



# Tucson Community Supported Agriculture

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## Spring 2014

### Harvest list is online

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#### APHID TIME

Springtime always bring some bugs with it, such as aphids. Aphids love organic vegetables such as cruciferous greens, and kale in particular! They usually diappear after a few weeks once the ladybugs and lacewings get the upper hand and eat them.

If you find aphids in your greens, the best way to get rid of them is to swish them vigorously in a bowl of water. If they hang on, add a few drops of dishwashing liquid to the water and swish some more. That usually takes care of them. Give the greens a good rinse afterward.

#### VALENCIA ORANGES

We are done with navel oranges and we are now getting Crooked Sky Farms' Valencia oranges. Navel oranges were the perfect peeling oranges. Valencias have different qualities: they are less easy to peel but they are sweeter, and they therefore make excellent juicing oranges.

Valencia oranges are named after the Spanish city of Valencia, and the city of Valencia, California, near Los Angeles, is named after this sweetest of oranges. But did you know that they originate from India?



#### DANDELION GREENS



Dandelions (*Taraxacum*) are native to the Northern Hemisphere of the Old World. Both their leaves and roots are edible. The flowers are bright yellow and are called "dandelion clocks" in popular lore: blowing on the flower after it has gone to seed to disperse the seeds is a popular pastime for children. The number of blows required to completely rid the clock of its seeds is deemed to be the time of day.

Dandelion greens are named after the French phrase "dent de lion" or "lion's tooth" because of their serrated leaves. They are commonly found in the wild and in lawns, but they are also widely cultivated as an edible plant. Dandelion greens are commonly enjoyed raw, but they also taste fantastic sautéed, braised, or even stewed.

Dandelion greens have a slightly bitter note: this is why you often see them prepared with poached or crumbled hard-boiled eggs, bacon, cheese, vinegar, lemon juice, mustard or hot sauce. Fats, acids and hot spices are perfect to balance the bitterness of dandelion greens. Try any of those ingredients as part of your dandelion dish and those bitter greens will shine.

To eat raw, toss in your favorite salad medley or make a more elaborate salad with eggs and goat cheese. I like them simply tossed with an Italian dressing and fine onion slices.

For a quick fix, sauté them with garlic, onions and pine nuts and finish with goat cheese crumbles. If you're in a lazy mood, just throw them in a stew or a soup. If you're more adventurous, try one of the recipes on the back page. Or look on our online recipe page under both dandelion and endive: you can substitute dandelion greens for endive, escarole or frisée.

Dandelion greens are rich in beta-carotene, calcium and iron. They are known to support digestion, reduce swelling and inflammation, and treat jaundice, edema, gout, eczema and acne. They also boast potent medicinal properties with laxative and diuretic properties (its other French name, pissenlit or "wet the bed", aptly describes its effectiveness).

#### GREEN GARLIC



*We're repeating the green garlic info from three weeks ago, as we ended up not receiving it that week.*

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 also a flower stalk. 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 don't let it sit for too long.

**Simple Beet Soup, Hot or Cold**

Lorraine Glazar, Tucson CSA member

1 bunch beets with their greens  
1/2 teaspoon salt  
2 tablespoons lemon juice (or orange juice)  
1 cup vegetable stock  
2 to 4 tablespoons fresh dill or fresh mint (to your taste)  
Pepper  
Sugar (optional)  
Red balsamic or red wine vinegar (optional)  
Rye bread or pumpernickel croutons (optional)

Cook the beets (including greens if applicable) in just enough water to cover, adding 1/2 teaspoon salt to the cooking water. Cook until beets are tender, the timing will vary with size. Reserving the cooking water, cool the beets under cool water and rub off skins. Finely chop the beets. If you are planning on serving the soup hot, and have time, julienne the beets into neat sticks. To serve cool: Put beets, lemon or orange juice, and stock into the food processor or blender. Puree the ingredients, adding the reserved cooking water to achieve your preferred texture. Taste the soup and add a touch of sugar or vinegar to get that fine sweet and sour balance. Add finely chopped fresh herbs and garnish, if desired, with a dollop of sour cream. To serve hot: Put beets, lemon or orange juice, and stock into the cooking pot and heat. Add reserved cooking water to achieve your preferred texture. Taste the soup and add a touch of sugar or vinegar to get that fine sweet and sour balance. Add finely chopped fresh herbs and serve, garnished with croutons.

**Sautéed Dandelion Greens**

Philippe, Tucson CSA

2 tablespoons olive oil  
1 bunch dandelion greens  
1 small onion, chopped  
2 cloves garlic, minced  
1-2 teaspoons red chile flakes  
2 tablespoons grated Parmesan cheese, or 1/2 cup crumbled feta cheese  
Salt and pepper to taste

Chop the greens in 2-inch segments and blanch them in salty water until the stems are tender (about 5 minutes). Drain the greens in a colander. Sauté onions, garlic and red chile flakes in olive oil on medium heat until onions are translucent. Add greens and stir gently until well mixed. Salt and pepper to taste. Sprinkle with the cheese before serving.

**Dandelion Greens Fettuccini**

The Cook's Garden catalog – Spring/Summer 1989

2 cups dandelion greens  
2 eggs  
1 1/2 cup flour  
1/2 teaspoon salt

Put dandelion greens and eggs in a blender and blend until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8-1/4 thickness or thinner. Allow to stand and dry one hour, then cut into strips. Drop into boiling water and cook 1-2 minutes. Serve with butter and grated parmesan or asiago cheese.

**Winter Greens Pastry Shell**

Howard, Tucson CSA

Yes, putting greens into a quiche is a great way to use them. But putting them into the pie shell, ingenious! Double up on your greens by putting them in the shell and the filling. This is a great opportunity to use up any greens that may be clogging your veggie drawer. Make more than one, because they freeze well, too.

1 pound greens and their stems (to date, I've successfully used every type of winter greens we get)  
2 – 3 tablespoons butter (veg oil works, but isn't as flavorful)  
3/4 cup all purpose flour  
3/4 cup bread crumbs (bran also works; either wheat or oat)  
Optional herbs (dill, celery seed,)

Pre-heat oven to 375°. Lightly oil a 9-inch pie plate. Chop greens (or pulse in food processor) until they are finely minced (if stems are tough, you could remove, but I've not had a problem with them). Melt butter in a heavy skillet and add greens. Sauté until soft, then transfer to a bowl and mix in flour, bread crumbs, and herbs. Press mixture into the pieplate, using a fork or spatula to spread evenly and then forming the edges with your fingers. Bake for 15 to 20 minutes. At that point you can refrigerate or freeze for later use, or without cooling, use it for a quiche (since the oven's hot, why not?)

**To make Quiche**

1 winter greens pastry shell (see above)  
1/2 pound grated cheese (Swiss, cheddar, etc.)  
Enough sautéed greens, onions, and cooked sweet potatoes to fill  
Winter greens pastry shell  
3 eggs  
1 cup milk or soymilk

Sprinkle grated cheese on bottom of shell. Fill to the top with mixture of sautéed greens, onions, potatoes, more herbs, etc. Beat eggs with milk (or soy milk) and pour over greens. Bake at 375° for about 30 minutes, or until center is firm. I haven't seasoned with salt or pepper; there seem to be plenty of good flavor enhancers in there naturally.