



# *Tucson Community Supported Agriculture*

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## Winter 2014

### **Harvest list is online**

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**Many more recipes on  
our website**

#### **Trading baskets: how it works!**

At the start of the pickup, the trading table contains one full share of that week's produce, with one portion of each produce in each basket (plus an empty basket to facilitate the trading). The contents of the trading baskets evolve throughout the pickup as members trade, with sometimes surprising results.

What is a produce portion? It is the amount of each produce in that week's share, e.g. 4 potatoes, or 3 tangelos, or 1 bunch of mustard greens, or... well, you get the picture.

How does trading work? It's very simple: just place a full portion of produce from your share in the empty basket and take a portion from a full basket.

The trading baskets are often victim of incorrect trades. So, here are the DOs and DON'Ts of the trading baskets:

1. Do not take a portion from a basket without replacing it with a portion from your own share.
2. Do not leave behind a portion of your share in a basket without taking a portion out of basket.
3. If you want to leave behind one of your portions without trading, place it in the surplus baskets on the bench to the right of the trading area. Do not add it to a trading basket.
4. If you want to take extra produce without trading, take it from the surplus baskets, not from the trading baskets.
5. You can trade more than one of your portions: just repeat the trading process.
6. Trade only full, not partial, portions.

If anyone has a better way of explaining this than we do, please let us know ☺

## **MEMBERS DAY AT CROOKED SKY FARMS**, by Farmer Frank

Great news all! We're excited to have a date and time set for the next CSA members day!

Where: Crooked Sky Farms, 2134 S. 16th Ave., Phoenix

When: Saturday, February 1<sup>st</sup>, 11:00 a.m. (it usually lasts until 2:00 p.m.)

Who: members and their immediate families

RSVP by Jan. 25 at [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org) with the number of people in your party

For those of you who do not know what CSA Members Day is, allow me to explain.

Members Day is an appreciation/thank you day for all of you who support our farm. We want to treat you to a nice brunch prepared by a professional chef with produce from our farm. It is also an occasion for you to meet and talk with me and my crew and see with your own eyes where your vegetables are grown. And of course it is an occasion for me to meet you.



Members gather at the farm at 11:00 a.m. for a brunch made from produce from our farm, served with non-alcoholic drinks. After that there is a tour of the fields led by myself and some of my crew. Bring a small bag if you'd like to harvest a few veggies yourself, but be sure to ask what you can and can't harvest, and also how to harvest it: harvesting the wrong way can cause damage to plants.

Those of you who have come to past Members Days may remember Chef Steph. She's a talented chef who works closely with local farms. This year we are

happy to have Chef Steph and her staff at Crooked Sky Farms again, whipping up a delicious brunch for all of you. Take a few minutes to check out her online magazine and newsletters at [greenscookery.com](http://greenscookery.com)

The event is free of charge. But please let us know by e-mail at [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org) if you plan to come and how many. This will help us and Chef Steph plan for the amount of food to prepare.

Thank you all for supporting your farm. Good health to you and we hope to see you on Feb. 1.

**Directions to the farm:** the farm is located off I-17 and 19<sup>th</sup> Avenue in southwest part of Phoenix. The drive from Tucson to the farm takes just under 2 hours.

- Take I-10 to Phoenix
- In Phoenix, take exit to I-17 N/US 60 W (signs for Flagstaff/I-10 West Truck Route)
- Take exit 197 for 19th Ave.
- Turn left on 19th Ave., go under the freeway, then left again onto the access road (do not get back on the eastbound freeway)
- Turn right on S. 16th Ave. You will see fields to your right. The entrance is on 16<sup>th</sup>. Ave.
- Park your car on the street and walk to and through the farm's entrance.

#### **WHAT IS BRAISING MIX?**

Braising Mix is a bag of several small winter greens such as kale, mizuna, goosefoot and amaranth greens, and other mild and flavorful greens. When the greens are very tender, as they were in the braising mix we got a few weeks ago, they can be eaten raw in green salads. Generally, however, they are best cooked, as their name implies. But they don't necessarily have to be braised. They can be sautéed, blanched or added to soups and stews.

