



Tucson Community Supported Agriculture

Newsletter 584 ~ April 17, 2017 ~ Online at www.TucsonCSA.org

Spring 2017

Harvest lists are online

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Many more recipes on our website

Hook to Plate event:

Saturday, April 22 from 8-12

Arizona Game and Fish is offering a free community fishing event at Christopher Columbus Park with fish cleaning and cooking demonstrations. Everything you need to fish will be provided and a fishing license is not required during the event.

A Simple Way To Eat Radishes!



It's how we used to eat them at home when I was a kid.

- 1 bunch radishes, rinsed and greens chopped off
- 1 saucer with some salt
- 1 saucer with room temperature butter (soft)

Eat one radish at a time after dipping it in a bit of butter then in a bit of salt.

Spring time at Crooked Sky Farms...

Last Thursday Sara and Philippe went to Crooked Sky Farms in Phoenix and visited with Farmer Frank and his crew. Crooked Sky Farms has fields in both Phoenix and in Duncan. The Phoenix fields, located south of downtown and west of Sky Harbor airport, are the farm's center of operations where most of the crops are grown throughout the year. The Duncan fields, bordering the Gila river near the Arizona-New Mexico state line, is where many of the summer crops are grown and also where the orchards are.

The winter crops are rapidly drying out at the Phoenix fields and are being cleared to make room for the summer crops. The above average spring temperatures affected a lot of the winter greens by making them bolt before they had a chance to be harvested, but there is still a good number of good-looking lettuce and kale around. The cabbages are done with their main production phase and are now developing "petit choux" or cute orange and grapefruit-sized cabbages which grow between the base leaves after the heads have been cut off: each "headless" cabbage can grow up to four miniature "petit choux." Petit chou means little cabbage in French. French people call their loved ones "mon petit chou." The phrase is gender neutral and can be applied to both boys and girls.

The first of the summer squash are ready. Red potatoes will soon be coming out of the ground. White onions are halfway there, about the size of golf balls and developing nicely. Cucumbers are almost ready. Tomatoes are doing great! Farmer Frank planted a record number of different tomato varieties this year. They are in full bloom and laden with fruit and we should start getting ripe tomatoes sometime in May. Farmer Frank has also planted sixty different kinds of melons!

Many of you have probably been wondering why we didn't get artichokes these past two years. Farmer Frank's lease on the land on which he grew his artichokes was terminated in 2015 by the land owner and it was then paved over for a car rental company. That's how agricultural land gets absorbed by urbanization! Farmer Frank planted artichokes in a new field this year and hopefully they will start producing in good numbers next year.

One of the most striking sights of organically grown crops is the abundance of life among them: birds, butterflies and all kinds of insects, all of them contributing, with the crops, to create a healthy, balanced ecosystems where no chemicals are used. So, next time you see a ladybug or a little cabbage beetle in your veggies, take it as a reminder they are organically grown, which means that they are not only healthy for you but also healthy for the environment in which they grew and for the farm hands who work among them.

On Easter Sunday, we drove out to Duncan to check out Crooked Sky Farms' summer fields. At 3,800 feet elevation, the climate is just cool enough to allow crops to thrive where they would otherwise suffer under the Phoenix summer heat. The highlight of the day was to wade in the fast flowing Gila river (see pic) and then sit down to eat a snack in the dappled shade of the pecan grove.



Soon, news about of our upcoming trip to Sleeping Frog Farms, who supplies our Wednesday produce shares.

Curried Turnips

Sara Jones, Tucson CSA

If you haven't yet found a way to enjoy your turnips, give this recipe a try. Also great with kohlrabi and/or cabbage! The curry spices, cumin, coriander, turmeric and ginger are all powerful digestive aides, for those who find turnips hard to digest.

