



Tucson Community Supported Agriculture

Newsletter 557 ~ September 26, 2016 ~ Online at www.TucsonCSA.org

Fall 2016

Harvest list is online

Agua Fresca de Pepino
(Cucumber-Lime Drink)
Spicy Sesame Noodles with
Vegetables
Beets and Pear Salad
Thai Melon Salad

**Many more recipes and
ideas on our website and
our Facebook page.**

Upcoming NO bread days

Wednesday, Sep. 28 (there
will be bread shares but no
cash sales)

Tuesday, Oct. 11 (no bread
shares and no cash sales);

Tuesday, Oct. 25 (no bread
shares and no cash sales)

Wednesday, Oct. 26 (no
bread shares and no cash
sales)

There is a small chance we
may not get bread on Nov. 1
and Nov. 2, pending last
minute remodelling work at
Don's new bakery. We'll
keep you posted.

We try as much as possible to
keep you informed ahead of
time of Don's away days
when he can't bake bread by
posting it in the newsletter,
on our webpage, in our
weekly emails, on our
blackboard at the CSA, and
on our page on Facebook.

We usually have some frozen
bread in our freezer. Just ask
at the front desk if you'd like
some. We sell frozen bread
loaves for 50 cents less.

If you are signed up for a
bread share, your CSA
account does not get charged
for bread on days when there
is no bread.

Natural practices for growing "green"

Not only is your CSA an economical way of getting the freshest, local produce at a low price, it's also a great way to encourage sustainable, healthy farming practices that benefit our bodies and our environment. Farms like Crooked Sky and Sleeping Frog do their part to use sustainable, oftentimes ancient practices that not only avoid pesticides and chemicals but also keep the land and surrounding waterways cleaner. Here's a snapshot of each farm's practices for better soil and better food.

Crooked Sky Farms

For Farmer Frank, the issue of going organic was intensely personal after watching his father die young from exposure to pesticides in cotton fields. The methods he has used since 1999 are also based in Native American traditions:

- Using heirloom seeds and choosing varieties that work best for this region means less need for pest or disease control, and less water use.
- Frank improves the soil with some of his own compost, supplemented by organic compost from a local dairy farm.
- He also uses certain crops for their soil building side effects: wheat (for our wheat berries) creates a network of roots that are tilled under to become food for the soil. Growing legumes also adds much needed nitrogen to the soil.
- Certain crops like arugula, dill and mustard are allowed to flower and go to seed to attract beneficial insects, such as ladybugs and lacewings, which in turn like to feast on crop-destroying aphids.
- Bees naturally come to the farm because they like what he grows there anyway. For summer pollination of squash and cucumbers, he grows sunflowers to attract even more.

Sleeping Frog Farm

Started by three friends, Sleeping Frog has grown from one to 75 acres in just five years while focusing on permaculture design and biodynamic growing principles.

- Permaculture design focuses on creating a symbiosis between all of the different types of plants grown together to create a natural equilibrium that requires less extra water or other human maintenance and fewer need for pest control.
- To build up the native desert land, they nourish the soil using earthworms, compost and soil probiotics.
- They also make their own fertilizers using locally sourced antibiotic-free composted steer manure, sustainably sourced bat guano and Effective Microorganisms (EM)
- Organic pest controls are used only as needed.
- Honey bees are integral to pollination, soil-building and they also recycle crop waste by turning it into food and fertilizer.

Agua Fresca de Pepino (Cucumber-Lime Drink)

Amy Schwemm, Tucson CSA

Our large Armenian cucumbers are ideal for this most refreshing summer drink. Easy to make and to drink! It will use up your CSA cucumbers faster than you can get them.

- 1 large Armenian cucumber, unpeeled (equivalent to 3 English cucumbers)
- 1/2 to 1 cup lime juice
- 1-2 cups water
- 1/4 cup sugar, agave syrup, simple syrup, or other sweetener

Juice the whole cucumber (with skin and seeds), or blend and strain it. Add lime juice, water, and sugar. Serve chilled. For added zest, sprinkle with chopped mint or Stevia leaf. Makes approximately 2 quarts.

Substitution: instead of lime juice and sugar, you can use 2 tablespoons of frozen concentrated lime juice per pint of cucumber juice.

Spicy Sesame Noodles with Vegetables

Lorraine Glazar, Tucson CSA

- 1/2 pound long pasta (linguine) or Asian noodles such as udon
- 1 tablespoon sesame oil
- 2 teaspoons sugar
- 1/4 cup creamy peanut butter or tahini
- 1 tablespoon lime juice or wine vinegar
- 2 tablespoons soy sauce
- 2 teaspoons hot chili oil
- 1 clove minced fresh garlic
- 1 teaspoon minced fresh ginger
- Hot pepper flakes to taste
- 1 regular cucumber, cut in half lengthwise, seeded or 4-6 ounces of Armenian cucumber
- 1-2 carrots
- 1 piece zucchini (about 4-6 ounces)
- Cilantro or mint for garnish

Cook the pasta as directed until it is al dente, then drain. Toss with the sesame oil. In a small bowl, combine the next seven ingredients with wire whisk or chopsticks. Whisk until smooth.

Add hot pepper flakes to your preferred spiciness. Grate the cucumber, carrot and zucchini lengthwise so that you get long strands of the vegetables. Toss the pasta, sauce and vegetables together and garnish with chopped cilantro.

Serve at room temperature or chilled.

Beets and Pear Salad

Sara Jones, Tucson CSA

Simple ingredients make a satisfying dish in this easy recipe. Pre-roast the beets and boil the wheat berries earlier in the week for a really quick meal. Use any grain you like for the salad: chewy wheat berries or tiny quinoa add a nice texture.

- 1 bunch beets, roasted, peeled and diced
- 1-2 pears, diced
- 1 large handful parsley, finely chopped
- 1 handful walnuts, roughly chopped
- 1 cup cooked grains, drained and cooled
- 1/2 bunch green onions or baby leeks, thinly sliced
- 1-2 tablespoons olive oil
- 1-2 tablespoons balsamic vinegar
- Blue cheese or goat cheese crumbles, if desired
- Salt to taste

Mix together all ingredients, except cheese, seasoning to taste. Let sit for at least 30 minutes to allow flavors to meld. Serve warm, or as a cold salad. Garnish with whole parsley leaves and cheese if using.

Thai Melon Salad

Sara Jones, Tucson CSA

This salad takes its inspiration from the classic Thai Green Papaya salad. It is usually a really spicy dish; use less chile if you want it milder.

- 1 melon (and/or cucumber), peeled, seeded, julienned or cut into thin strips
- 1 tablespoon dried chile flakes
- 3-4 cloves garlic
- 1 tablespoon fish sauce (or soy sauce)
- 2-3 limes
- 1 handful mint, finely chopped
- 1/2 cup roasted peanuts, chopped

Crush chile flakes and garlic together into a paste. Mix paste with fish sauce and the juice from two limes. Pour mixture over melon and stir well to combine. Sprinkle with mint, peanuts and thinly sliced limes to serve.