## **Winter Greens Dumplings-*new***

Sara Jones, Tucson CSA

If you have greens piling up in your fridge, this is a great way to deal with them. This recipe uses several bunches of greens. The prep for the recipe takes a little while, but will give you about 8-10 servings. You can freeze the dumplings to add to soups and stews in place of noodles. Or boil, drain and fry in butter and garnish with parmesan cheese for a side dish. For the demo this week, the dumplings are cooked in a simple marinara sauce.

2-4 bunches of greens, washed, thick stems removed (you need about 3 cups of blanched and finely chopped greens)  
1 tablespoon butter  
4 cloves garlic, minced  
1 16-ounce container of ricotta cheese  
1/3 cup grated Parmesan cheese  
1 ½ cups flour, start with 1 cup flour and add more as needed to bind  
2 eggs  
2 teaspoons salt  
1/2 teaspoon nutmeg and/or 2 tablespoons chopped dill, optional

Bring a large pot of water to a boil. Working in batches, drop large handfuls of greens in water and boil for 1-4 minutes, depending on the thickness of the leaves. Remove blanched greens from pot and place in a bowl of icy water. Squeeze water from greens and set bunch aside. Repeat until you have about 3 cups of greens. You want to remove as much water as you can from the greens so squeeze and twist hard. Lay blanched bunches of greens on a cutting board and chop finely, or pulse in a food processor. Squeeze chopped greens to further remove water.

Sauté garlic in butter just to release fragrance. Combine all ingredients (starting with 1 cup flour). Mix well. Mixture will be sticky, but not too sticky to work with. Test dough by dropping a 1 inch ball into boiling water. The dumpling should hold together, though some greens may float off. If dumpling falls apart, add flour, a few tablespoons at a time until test dumpling holds together.

Coat hands in flour and grab a tennis ball size chunk of dough. On a well floured cutting board, roll dough into an approximately 6-inch log. Cut log in half lengthwise, then cut each half lengthwise again to make four small logs. Sprinkle with flour and roll each piece to smooth out edges. Line pieces up and use a large knife to cut into one inch dumplings. Toss dumplings onto a floured baking sheet and repeat with remaining dough.

To use: Add dumplings to hot soup or marinara sauce, stir gently and cover to steam for about 15 minutes. To serve as a side dish, cook dumplings in boiling water for about 5-6 minutes. Drain. Heat a few tablespoons of butter in a skillet over medium high, and add dumplings. Stir to coat with butter and cook until beginning to brown. Remove from skillet and sprinkle with parmesan cheese.

To freeze: lay dumplings on a baking sheet in a single layer and place in freezer until frozen through. Put in a freezer bag

to store. Do not defrost dumplings! To use, add straight to boiling water and cook for about 8-10 minutes or stir into a soup or sauce and cook for 20 minutes.

## **Squash and Greens in Coconut Milk**

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you like curry flavors, add more spices to the mix, sautéing them with the onions before adding the rest of the ingredients. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped  
About 2 cups winter squash, diced small  
1 inch fresh ginger, grated  
1 onion, sliced thinly  
1/2 teaspoon ground coriander  
2 teaspoons oil  
1/2 can coconut milk  
Red chile flakes, to taste  
Soy sauce, to taste  
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until squash is tender. Season to taste with soy sauce and a bit of lime juice.

## **Turnips in Mustard Dill Butter**

Sara Jones, Tucson CSA

Use turnips or radishes interchangeably in this recipe. No need to peel them. Make extra mustard/dill butter to cook with fish if you like. If you are a bacon lover, a bit of crumbled bacon would be fantastic in this dish! Serve either hot or cold.

1 bunch white turnips sliced into 1/8 inch coins  
1 tablespoon softened butter  
1 teaspoon Dijon mustard  
1 small handful of dill, finely chopped  
Cracked black pepper and salt to taste  
Lemon juice to taste

Mix mustard, butter and dill. Set aside. Heat a couple teaspoons of oil in a skillet over medium high heat. Add turnips, stir to coat and cover. Cook for about 3 minutes, until slightly tender but still a bit crisp. Add butter mixture and toss to coat. Cook an additional few minutes, stirring occasionally to evenly distribute butter mixture. Remove from heat, sprinkle with black pepper, salt, lemon juice and extra dill, if desired.