



# Tucson Community Supported Agriculture

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## Winter 2014

### Harvest list is online

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**Many more recipes on our website**

#### Lettuce: some more ideas

1. Juice it! Lettuce is often thought of as nutritionally lacking. Not the case. Lettuce is full of essential minerals and makes a great juice. Its bright, clean flavor doesn't need to be hidden, like some other greens. Drink lettuce juice after a workout instead of a sports drink. Like cucumber, lettuce replenishes your electrolytes after sweating. You could even add a bit to your kids fruit juices without them knowing!

2. Cook it! Braise it! I know, it sounds absurd, but you can find recipes from all over the world that cook the more flavorful (aka bitter or more mature) lettuce varieties. Use lettuce in place of escarole in Italian recipes. The French have long paired cooked lettuce with cream or cheese. Or take a hint from the Chinese who quickly stir fry lettuce with garlic, ginger, chile flakes and sesame oil. Chinese New Year (the year of the Horse) just started and lettuce is seen as a 'lucky' food, so lets take this abundance as a sign of a good year ahead!



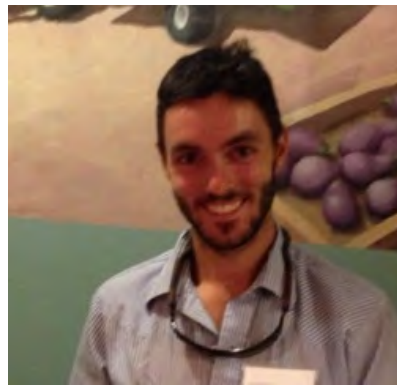
Salad dish at Members Day  
Photo by Roxane Ramos

#### **LETTUCE EAT SALADS**, by Sara Jones

It happens every year. Somehow a variety of events conspires to make one crop a BUMPER crop. In the past we've seen beets, turnips, cucumbers, tomatoes, artichokes, and even broccoli, in overwhelming quantities. This year is the year of the lettuce! If you were at the farm for Members Day last Saturday, you saw them: a sea of lettuce ready for harvest. Warmer than average weather, low demand at the farmer's markets and maybe few rows too many seeded with lettuce has left us at the CSA swimming in the excess. This happens, it's part of being a CSA member. Don't despair. Instead, view this time as a chance to get to know this vegetable a little differently. And anyway, it will be over soon.

Of all the vegetables we eat, lettuce is perhaps the most commonplace and unglamorous one. Yet, look closely at what you're getting in your shares, and observe the many varieties and textures of lettuce you get. They are so beautiful! Lettuce is more than just the base for a plain green salad! Instead of eating your lettuce as a side, integrate it into your main dish. Lettuce can be the base for almost any meal. In the past few weeks of lettuce inundation I have eaten most of my meals over a bed of lettuce. My favorite is fried eggs over a well-dressed salad. Most proteins are great served over lettuce. Grilled steak or chicken, baked tofu, left-over beans, nuts... You get the idea. I know that Philippe's favorite is to serve sautéed diced potatoes on a bed of finely chopped lettuce with a French dressing. Also, dishes like tacos and tostadas, sandwiches and wraps all call out for ample amounts of lettuce. You can use large lettuce leaves as wraps or low carb 'buns'. The list could go on but if you can't even fathom the thought of one more bite of fresh, crisp lettuce, check out two more ideas on the left...

#### **TUCSON CSA CREW: SPOTLIGHT ON JUSTIN**



When not working the front desk on Tuesday nights, Justin Bramhall spends his time in a number of ways. He loves gardening and working outside, biking, hiking, rock climbing, listening to Phish, and spending time with his wife, two dogs, and two cats.

Originally from Pennsylvania, Justin came to Arizona to attend Prescott College where he graduated with a B.A. in Secondary Education and Environmental Studies. Food justice issues and environmental sustainability peaked his interest and passion during his time in Prescott, which led him on a mission to live more in harmony with the earth.

In 2009 he and his wife, Catie, moved to Tucson to begin their post-college life, and Justin quickly began studying what it takes to live sustainably in the desert environment. After dabbling in work as an environmental education presenter, farm helper, and 8th grade science teacher, Justin started Ahimsa Landscaping with the mission of helping others live in a regenerative way by applying permaculture design principles and water harvesting techniques. He received his Permaculture Design Certification through the Sonoran Permaculture Guild (SPG), Water Harvesting Certification through Watershed Management Group, and has extensive training and experience in greywater systems. Justin is also apprenticing with SPG and co-teaching the PDC courses, as well as other workshops on backyard gardening.

