



Tucson Community Supported Agriculture

Newsletter 422 ~ January 27, 2014 ~ Online at www.TucsonCSA.org

Winter 2014

Harvest list is online

The Back Page

Citrus Marmalade
Dill-Citrus Spritzer
Grilled Romaine Salad
Lettuce Wraps

**Many more recipes on
our website**

Members' Day: Reminder

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. See newsletters of January 13 and 20 for more information.

The deadline to RSVP was January 25th. If you've already done so—no problem! If you haven't and would like to attend, shame on you and contact us immediately by e-mail at tucsoncsa@tucsoncsa.org. We'll check with the farm and get back to you.

Second Chance for Black Mesa Ranch Chocolates

Starting this week and as long as they last, we'll have Vanilla Bean Caramels (\$11), English Toffee with Sea Salt (\$9), Butter Almond Toffee (\$9) and Chocolate-Dipped Candied Ginger (\$7). See the article at right for more info.



BLACK MESA RANCH

The story of David Heininger, his wife Kathryn and Black Mesa Ranch is a fascinating one. He chronicles his adventures on his website, www.blackmesaranchonline.com. To make a long story short, his career started in the restaurant business and now finds he and his wife on a 280-acre off grid homestead property near Snowflake, AZ raising goats, sheep, poultry and cattle and making goat cheese, candy and caramel sauce for sale both locally and on the web. Check out the website for exciting features like the Alternative Energy Page, the Poultry Page, the Cow Page, the Dog and Cat Page, the Sheep Page and the Kidding page!

Black Mesa Ranch is of course the source for the goat cheese we have available by subscription and individual sale at the CSA. We're often asked why the supply of goat cheese fluctuates and why the cheese subscriptions stop in the winter. The answer is the goats' annual schedule. Winter is the low season for goat's milk. However some of Black Mesa Ranch's goats are still producing milk, and David can make a few logs. We sell those individually on a first come, first served basis from the display case inside near the front desk.

In late Spring (usually early May), after the kids are born and weaned, there's a plentiful supply of milk, and cheese subscriptions can resume. If you are signed up for a cheese share, your cheese share pickups will resume then, and of course, your account won't be charged for cheese in the meantime.

As you may know, David also makes great candy. He uses chocolate from Belgium (which is also the source of our founder, Philippe), and milk from his goats when the recipe calls for milk. We feature it at the CSA twice each calendar year—during the holiday season at the end of the year, and leading up to Valentine's Day in February. We know, that puts our two "candy seasons" a bit close together, and results in a long dry season from March to December. For those who may have withdrawal symptoms, note that David does sell his candy and other products online on his web page (but he is only able to make candy during the cooler months).

This year's Valentine's Day selections are listed at left. Take my advice, there's not a bad one in there!

BRAISING MIX, READY TO COOK

Throughout the cool months we also occasionally get braising mix in our shares. A braising mix is a collection of greens, prepped and ready to cook. The mix varies with the season; it often includes mustard greens, kale, arugula, mizuna and other Asian leafy greens. Although you can add them raw to green salads, they do tend to be spicy and are generally meant to be cooked, *i.e.* braised, steamed, stir-fried, or added to soups and stews.

An easy way to prepare a braising mix is to stir-fry the leaves in some olive oil with chopped onions and garlic. Season with salt and pepper. To finish, add a dash of soy sauce, or sprinkle with grated Parmesan cheese before serving. Or you can use them as you would any leafy greens. For recipes, look in our online recipe archive under "Greens."

Citrus Marmalade

Sara Jones, Tucson CSA

This is best with citrus that has a thick peel. Grapefruit and navel oranges work well. You can even use the bitter oranges that go to waste all over town. Stew this marmalade with ginger or other spices to give it a kick. Though it takes a while on the stovetop, actual prep time is short.

