



Tucson Community Supported Agriculture

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Winter 2012-13

Harvest list is online

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Plant Starts!

Every spring there are a few occasions when we get plant starts from Crooked Sky Farms as part of our share.

Why do get plant starts? In late winter Farmer Frank always plants more seeds for the summer crops than he think he will need, just to be sure to have enough of them if not all of them make it. After transplanting them into the ground, we get some of the surplus/unused starts.

This week we are getting a mix of heirloom tomatoes. They came from a seed mix, so we don't know which is which. Just be ready for a surprise when the first tomatoes show up on your plant!



A WEEK AT MY TABLE by Paula Redinger

Tuscan Kale – There are moments when I must cook something immediately. Like the time I made peppermint marshmallows after a symphony concert. Or this week, not long after playing a concert at Café Desta, I had to make a spicy lentil puree that minute. Along with my lentils and rice, I cooked up my CSA portion of kale, seasoned generously with the closest approximation of the Ethiopian spice blend berbere as I could muster up out of my current spice holdings.

Sweet Potatoes – Oven fries with a dusting of chipotle powder. Simple cravings must be obeyed!

French Breakfast Radishes – I've got a new "go to" quick sandwich. A more substantial yet less decadent version of butter and radishes, toast spread with a thick layer of cream cheese interspersed with thinly sliced radishes make a perfect last minute "Oh no! I need to pack something to eat!" meal as I'm running out the door.

Mustard Greens – It's still just an idea as I write this, but I see the sausage in my freezer and the mustard greens in the fridge becoming some incarnation of a warm pot pie to enjoy during what could be some of our last wintry feeling days for a while.

Swiss Chard – Even though I would happily eat spicy, garlicky, greens, beans, and pasta every day of the week, I occasionally talk myself into doing something different. A kale recipe by Mark Bittman gave me the idea to wrap the Swiss chard leaves around thin slices of feta, and braise them with their chopped, sautéed colorful stems, onion, garlic, olives and tomatoes.

Quelites (Amaranth Greens) – These greens are just the sort that are, according to Diana Kennedy, quickly cooked, finely chopped, and mixed into corn tortilla masa. I made mini corn tortillas in this way, and topped them with a few shreds of cheese before pulling them out of my cast iron pan. Delicious nutritious snack!

Arugula – When I roast a chicken or cook a steak, I almost always serve it over a bed of fresh greens, and arugula is my first choice. The warmth of the main course partially wilts the greens, and they are deliciously flavored by the meat juices. This week I roasted a CSA chicken, and served it as such.

Cilantro – by happy and very unusual coincidence, there is not only cilantro in my house, but sour cream as well. The obvious: left over roasted chicken became an enchilada lunch complete with the garnishes I usually do without.

You can follow Paula's musings on foods (and motorcycles) through her blog: *Eating on Two Wheels* (<http://operaflute.blogspot.com>)

Radish Potato Salad

Sara Jones, Tucson CSA

Radishes make a great foil for a creamy potato salad. If you have the time and inclination, make the dill aioli. If not, you can stir the dill into a store-bought mayonnaise.

1 pound red potatoes, cooked and roughly chopped
4-5 green onions, chopped
1/2 bunch radishes, sliced
2 hard boiled eggs, chopped
About 1/2 cup dill aioli

Stir together all ingredients. For the best flavor, let the salad sit in the fridge for an hour or so.

Dill Aioli

Use it with a potato salad or as a dip for steamed artichokes or raw vegetables. Also makes a good sandwich spread!

1 large egg yolk at room temperature
1 teaspoon Dijon-style mustard
Salt
2 to 3 teaspoons fresh lemon juice
1/2 cup peanut oil or mild olive oil (or half of each)
4 to 6 garlic cloves, finely chopped
Small bunch dill, well-chopped

Whisk the egg yolk in a small bowl until light and smooth, then stir in the mustard, a pinch of salt, and the lemon juice. Slowly whisk in the oil until the egg and oil thicken. Stir in garlic and dill. Keep covered and refrigerated for up to one week.

Onion Mustard Crackers

Felice Gaia, Tucson CSA

Can't figure out what to do with your mustard greens? These crackers make a surprisingly wonderful, and healthy, snack. The mustard takes a back seat and is so mild. I hope a few members may get motivated and enjoy. This is a raw recipe that uses a food dehydrator, but you should be able to bake the crackers on a very low oven setting, if you need to.

1 bunch mustard greens, well-cleaned
1/2 large yellow sweet onions
About 1 cup of almonds (preferably sprouted)
3/4 cup of golden flax seed
About 1 teaspoon turmeric, to taste
Himalayan salt to taste

Purée mustard greens in a blender. In large bowl, add mustard greens to the flax seeds. The moisture from the greens will start to 'gel' with the flax seeds. Puree the onions and add them too. Allow to sit for at least one hour. Grind sprouted almonds in food processor. Add to mixture. Add seasonings with your clean, loving hands so ingredients get mixed thoroughly. Let sit for another hour, until the mixture gets a firm pliable texture. Spread on dehydrator sheets to cracker thickness. Dry at 105 degrees for up to 18 hours. Or, spread on a baking sheet lined with parchment paper and bake at 250, checking every 30 minutes or so until cracker is mostly dry and firm.

Spanakopita

Sara Jones, Tucson CSA

This recipe is a great way to use up a backlog of greens, as it requires a few bunches. You can vary this recipe according to your own taste. Add in things like cooked ground beef, chopped nuts, hard-boiled eggs or even raisins. If you don't eat cheese, leave it out or substitute crumbled tofu. I use pre-made puff pastry sheets because phyllo can be really fussy. If phyllo is all you can find, just follow the direction on the package for assembly. This filling is also great in a pastry crust, either baked in a pie tin or made into individual hand held pastries. This will freeze well, so make an extra if you have the time.

2 large bunches greens, cleaned and roughly chopped
1 onion, sliced
1 tablespoon olive oil
1 handful feta cheese
About 1/4 teaspoon grated nutmeg
Salt and pepper to taste
2 puff pastry sheets, thawed

In a large skillet, cook onion in oil, over medium high heat. Cook until onion begins to brown then add greens and nutmeg. Stir well and cover, cooking for a few minutes until greens are wilted. Add salt and pepper to taste then transfer mixture to a colander to drain. Prepare puff pastry by lining a large rectangular baking dish with one sheet. Squeeze greens filling to remove excess moisture then mix in feta and any other additions. Spread filling over pastry sheet. Top with another pastry sheet, tucking pastry down around the edges. Bake according to direction on pastry box or dough recipe. After baking, cut into squares and serve.

Greens with Soy Sauce & Oyster Sauce

Adapted from consciouschoice.com

Use any greens you like for this simple recipe.

1 bunch greens, cleaned and chopped
1 tablespoon water
1 tablespoon oil
1/4 teaspoon salt
1 teaspoon soy sauce
1 teaspoon oyster sauce
1/2 tablespoon unsalted butter

In a skillet, heat oil over moderately high heat and stir-fry the greens with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, one to two more minutes.