1 bunch turnips with greens, cleaned, roots diced and greens roughly chopped

1 small onion

1 clove garlic

About 1 tablespoon freshly grated ginger

1 tablespoon good curry powder

1/4 cup canned, chopped tomatoes

Oil

Fresh chopped cilantro, for garnish

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, stir quickly then add curry powder. Cook stirring well for one minute then add turnips and tomatoes and about 1/4 cup of water. Cover and cook until turnips are tender. Stir in greens and cook until wilted. Season to taste with salt and garnish with fresh chopped cilantro.

Fava Bean Salad with Fresh Mint

2 pounds fava beans in their pods

2 sprigs fresh mint, finely chopped

2 cups salted water

2 ounces thinly sliced Serrano ham, prosciutto or Black Forest ham

1 small head of lettuce, cut into thin strips

1/2 teaspoon Dijon mustard

3 tablespoons extra virgin olive oil

1 tablespoon red wine vinegar

salt and freshly ground black pepper

Shell the fava beans and discard the pods. Bring a pot of water to a boil. Toss the fava beans in the boiling water and simmer thirty seconds. Drain and let cool.

Next, peel each bean. It's fast once you get the hang of it. To peel them, puncture the bright green skin with your fingernail and pop the bean out of the skin. Discard the skins.

Bring the salted water to a boil. Add the fava beans and simmer until tender, about 3 minutes. Drain and cool. Cut the ham into thin strips. Combine the ham, lettuce, strips of mint, and fava beans. Whisk together the mustard, olive oil and vinegar. Season with salt and pepper. Toss the vinaigrette with the fava bean mixture and serve immediately.

Raw Squash Salad

Sara Jones, Tucson CSA

Savor the first squash of the season in a fresh salad with celery. Ideally, you want small, thin slivers of squash for this salad. Do not grate it, it loses too much of its juice that way. If you don't have the patience to julienne the squash, simply cut into thin coins or half moons.

1 medium squash, cut into small pieces

3-4 stalks of celery, stems very thinly sliced, leaves chopped and reserved for garnish

1 tablespoon vinegar or lemon juice

1 small handful fresh herbs, finely chopped

2 tablespoons good olive oil, walnut or pistachio oil

Salt and pepper to taste

Mix together herbs, oil and vinegar. Toss about half of the mixture gently with squash and celery. Add salt and pepper and more oil and vinegar mixture, if needed, to taste. Garnish with celery leaves.

Swiss Chard with Pine Nuts and Raisins

Sara Jones, Tucson CSA

Swiss chard is often accompanied by raisins and pine nuts in a wide range of dishes. Here is the basic recipe, with much room for creativity. (Think quiche, pasta salad, lasagna, enchiladas...)

2 bunches Swiss chard or beet greens (you can substitute one of the bunches with spinach), chopped roughly, stems diced

1/3 cup pine nuts

2 tablespoons oil

1 medium onion, finely chopped

1/4 cup golden raisins or currants

Salt and pepper to taste

Heat oil over medium high heat, add onion, sauté for about 5 minutes then add chard, pine nuts, raisins and a splash of water. Cook, stirring often, until chard is well wilted. Season with salt and pepper and a dash of balsamic vinegar, if desired.

Very Quick Green Garlic Soup

From Chester Aaron's *Garlic is Life: A Memoir*

Contributed by Lissa Gibbs, Tucson CSA

1 cup frozen peas

4-6 stems green garlic, roots and brown ends removed

2 large handfuls, spinach

1 pound red potatoes (boiled until tender)

6 cups chicken or vegetable broth (seasoned to your liking with salt and pepper)

Salt and freshly ground pepper, to taste

Blanch peas, spinach and garlic in a large pot of boiling water for one minute. Drain well and blend /puree in food processor or Vitamix. Add potatoes and blend/puree. Working in batches, add broth and blend/puree at high speed. Pour blended/pureed ingredients into a large pot, warm, and serve. This soup reheats well. For a creamier version, add 1/2 cup of warmed half and half. To intensify green color, blend/puree in a handful of chopped fresh flat-leaf parsley.