and 1 tablespoon soy sauce, raise the heat and cook, covered, for 1 minute. Uncover and sauté for 1 or 2 minutes more, until the greens are tender but still bright green. Stir in more soy sauce and vinegar to taste. Serve.

Panade

Lorraine Glazar, Tucson CSA

4 servings
1 1/2 pounds onions, halved and thinly sliced (about 6 cups)
2 tablespoons olive oil (divided use)

Salt and pepper
1/2 teaspoon dried thyme or 1 tablespoon fresh
6 cloves garlic, slivered
1 pound kale or chard, stemmed and cut into wide ribbons
10 ounces stale, hard peasant type bread, torn or cut into one-inch chunks
2 cups cheese, shredded
3-4 cups vegetable stock

Heat 1 tablespoon olive oil in a sauté pan and slowly cook the onion until translucent and tender. Sprinkle with thyme while cooking and add salt and pepper. Remove the onions and add one more tablespoon of oil to the pan. Add the greens and the garlic and a sprinkle or two of salt and cook for three or four minutes, just until the greens soften a bit. In a lidded 2 quart casserole, or a Dutch oven, begin layering the panade: first the onions, then a loose layer of bread cubes, then greens, and top with cheese. Continue this way until the ingredients are all used. Bring the vegetable stock to a simmer and add salt to taste. Add stock to the casserole up to 1 1/2 inches below the rim of the dish (you can go a bit higher in a shallower casserole dish). Cover and bake in a 325° oven for 1 to 1 1/2 hours, or until it is hot and bubbly and slightly brown around the edges. Then increase heat to 375, remove lid, and bake for 10-20 minutes or until top is evenly brown.

Note: If your bread is not hard, bake it in a 300° oven for about 20 minutes to dry it out. Most any greens or combination will work with this recipe with the exception of spinach (for some reason, it got slimy in the baking process).

Huevos Florentine

Paula Redinger, Tucson CSA

1 large flour (or corn) tortilla
1 bag CSA greens (such as quelites)
2 eggs olive oil
Crushed garlic
Salt and pepper

Combine a tablespoon or so of olive oil with crushed garlic (as much as you like.) Wash and shred the greens. Wilt in a pan with a few drops of olive oil, salt and pepper. Cook a few minutes longer, covered. When done stir in garlic/olive oil mixture. When the greens are almost done, fry the eggs, sunny side up or over easy. Season with salt and pepper. Warm the tortilla. Place the tortilla on a plate, arrange greens on the tortilla and top with the eggs.

Wilted Amaranth Greens (Quelites)

Amaranth makes such flavorful greens that a favorite approach is to cook it quickly, although its robust flavor and texture stand up to long cooking as well. You can proceed along two lines. Sizzle a few slivers of garlic in olive oil, follow with a healthy pinch of salt, and then add the greens. Cover for a minute to let the greens wilt down, then keep tossing until the leaves and stems are tender and no longer taste raw.

A second, pan-Asian treatment is to use peanut or corn oil, into which you toss finely sliced or shredded ginger, either alone or with a few slivers of garlic, a dry red chili or two, and then the salt and greens, proceeding as before.