



Tucson Community Supported Agriculture

Newsletter 437 ~ May 12, 2014 ~ Online at www.TucsonCSA.org

Spring 2014

Harvest list is online

The Back Page

Carrot Halva -New

Spicy Kale with White Beans and Orzo -
New

Moroccan Carrot Salad -New

Many more recipes on our website

USING PARSLEY

Parsley adds a fresh and crisp note to any dish. It can be used in any amount without overpowering a dish.

To use a lot of parsley at once:

- Chop a whole bunch and throw it in a stew or in a casserole.

- Make Kumi's Moroccan Carrot Salad (featured on the Back Page)

- Make a tabbouleh (see tabbouleh recipes on our online Recipes page under Parsley or Wheat Berries).

Note: if you don't have wheat berries, you can use bulgur wheat instead.

- Make a parsley pesto or a chimichurri to accompany grilled meats or fish.

- Chop a whole bunch and mix it with freshly cooked rice.

To store fresh parsley: trim the ends and place in a glass containing 1 inch of water. Cover with a loose-fitting plastic bag and refrigerate. Change the water when it gets cloudy.

To freeze fresh parsley: trim the ends, chop and place in freezer bag.



IRON JOHN'S BREWING COMPANY COMING TO THE TUCSON CSA!

Stop by Iron John's table in the courtyard this week to find out about their artisan beers. You can order their beers on their website and pick them up at the CSA.



"Iron John's is a local, community supported artisan brewery and bottle shop. We offer a rotating selection of small batch, craft beer, all hand-bottled. Each month we brew several distinctive beers to suit the season, holidays and our customers' palates. We will be offering onsite delivery of our beer at the CSA during normal pick up hours on Tuesday and Wednesday. Getting our beer is easy and convenient: simply purchase beer online at our website, select your delivery preference at checkout, and pick up your beer at the CSA."

See the Iron John's website for more details (www.ironjohnsbrewing.com) or ask the Iron John's table at the CSA this week.

Find Iron John's on Facebook, Twitter or Instagram: ironjohnsbrew.

MORE ABOUT GLENDALE GOLD ONIONS



Farmer Frank sorts his Glendale Gold onions by size, from small to large. We get different sizes at different times. The small ones are called Little Sweeties. They are small enough that they can be referred to as boiler onions, which are onions that are 1 to 2 inches in diameter. Because of their smaller size, they can be a hassle to peel and chop like a regular onion and they are therefore often boiled

(blanched) instead, which makes them easy to peel.

To blanch them, just cut off the stem (if any), then drop them in boiling water for a couple minutes. Drain, immerse in a bowl of iced water, and let cool for 5 minutes. Drain again. The skins will then slip right off.

Although you can use boiled onions like any other onions, once they have been blanched and peeled, they are really best roasted or braised whole. They are wonderful in stews, such as Beef Bourguignon, or in creamed sauces.

KUMI'S RECIPES

We are lucky to have Kumi doing a demo in the courtyard this week. Try one of her recipes and you'll be transported to tastebud heaven. Three of her recipes are on the Back Page. You can find two more of Kumi's recipes on our online Recipe page: **Sweet Potato Gnocchi in Chipotle Brown Butter** and **Carrot and Sweet Potato Coconut Velouté**.

Carrot Halva -New

By Kusuma Rao, www.Ruchikala.com

Dessert anyone? These gently spiced carrots make an excellent warm and spooned over vanilla ice cream.

Makes 4 servings.

2 cups of shredded carrots
2 cups of organic milk (whole, preferably)
1 cup of sugar
2 tablespoons + 1 tablespoon of butter (3 tablespoons total)
¼ cup sliced almonds
¼ cup dried cranberries
½ teaspoon ground cardamom
¼ teaspoon of salt (fleur de sel, if possible)
a small pinch of saffron steeped in milk (optional)

1) In a 2-quart saucepan, bring the milk and shredded carrots to a boil, then reduce to a simmer. Stir constantly to ensure the milk solids do not burn at the bottom. Simmer for about 30 minutes, or until milk solids begin to appear or most all the milk has evaporated.

2) Add 2 tablespoons of butter to the carrots and sauté the carrots and milk solids for about 8 minutes. Then add sugar and salt, stir and cook until the sugar is completely dissolved, then add cardamom powder.

3) In a separate small sauté pan, on low heat, melt 1 tablespoon of butter adding sliced almonds and cranberries. Toast, in the butter for 1-2 minutes, or just until the cranberries lightly puff up.

4) Add nuts and fruit mixture to the carrots and stir to combine.

Spicy Kale with White Beans and Orzo -New

By Kusuma Rao, www.Ruchikala.com

Makes 2 servings.

4 oz orzo pasta
1 tablespoon extra virgin olive oil
¼ - ½ teaspoon crushed red pepper
4 garlic cloves, grated finely on a microplane
1 bunch of kale, coarsely chopped
½ cup cooked white beans (such as cannellini, white kidney, navy or garbanzos)
2 oz shaved Parmigiano Reggiano or Asiago cheese
Juice and zest of 1 lemon

Cook the pasta: Cook the orzo pasta in heavily salted water. Drain the pasta just before the pasta is al dente. Drain, reserving ½ cup of the pasta water in a separate cup for later use. Toss the drained pasta with two tablespoons of olive oil, toss to coat, ensuring the pasta is thoroughly coated. Set aside

Making the sauce

In a large skillet, add a tablespoon of olive oil to the pan on low heat along with the crushed red pepper. Allow the

peppers to infuse the oil for 1-2 minutes. Add garlic and sauté for about 25 seconds. Increase to medium-high heat and add kale. Saute for 1-2 minutes with a hearty pinch of salt, cook until the kale turns bright green and just starts to gently wilt. Add white beans, another pinch of salt, as well as lemon juice and zest. Add ¼ cup of the pasta water, stir to combine. Turn off the heat. Add orzo pasta, stir to combine.

To serve: top with shaved Parmesan or Asiago as well as (optional) a fresh drizzle of extra virgin olive oil.

Moroccan Carrot Salad -New

By Kusuma Rao, www.Ruchikala.com

The salad dressing can be made ahead in a mason jar in large quantities. Just season the shredded carrots with salt before hand, then dress to taste.

Serves 4

3 cloves garlic, grated finely on a microplane
¼ cup of olive oil
3 tablespoons of white balsamic (optional)
1 tablespoon of honey
2 lemons, juiced and zested
1 cup cooked chickpeas
6-10 hearty crack of fresh black pepper
2 cups of grated carrots
2 avocados, diced
2 handfuls of flat leaf parsley or cilantro, minced fine

Spices:

½ teaspoon fennel seeds
½ teaspoon cumin seed
1 teaspoon coriander seed
3 cloves
½ teaspoon. mustard seeds
1-2 dried chili de arbol

Combine carrots with a 1 teaspoon salt, and black pepper, toss evenly, using your hands

Toast spices on low heat in a small skillet for 2-3 minutes on low until fragrant. Grind in a spice/clean coffee grinder, until pulverized. Set aside.

Combine garlic, spices, honey, olive oil, balsamic (if using). Whisk to combine. Add lemon juice and zest and a hearty pinch of salt. Whisk once more. Add chickpeas and toss to coat.

Add chickpea mixture (preceding paragraph) to carrots and toss to coat. Add parsley or cilantro, toss once more, add avocados. Season to taste if necessary.