



# *Tucson Community Supported Agriculture*

Newsletter 385 ~ April 22, 2013 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring '13

Harvest list is online

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Many more recipes on  
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### How to add a goat cheese share to your subscription

How to add a goat cheese share to  
your subscription:

- log on to your CSA account
- in the green Summary box, click on *Change Subscription* to go to the Produce and Bread shares page
- on the Produce and Bread Shares page, click *Next* to go to the Cheese and Sprouts Share Options page
- on the Cheese and Sprouts Share Options page, find the cheese share of your choice and click *Add*
- click on *Save* or *Finish* to save your changes

After successfully changing your subscription, you will receive an automated e-mail from us conforming your change.

Note that you can only change your subscription between the day after your pickup and midnight Friday.

For complete info on how to change your subscription, go to our home page and click on *Help: Change pickup day or shares*.



## LAST WEEK AT MY TABLE – by Paula Redinger

Ahh, April. The busy season wanes, and I have time to savor the new produce that the change in seasons brings. Except... not. This April, I'm as stressed about workload as I've ever been. As it stands, one day last week I cancelled an obligation with a neighbor so I could finally have time to take a shower (not kidding!), and I wrote much of this article during symphony rehearsals, in the spare moments here and there when the conductor was working with the strings rather than the winds. In addition, my social calendar has ramped up, which is fun, but has had me eating out far more than is usual, leaving me craving lean infusions of vitamins, straight up. It was a week of 911 food prep, designed to minimize prep time and maximize the vitamin to caloric intake ratio.

**Sweet potatoes** – I don't find it particularly satisfying to cook sweet potatoes in the microwave, but when necessity demands, I shall happily toss cubes of cooked sweet potatoes into an omelet, stuff that omelet into a tortilla and call it lunch.

**Fennel, oranges** – A slaw with fennel, leftover cabbage, onions, lemon and orange juice, olive oil and liberal amounts of salt and pepper proved to be more delicious than expected. That idea is a keeper.

**Swiss Chard, Beet Greens** – Wilted and dressed with my usual olive oil, garlic and chile flakes, I ate them on toast or spooned them straight from fridge to mouth when my odd dining schedule left me needing a snack.

**Beets, Rutabagas** – Grated into seasoned yogurt, and eaten with toast or crackers along with the above chard made satisfying light lunches on days I knew I'd be eating too much at a dinner out.

**Artichokes** – I had no time for creativity or extra prep work this week. When life is busy, and there are artichokes in the fridge, I steam them (30 to 45 minutes or until the outer leaves pull off easily) and add them to my brown bag lunch with a bit of mayo or vinaigrette.

## AMARANTH GREENS (QUELITES)

Although they are sometimes called wild spinach, they are not related to it but they taste a little bit like it. Just cook them as you would spinach. Pluck the leaves off the stems, chop them roughly, and sauté them, steam them, or add them to soups or stews.

## GOAT CHEESE SHARES FROM BLACK MESA RANCH STARTING SOON!

Goat cheese shares from Black Mesa ranch (BMR) will start in the second week of May. If you are already subscribed to a cheese share, or if you were subscribed to one last year and haven't removed it, you don't need to do anything: your first cheese share will be available for pickup on May 7 and 8. Cheese share pickups will be every other week after that, until the end of the year.

You can choose among 3 types of cheese shares: 1) plain only, 2) rotation of plain and herb, and 3) rotation of all 4 flavors (plain, herb, chipotle and jalapeño).

Until the cheese shares start, we'll have limited quantities of goat cheese: plain, herb, chipotle and jalapeño. If you haven't tried BMR's delicious goat cheeses yet, this is your chance to try some. They have won national awards several times.

We also have BMR's feta cheese. Note that the feta is not available as a share. Check our fridge for feta. When available, it goes a first come, first served.

### **Stuffed Artichoke**

Philippe, Tucson CSA

This recipe works well with large artichokes but you can also use medium-sized ones.

Artichokes

1 small onion

2 garlic cloves

Oil, vinegar, salt, pepper, herbs

With a sharp knife, remove the top third of an artichoke as well as the stem. With scissors, cut the remaining sharp tips off the leaves. Using your thumbs, separate the leaves as much as you can. Don't hesitate to apply force – artichokes are tough babes! Peel an onion, cut it in half, and slice it into 1/3" thick strips. Peel two cloves of garlic and cut them into 4 to 6 slices each. Insert the garlic slices and ends of the onion strips among the leaves. Pack in as many as you can!

Place artichoke in a small saucepan. Fill the pan with water halfway up the height of the artichoke. Pour ¼ cup oil and ¼ cup vinegar over the top of the artichoke. Sprinkle the artichoke with salt, pepper, and thyme, Italian herbs, or Herbes de Provence (or any seasoning of your choice). Cover, bring to a boil, and simmer for 1 to 1-1/2 hours.

Serve hot, warm or cold, by itself or with a garlic-butter dip.

### **Curried Turnips**

Sara Jones, Tucson CSA

If you still haven't found a way that you like turnips, give this recipe a try. Curry spices are also delicious sprinkled over roasted turnips or rutabagas, as well! And the curry spices, cumin, coriander, turmeric and ginger are all powerful digestive aides, for those who find turnips hard to digest.

1 bunch turnips with greens, cleaned, roots diced and

Greens, roughly chopped

1 small onion

1 clove garlic

About 1 tablespoon freshly grated ginger

1 tablespoon good curry powder

1/4 cup canned, chopped tomatoes

Oil

Fresh chopped cilantro, for garnish

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, then add curry powder. Cook stirring well for one minute then add turnips and tomatoes and about 1/4 cup of water. Cover and cook until turnips are tender. Stir in greens and cook until wilted. Season to taste with salt and garnish with fresh chopped cilantro.

### **Root Vegetable Fritters-new**

Kumi Rao, Ruchikala

Kumi made these for her cooking demo last Tuesday. They will still be really tasty if you don't have all the seasonings. Serve with a yogurt sauce or inside a bun as a replacement for a hamburger.

1 tablespoon olive oil

2 teaspoons mustard seeds

1/2 teaspoon of turmeric

1/4 teaspoons of asafetida (optional)

2 jalapenos, minced (or to taste)

1/2 cup grated coconut

3 cups of grated root vegetables (I used a combination of beets, carrots, and rutabaga)

1 cup cooked lentils

1 cup cooked brown rice

1/2 cup minced cilantro

1 cup pumpkin seeds (lightly hand-crushed)

Oil for frying

Add oil to a large skillet on medium heat. Add mustard seeds and wait until they begin to pop. Add turmeric, asafetida, and jalapenos. Sauté for 1-2 minutes. Add grated vegetables with 2 teaspoons of salt and the grated coconut. Sauté for 5 minutes until they have just softened. Transfer the mixture into a large mixing bowl. Spread the mixture into the bowl to allow it to cool down. When it's cool enough to touch, combine with rice, lentils, breadcrumbs, coconut, cilantro, and pumpkin seeds with cilantro. Mix together thoroughly with hands until it comes together as a firm "dough". Taste for seasoning and add more salt if needed. In a cast iron or nonstick skillet add enough oil to coat the bottom of the pan. Form tight balls with the mixture using about 1/3 cup of the dough for each one. Flatten the mixture with your hands slightly. Make sure the oil is sufficiently hot, gliding across the pan quickly. Add 3-4 fritters in the skillet at one time. Wait 2-3 minutes, and when the fritter starts to brown, flip it with a spatula and do the same on the other side. When they're browned on both sides drain on a paper towel and serve.

### **Greens Fettuccini**

The Cook's Garden catalog – Spring/Summer 1989

2 cups amaranth greens

2 eggs

1 1/2 cup flour

1/2 teaspoon salt

Put amaranth greens and eggs in a blender and blend until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8-1/4 inch thickness or thinner. Allow to stand and dry 1 hour, then cut into strips. Drop into boiling water and cook 1-2 minutes. Serve with butter and grated Parmesan or Asiago cheese.