



Tucson Community Supported Agriculture

Newsletter 421 ~ January 20, 2014 ~ Online at www.TucsonCSA.org

Winter 2014

Harvest list is online

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Many more recipes on our website

Members' Day: Reminder

In last Tuesday's weekly email, we had asked for RSVPs by Jan. 31. Sorry, we need them by this Saturday, Jan. 25, to give the farm time to prepare for us.

RSVP to tucsoncsa@tucsoncsa.org

When: Saturday, Feb. 1, 11:00 to 2:00

Where: Crooked Sky Farms

Who: Members and their immediate families

What: brunch followed by tour of the fields

Full details of the day are in last week's newsletter. For convenience, we'll repeat just the driving directions below.

Directions to the farm: the farm is located off I-17 and 19th Avenue in the 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 16th. Ave.

- Park your car on the street and walk through the farm's entrance.

A WEEK AT MY TABLE, by Cristina Williams

Here we are in the middle of January, and instead of chilly nights huddled inside or around the chimenea, we're basking outside in what feels like early spring. No matter, it is still soup and stew season to me! The two big navel oranges accompanied some breakfasts and here's how we ate the rest of the week:

Bok Choy - I love how Crooked Sky provides so many Asian greens and they become my excuse to make a one-pot miso soup meal with shitake mushrooms, edamame (that I had hidden in the freezer and remembered just in time!), matchstick carrots and soba noodles. There's a great recipe here: <http://blog.fatfreevegan.com/2011/09/hearty-one-pot-meal-miso-soup.html>

Acorn Squash and Red LaSoda Potatoes - I also picked up a pasture-raised chicken on CSA day and roasted it on a bed of quartered potatoes. Also sharing oven real estate was the acorn squash, cut in half, seeded, and slathered in olive oil, salt and pepper. The chicken was stuffed with lemon slices and sprigs of parsley and dill. On the side was some salad mix dressed in an olive-y caesar dressing and pan levain from Barrio Bread (which also somehow finds its way in the caesar dressing). A total Friday feast for the two of us.

Braising Mix - The next morning, I popped the frame of that chicken in the slow cooker with some veggie scraps and cut up onions, letting it simmer all day, and then used some of that broth for a beans and greens soup with the gorgeous purple and green braising mix. First I fried some chopped pasture-raised bacon, then sautéed diced carrots, onions and turnips. Then I tipped in two cans of cannellini beans, 8 cups of the broth, bay leaves, rosemary, a rind of parmesan cheese, some smoked paprika and the chopped up greens. With some more Barrio Bread, this is good for what ails ya!

Arugula and Dill - I love pairing arugula with grain for a winter pilaf salad. I went ahead and made a big batch of quinoa (2 cups uncooked) to ensure some leftovers, caramelized sliced onions in a good amount of olive oil and mixed it with wilted arugula, toasted pecans, capers, and feathery dill. I topped it with some radishes still fresh from last week and lots of CSA goat cheese all served on whatever salad mix might be left. Our healthy atonement for the burger and fries we had at Diablo Burger over the weekend - though that was quite a treat, too.

Hope you're spending this fine weather with some good food and good friends.

Cristina Williams is a singer/songwriter, musician, and bass player for [The Modeens](#) and [The Cordials](#), living in Tucson, AZ. She also writes about her obsessions with food and various stories from the past, present and her imagination. She is a Tucson CSA member and periodically writes our Week At My Table column. You can find her blog at: <http://www.cristinawilliams.com/>

TATSOI IS THE NEW SPINACH



Tatsoi (*Brassica napus* var. *rosularis*) also called Spinach mustard, Spoon mustard, or Rosette bok choy, is an Asian variety of *Brassica rapa* grown for greens. The mild, mustardy leaves often show up in Farmer Frank's braising mix, so if you believe you haven't eaten it before, you most likely already have. But here it comes for a solo performance!

The plant has dark green spoon-shaped leaves that form a thick rosette. It has a soft creamy texture and has a subtle yet distinctive flavor.

Grapefruit Caesar Salad Dressing-*new*

Sara Jones, Tucson CSA

The sweet/sour flavor of grapefruit, along with creamy egg yolks and parmesan cheese make this a good dressing to serve over stronger flavored greens like kale, escarole or braising mix. This also makes a great dressing for a shredded turnip coleslaw. Top with croutons if you have them.

1 clove garlic, minced
6 anchovies or black olives, minced
1 teaspoon Dijon mustard
1 teaspoon salt
1 teaspoon black pepper
2 egg yolks
1/2 cup grapefruit juice
1 cup oil
A few tablespoons parmesan cheese, to taste

Use an immersion blender, food processor or blender to mix garlic, anchovies or black olives, Dijon, salt and pepper, yolks and half of the juice. Slowly add oil to mix, until emulsified. Whisk in remaining juice and parmesan, to taste.

Turnips or Radishes in Sesame Dressing-*new*

Sara Jones, Tucson CSA

Many people who dislike cooked turnips actually enjoy them raw. Here their flavor is complemented by toasted sesame oil. If you want to make them even more mild, soak sliced or grated turnips in salted water for about 10 minutes, drain and rinse to remove much of their 'turnipness'.

1/2 bunch turnips or whole bunch radishes, cleaned and sliced into 1/8 inch thick bite size pieces
1 teaspoon toasted sesame oil
1 teaspoon soy sauce
2 teaspoons rice wine or apple cider vinegar
2 teaspoons toasted sesame seeds, optional

Mix liquids together and toss with sliced turnips. Taste and adjust seasoning if necessary. Let sit for 5 minutes before serving. Toss well again and top with seeds, if using.

Caribbean Pumpkin and Black Bean Stew

Maggie Newman, Tucson CSA (Adapted from RecipeCottage.com)

1 pound black beans
10 cups water
2 green peppers
1 bay leaf
4 slices bacon (optional)
1 large yellow onion
3 garlic cloves
1 small pumpkin (2 to 3 pounds), peeled, seeded
1 teaspoon ground cumin

1 teaspoon salt and black pepper to taste
3 to 4 cups cooked white rice
Sherry (optional)
Hot pepper sauce

Put beans in a colander and rinse them well, turning the beans over and over as the water runs on them and checking for any large pieces of grit or small stones. Drain well, then put in a bowl and cover with water. Set aside to soak overnight. Drain beans, then put about 10 cups of water in a pan. Add the beans, bring to a boil and reduce to a simmer. Meanwhile, stem and seed one of the green peppers. Chop it and add to beans, along with bay leaf. Cook 1 hour, uncovered. Remove bay leaf. Cook bacon in a skillet. When it's cooked crisp, remove it to drain. As the bacon cooks, seed and chop the remaining green pepper. Peel and chop the onion and garlic. Cut pumpkin into 1/2- to 1-inch cubes. Add pepper, onion, garlic, pumpkin, cumin, salt and pepper to the skillet after removing bacon. Cook vegetables about 15 minutes over medium-high heat, or until softened. Add vegetables to beans and cook another hour, uncovered, or until beans are tender. When ready to serve, dish beans over hot rice on serving plates and crumble a little bacon over each dish. You may want to add a sprinkle of sherry to each one too. Pass hot red pepper sauce and use as desired.

Easiest Greens in Tortillas

Sara Jones, Tucson CSA

This recipe is great with 'stemmy' greens, like bok choy and tatsoi. An Asian chile paste tastes best, but you can use salsa to spice the greens, too.

2 large handful greens (with stems), cleaned and roughly chopped
1-2 cloves garlic, minced
2 teaspoons oil
Chile paste (Sriracha is excellent), to taste
Mild, fresh cheese, if desired
4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and sprinkle with cheese if using.

Citrus Seltzer

Sara Jones, Tucson CSA

Way better than soda!!

1 part grapefruit or orange juice
1 part sparkling water
Agave nectar, to taste

Stir together juice and agave nectar, about 2 teaspoons per cup of juice for grapefruit, less for orange juice. Add sparkling water and taste for sweetness, adding more nectar if desired.