You can also find him working the register a couple times a week at the Food Conspiracy Co-op. This coming June, Justin will also begin a new chapter in his life as a father.

You can find out more about Justin's work on his website at [www.ahimsalandscaping.com](http://www.ahimsalandscaping.com) and on Facebook at [www.facebook.com/AhimsaLandscaping](http://www.facebook.com/AhimsaLandscaping)

## **Roasted Cauliflower**

Sara Jones, Tucson CSA

Roasting cauliflower is one of the easiest and tastiest ways to use this vegetable. Serve as is or drizzle with a tangy tahini lemon sauce.

1 cauliflower cut into 1/4 inch slices (keep core intact and slice lengthwise so slices stay more or less intact)  
1 tablespoon olive oil  
Salt and pepper

Preheat oven to 400°. Rub cauliflower gently with olive oil and sprinkle with salt and lots of fresh ground pepper. Lay cauliflower on baking sheet lined with parchment paper. Bake for about 15-20 minutes, until starting to brown and caramelize in spots. The browning is the best part, so if your oven is not doing the trick, put the broiler on for a minute or two to finish up the cooking. Serve while hot, though any leftovers are tasty at room temperature.

## **Acorn Squash with Coconut Custard**

Adapted from Saveur Magazine

This is a traditional dish in Thailand and Laos. Thai recipes call for sprinkling the custard with anise seed. Ground nutmeg would be a nice garnish, too.

1 large or 2 smaller acorn squash  
1/2 cup canned coconut cream  
1/2 cup brown sugar  
1/2 teaspoon salt  
3 eggs

Using a long, sharp knife, cut off the top of the squash, about 1 inch from the stem end. Discard top. Using a spoon, scoop out and discard the seeds and the fibers to make a hollow cavity. Set aside. In a 1-quart saucepan, whisk together the coconut cream and 1/4 cup of the brown sugar. Bring to a simmer over medium heat, while whisking occasionally; remove from heat and let sit for 10 minutes to cool slightly. In a medium bowl, whisk together the remaining brown sugar with the salt and eggs, until eggs are smooth and pale yellow. While whisking the eggs, slowly drizzle in the hot coconut cream mixture. Transfer mixture to top of a double boiler set over simmering water and cook, stirring constantly with a wooden spoon, until mixture thickens and coats the back of the spoon, about 4 minutes. Heat oven to 325°. Pour custard into the reserved squash and set on rack in the bottom of an 8 x 8 inch baking dish. Pour 1 cup boiling water into dish. Bake until a knife inserted into center of custard comes out clean, about 2 hours. Alternatively, you can place squash in a steamer and cook about 45-60 minutes, until squash is tender and custard is set. Let cool; slice into 6 pieces. Sprinkle with garnish if using.

## **Creamed Mustardy Mustard Greens**

Sara Jones, Tucson CSA

If you like creamed spinach, give this recipe a try. Why not highlight the mustard-y flavor of mustard greens by combining them with some spicy Dijon mustard?

1-2 large bunches mustard greens (substitute other greens if needed)  
2 teaspoons butter or olive oil  
2 cloves garlic, minced  
1/2 onion, diced  
2 teaspoons Dijon mustard  
Good splash (2-4 tablespoons) cream  
1 teaspoon red wine vinegar  
Salt and pepper to taste

Bring well-salted water to a boil in a large pot, add mustard greens and return to a boil. Cook about one minute and remove greens. Drain. Heat oil in a large skillet over medium high heat. Add onions and garlic and cook until beginning to brown. Squeeze excess moisture from greens and chop into small pieces. Add mustard greens to skillet and continue to cook while you combine mustard and cream. Pour cream mixture over greens, turn heat to low and stir well to completely coat all greens. Add more cream if necessary. Remove from heat and add a dash of vinegar and some salt and pepper to taste.

## **Amish Turnips**

Philippe, Tucson CSA. Adapted from Phoenix CSA

2 medium to large turnips  
2 cup bread crumbs  
2 tablespoon sugar  
Salt to taste  
2 eggs, beaten  
2 cups milk  
2 tablespoon butter

Scrub turnips and cut into chunks. Put the chunks in a large saucepan and cover with water. Add 1 teaspoon of the salt. Bring to a boil; reduce heat, cover, and simmer for about 25 to 30 minutes or until tender. Drain and let dry in a colander or in the pan with the top ajar. Mix with all remaining ingredients and only half of the bread crumbs. Place in greased casserole. Cover with the rest of the crumbs and bake 45 minutes at 350°. Turnip haters like this dish.