



Tucson Community Supported Agriculture

Newsletter 427 ~ March 3, 2014 ~ Online at www.TucsonCSA.org

Winter 2014

Harvest list is online

The Back Page

Beet and Walnut Dip
Baked Greens "Chips"
Panade
Orange Cranberry Bread

**Many more recipes on
our website**

10 years ago this week...

Ten years ago this week was the CSA's 4th pickup! There were 25 members, 4 of which are still members today (Philippe Waterinckx, Daniela Diamente, Jodi Perin and Shelley Adrian). Morgan Apicella, who is a CSA member now but worked part-time for Farmer Frank at that time, harvested our veggies at the farm on Monday and he dropped them off on our front porch at 6:00 a.m. on Tuesday morning.

We didn't pick our own veggies out of crates as we do today. Instead, members received their own re-usable boxes made from waxed cardboard.

There was no harvest list, there was no newsletter. We didn't know what many of the vegetables were and we didn't always dare ask Morgan or Farmer Frank what they were. But we cooked them and we ate them and we were excited beyond belief.



Philippe and Farmer Frank 10 years ago

TUCSON CSA 10TH ANNIVERSARY



Last month we celebrated the Tucson CSA's 10th anniversary! Or rather, we did not celebrate it.

Celebrations are still to come!

So, next week during pickup time, look around the courtyard: we'll have a few surprises to mark the occasion with all of you!

GREEN GARLIC



Green garlic is young garlic that is harvested before the cloves have begun to mature. It is also sometimes called spring garlic and baby garlic. It includes the whole plant: roots, nascent bulb, leaves and stalk, and sometimes a flower stalk also. Green garlic resembles overgrown scallions or green onions, with a deep green stalk and a pale white bulb. Garlic flowers are like exploding fireworks.

When garlic is grown to make the garlic most of us are used to, it is harvested when the lower part of the stalk visible above the ground starts to turn brown. By then the underground bulb, or head, has been compartmentalized into distinct garlic cloves. It is cured so that it will last in storage.

In our climate, mature garlic is typically harvested in May-June, whereas green garlic is harvested in February-March, when the stalks are still totally green. The whole green garlic plant, including the leaves, can be used raw or cooked. When cooked, green garlic sweetens, lending a new layer of depth to a dish. To use, trim off root ends and the tough part of the green leaves. Chop or slice the rest and use as you would green onions or garlic, noting that it is stronger than the former but milder than the latter.

Green garlic can be stored under refrigeration up to a week. It will not cure like mature garlic, so make sure not to let it sit for too long.

PLANT STARTS

In springtime, Farmer Frank occasionally spoils us with a variety of plant starts, i.e. small containers each containing a baby plant grown from seed. We primarily get plant starts of tomatoes, chiles and squash, but we also sometimes get basil, melons, eggplant, Indian sacred tobacco and others. They usually arrive in 2-3 batches spread over a few weeks.

Plant your start in partial shade in your garden or in a larger pot and see what it turns into. Make sure to use good potting soil. You can also plant it in a pot indoors and later decide where to plant it.

We don't always know what specific varieties the plant starts are, because the farm grows many kinds and the labels sometimes get lost or misplaced between the time the seeds are planted and the time the baby plants reach us. So, there is often some mystery involved... You will likely not know what kind of chile or tomato you got until it sets fruit. And what you thought was a squash may turn out to be a cucumber.

Beet and Walnut Dip

Sara Jones, Tucson CSA

This is a great dip or spread for bread or pita. Top with fresh herbs and chopped olives, if you like.

1 bunch beets, roasted, peeled and roughly chopped
A couple tablespoons chopped green garlic
1 cup walnuts
2 tablespoons olive oil
¼ cup plain yogurt or sour cream
Salt to taste

Process garlic and walnuts in a food processor or blender until finely ground. Add beets and olive oil and process until smooth. In a medium bowl, combine beet mixture with yogurt or sour cream. Salt to taste. Store in refrigerator covered with a layer of oil for up to one week.

Baked Greens “Chips”

Nicole Baugh, Tucson CSA

For people like me who really don't like stewed or sauteed greens, here's a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
Salt and pepper to taste

Preheat the oven to 325°. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

Panade

Lorraine Glazar, Tucson CSA

1 1/2 pounds onions, halved and thinly sliced (about 6 cups)
2 tablespoons olive oil (divided use)
Salt and pepper
1/2 teaspoon dried thyme or 1 tablespoon fresh
About half a bulb, plus stalk, green garlic
1 pound kale or chard, stemmed and cut into wide ribbons

10 ounces stale, hard peasant type bread, torn or cut into one inch chunks
2 cups cheese, shredded
3-4 cups vegetable stock

Heat one tablespoon olive oil in a sauté pan and slowly cook the onion until translucent and tender. Sprinkle with thyme while cooking and add salt and pepper. Remove the onions and add one more tablespoon of oil to the pan. Add the greens and the garlic and a sprinkle or two of salt and cook for three or four minutes, just until the greens soften a bit. In a two-quart casserole with a lid, or a Dutch oven, begin layering the panade: first the onions, then a loose layer of bread cubes, then greens, and top with cheese. Continue this way until the ingredients are all used. Bring the vegetable stock to a simmer and add salt to taste. Add stock to the casserole up to 1 1/2 inches below the rim of the dish (you can go a bit higher in a shallower casserole dish). Cover and bake in a 325° oven for 1 to 1 1/2 hours, or until it is hot and bubbly and slightly brown around the edges. Then increase heat to 375°, remove lid, and bake for 10-20 minutes or until top is evenly brown. Note: If the bread you have on hand is not hard, you may bake it in a 300° oven for about 20 minutes to dry it out. Most any greens or combination of them will work with this recipe with the exception of spinach (for some reason, it gets slimy in the baking process).

Orange Cranberry Bread

2 cups flour
1 cup sugar
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 cup fresh squeezed orange juice
1 tablespoon grated orange zest
1 teaspoon ground ginger
2 tablespoons canola oil
1 egg, well-beaten
3/4 cup cranberries
1/2 cup chopped walnuts or pecans

Preheat oven to 375°. Grease a 9 x 5-inch loaf pan. Whisk together flour, baking powder, baking soda and salt in a medium mixing bowl. Combine orange juice, orange zest, ginger and sugar and cook in a saucepan over medium high heat for about 10 minutes. Let cool and combine with oil and egg. Pour juice mixture into dry ingredients and mix until just combined. Spread evenly in loaf pan. Bake for 45 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely.