



Tucson Community Supported Agriculture

Newsletter 433 ~ April 14, 2014 ~ Online at www.TucsonCSA.org

Spring 2014

Harvest list is online

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Many more recipes on our website

Lamb shares!

The first batch of lamb shares is available this week for those who ordered them last week, but we are still taking orders this week for a second and last delivery of lamb shares next week.

Lamb shares weigh 8-9 pounds, cost \$9 per pound and typically include ground meat (1 lb), arm roast or ½ leg roast (2-3 lbs.), shanks (1-2 lbs.), chops (2-3 lbs.), and riblets (1 lb.).

Adding a cheese share option

You can add or remove a cheese share between the day after your pickup day and midnight Friday of any given week.

To add a cheese share: click on the Manage Your Account link on the CSA home page to access your member card (the first screen that appears after you log in to your online CSA account). In the Summary box of your member card, click on Change Subscription to add or remove shares and share options (note: cheese is a share option). Make your change and make sure to save it by clicking on the SAVE or FINISH button. An automatic e-mail will be sent to you immediately to confirm any subscription change. ***If you don't receive a confirmation e-mail it means that your subscription change was not completed and is not effective.***

You can add or remove shares provided you keep at least one produce share or one bread share. Adding shares does not require additional payment. If you add a bread share, for example, you won't have to pay anything additional at the time you add it; your subscription will simply end sooner (the cost of additional share items will be deducted from your account credit so long as you have enough). Likewise, if you remove a bread share, you won't be reimbursed, but your credit will simply last longer.



GOAT CHEESE SHARES FROM BLACK MESA RANCH RESUME MAY 6 & 7!

Goat cheese shares from Black Mesa ranch (BMR) will resume in the first week of May. If you are already subscribed to a cheese share, or if you were subscribed to one last year and haven't removed it, you don't need to do

anything: your first cheese share will be available for pickup then. Cheese share pickups will be every other week after that, until the end of the year.

We have 3 types of cheese shares: 1) plain only, 2) rotation of plain and herb, and 3) rotation of all 4 flavors (plain, herb, chipotle and jalapeño). You also have the option, subject to availability, of trading your subscription cheese log for a cheese log of another flavor that's in stock for individual (non-subscription) sale.

Until the cheese shares begin, we'll continue to have limited quantities of BMR goat cheese logs and feta. If you're undecided about getting a cheese share, this is a good time to try their delicious goat cheeses.

We also carry BMR's feta cheese although it is not available as a share. When we get it, we sell it first come, first served.

See side bar for instructions on how to add/remove a cheese share to/from your subscription.

PREPPING ARTICHOKE THE QUICK AND EASY WAY

Last week we explained how to prepare your artichokes to obtain artichoke hearts. The result is well worth it, but it is by no means the only way to enjoy artichokes.

You can also just boil or steam them as they are and then pull the leaves one at a time, dip them in a butter and lemon sauce or just plain mayo, and suck on them. At the end of this process, you also get to the heart which can then be savored as the reward for all the leaf-pulling and sucking.

One of my favorite artichoke recipes is on the back page (Stuffed Artichokes). For this recipe, I just cut off the top third of the artichoke, insert onion and garlic slices between the leaves, and then boil the artichoke for an hour in water with some oil and vinegared added. It smells wonderful while it cooks.

Eating artichokes is such a nice cocktail hour spring ritual: sitting on the back porch after a long day, sipping a glass of white wine, pulling artichoke leaves and dipping them in a home-made garlic mayo. It's something that can't be rushed. It's a great thing to do accompanied by good conversation with friends.

PRICKLY PEAR PADS, AKA NOPALITOS

Farmer Frank said we might get nopalitos this week. It's that time of year, but he wasn't sure yet he'd have time to get them ready for us this week. If we do get them, read about how to prepare them on our recipe page, under Prickly Pear Pads. We're so lucky to get them already de-spined!

Pasta with Artichoke Hearts and Beans

Philippe, Tucson CSA

1 lb pasta – farfalle (bowtie) or orechiette
3-5 artichokes
1 cup dry beans (e.g. pinto, mayacoba, lima, etc).
1 bunch spring onions, finely chopped
Juice of 1 lemon
Salt and pepper to taste
1/4 cup parsley chopped
Olive oil
Grated Parmesan cheese

Soak beans overnight, drain and boil them for an hour or until tender. Drain and set aside.

Slice off the top third to half of the artichoke with a serrated knife, peel away the outer leaves until you reach the tender pale almost yellow center section; pare away any remaining green bits around the base, and then scrape out the tiny “choke” or prickly center (if they are young enough, the choke may not have to be removed). Quarter the artichoke hearts lengthwise or slice them. Place them in a bowl of water with the juice of 1/2 lemon added. You can save the discarded leaves and steam them to serve as a separate dish. Heat oil in skillet to medium-high heat. Add artichoke hearts and cook for 5 minutes until slightly browned. Turn heat down to medium and add onions and beans. Add the other 1/2 lemon juice, 1/2 cup water, and salt and pepper to taste. Cover, bring heat to low and simmer for 15 minutes or so. Boil pasta al dente. Drain. Add some olive oil to pasta and toss with vegetable mixture and chopped mint or basil. Serve with grated Parmesan cheese.

Stuffed Artichoke

Philippe, Tucson CSA

1 share artichokes
1 small onion
2 garlic cloves
Oil, vinegar, salt, pepper, herbs

With a sharp knife, remove the top third of the artichokes as well as their stems. With scissors, cut the remaining sharp tips off the leaves. Using your thumbs, separate the leaves as much as you can. Don't hesitate to apply force – artichokes are tough! Peel an onion, cut it in half, and slice it into 1/3” thick strips. Peel two cloves of garlic and cut them into 4 to 6 slices each. Insert the garlic slices and ends of the onion strips among the leaves. Pack in as many as you can! Place artichoke in a small saucepan. Fill the pan with water halfway up the height of the artichoke. Drizzle a few tablespoons of oil and vinegar over the top of the artichokes. Sprinkle the artichoke with salt, pepper, and parsley, Italian herbs, or Herbes de Provence (or any seasoning of your choice). Cover, bring to a boil, and simmer for 45 minutes to an hour. Serve hot, warm or cold, by themselves or with a garlic-butter dip.

Carrot Miso Dressing

Sara Jones, Tucson CSA

This is great for salads, sprinkled with some sesame seeds as a garnish. The dressing could also be used as a pasta sauce, tossed over soba or udon noodles.

4-5 small or medium
1-2 green onions
1 inch peeled ginger, chopped
2 tablespoons miso
2 tablespoons sesame oil
2 tablespoons vegetable oil
1/4 cup rice wine vinegar

Clean carrots and remove tops and bottoms, chop into pieces. Put all ingredients in a food processor or blender and pulse a bit to break down carrots. Puree dressing for a couple of minutes until dressing is mostly smooth and carrot bits are very small.

Balsamic Lemon Greens

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of braising greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

1 bag braising greens
2 teaspoons oil
1 squeeze of lemon juice
Dash balsamic vinegar to taste
Dash soy sauce to taste

Wash and chop greens, leaving the moisture on the leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

Moroccan Slaw

Sara Jones, Tucson CSA

Consider using any combination of mixed grated root vegetables, preferably beets, carrots and turnips or kohlrabi.

Mix: 2-3 cups of grated carrots and beets with 1 orange or grapefruit, peeled and cut crosswise in thin slices

Dress with:
1/4 teaspoon each ground cumin and coriander
1/4 cup yogurt,
Cashews, chopped
Fresh cilantro, chopped
Salt and pepper