2 grapefruit
1 cup sugar

Cut grapefruits into quarters and remove flesh from peels. Cut peels into a medium dice. Place in a saucepan with enough water to cover and bring to a boil. Drain and repeat once more. Meanwhile, separate citrus flesh from membranes as best as you can without spending too much time worrying about it! Reserve all juice and combine with flesh. You want one cup of this mixture. If you don't have quite enough add orange juice or water to make one cup. Bring liquid and one cup sugar to a boil. Add grapefruit peels and any spices you are using and reduce heat to low. Cook for about 45 minutes, until liquid is syrupy and thick. Remove from heat and cool. If desired, puree in a food processor or blender, or leave chunky. Store in a glass container in the refrigerator for up to a month.

Dill-Citrus Spritzer

Kusuma Rao, Ruchikala

I know, it sounds totally weird, if I hadn't tried it at Kumi's cooking demo, I wouldn't have believed it either. But this recipe is fantastic! This refreshing dill drink is delightfully sweet with citrusy flirtations and a lightly herbaceous finish. You can play around with the sweetness level to get it where you like.

1 cup sugar
1/2 cup + 1 1/2 cup water
1 cups of packed dill fronds (hard coarse stems removed)
2 lemons, zested and juiced
Sparkling water

Make the simple syrup,

Combine 1 cup sugar and 1/2 water in a medium saucepan on medium heat. Stir until the sugar crystals are completely dissolved. Transfer to a new bowl and let cool. (This simple syrup is a little more concentrated than most to accommodate the additional liquid from the dill mixture. If you find it is too sweet for your taste, reduce the amount of sugar in the simple syrup for a lighter, more herbaceous drink.)

"Juice" the dill,

Add dill and 1 cup water to a blender and puree until the dill completely breaks down. Add a little more water if needed. Strain the mixture over a strainer. Squeeze out any remaining liquid. Set aside.

Bring it all together!

Add the liquid to the simple syrup with the zest and juice of two lemons. This is your Citrus Dill Simple syrup. Pour one part of the syrup with two parts sparkling water. Adjust the seltzer portions to your preference.

Grilled Romaine Salad-*new*

Sara Jones, Tucson CSA

The sturdier leaves of romaine hold up well to heat and the cooking adds a more interesting flavor and texture to a salad. This preparation is great treated in the typical Caesar salad manner. Also great, a blue cheese and bacon combo or a citrus, onion and olive dressing. For a simpler preparation, sprinkle with salt and pepper, a drizzle of olive oil and a good squeeze of lemon.

1-2 heads romaine loose outer leaves remove (use them for lettuce wraps!) cut in half lengthwise through central core
1 tablespoon olive oil
Salt and pepper

In a big bowl of water, dunk and swish romaine halves to remove dirt and debris. Drain upside down for at least 10 minutes then gently shake to drain more water. Pat dry. Brush entire outer surface of each half with olive oil and sprinkle with salt and pepper. If using a grill, place over a medium hot spot on the grill and cook, turning after 2-3 minutes until slightly wilted and browning on both sides. You can also place prepared romaine halves under the broiler or in a hot skillet, again flipping after 2-3 minutes and cooking until wilted with a slight char around the edges.

Lettuce Wraps-*new*

Sara Jones, Tucson CSA

Here is another way to use up your lettuce. Use the whole, big outer leaves and save the small ones for salad. These are great with Hoisin sauce, Korean chile bean paste or Thai peanut sauce. Or make a simple soy sauce based dip, including ginger, garlic, lime and chiles. This is a good way to use up leftover meat and cooked rice. Make the wraps vegetarian by sautéing chopped mushrooms with tofu. You can play around with the various garnishes to find a combination that you like.

2-3 cups finely chopped cooked meat or mushroom/tofu mix
1/2 bunch P'ittoi onions, chopped
Small handful finely chopped quelites
Chopped dill, cilantro or mint for garnish
Cooked rice or rice noodles, drained and cooled
Toasted cashews, peanuts and/or shredded coconut

Set out each item in individual bowls so each person can assemble their own wraps. Spread thick sauces onto the lettuce leaves and drizzle thin sauces over assembled wraps. Enjoy!