



November 15, 2005 – Issue 11

## *Tucson Community Supported Agriculture Newsletter*

*Go(a)t cheese?*

**FALL 05  
WEEK 8 OF 10**

### **RECIPES IN THIS ISSUE**

Radish sandwiches  
Radish salad  
Tomato salad on grilled eggplant rounds  
Slow-cooked zucchini coins with chopped herbs and crumbled feta



### **GOAT CHEESE**

Our first shipment of Artisan Farmstead Goat Cheese will be delivered on Nov. 22.

Orders are still open for our Nov. 29 delivery. Promotional price: \$4 per 6-oz. log (flavors are Plain, Herb, Chipotle and Jalapeño). Please visit [www.blackmesaranchonline.com](http://www.blackmesaranchonline.com) to learn more about the cheese or contact Philippe. David Heininger from Black Mesa Ranch will visit the TCSA on Nov. 29 to meet members, answer questions, and talk about his cheeses.

### **TCSA Contact**

Philippe Waterinckx  
[www.tucsoncsa.org](http://www.tucsoncsa.org)

### **WINTER SEASON STARTS DECEMBER 6**

Our Winter season will run from December 6 to February 28, with no pickup on December 27. Farmer Frank will increase share prices to \$17/week (still less expensive than the average \$25 if it were purchased retail).

Two reasons for the price hike: 1) gas prices have crept up over the last two years and 2) last August Frank started paying Philippe a weekly stipend to run the TCSA (Philippe has been running the CSA as a volunteer for over one-and-a-half years).

The 12-week Winter season will cost:

one single \$204 payment

or two \$104 payments

or three monthly \$70 payments

In addition, single, double, and triple cheese shares are available for \$30, \$50, and \$70 respectively. Subscribers to cheese shares will receive six deliveries of goat cheese per season, to be picked up every other week (see "Goat Cheese," left).

### **VOLUNTEER**

If you are on a limited budget, consider doing some CSA volunteer work in exchange of one or more free weeks. Volunteer duties range from helping with unloading the truck upon delivery, staffing pickup hours, contributing articles and recipes to the newsletters, staffing the CSA table at various events, or something you believe would contribute to the CSA. Please contact Philippe if you interested.

### **WALDORF SCHOOL SATELLITE CSA**

Welcome to our 20 newest TCSA members from the Enchanted Desert Waldorf School, where Shelley Shanti, one of our long-time CSA members and Waldorf School parent, has started a satellite pickup location. Shelley says that she could accommodate a few more shares. CSA members who would like to switch from their Historic Y pickup to the Waldorf School pickup should let Philippe know. Pickup hours at the Waldorf school are on Tuesdays from 8:00 to 9:00 am. The Waldorf School is located at 3349 East Presidio Street (southeast of Grant and Ft. Lowell).

### **EARLY MORNING PICKUP**

During winter, the farm often delivers our veggies on Monday evening instead of Tuesday morning. When that happens, we can open early (7:30 am) on pickup day and we will announce it in our Monday evening e-mail. If you are not subscribed to our mailing list, you can do so at our Web site at [www.tucsoncsa.org](http://www.tucsoncsa.org).

This week's radishes are the elegantly tapered, white-tipped heirloom **French Breakfast radishes**, with a crisp texture and a mild to delicately sweet flavor—the Coco Chanel of the radish family.

### **Radish Sandwiches**

(Deborah Madison, *Local Flavors*)

A good radish sandwich can be nothing more than sweet butter spread on bread and topped with sliced radishes and sea salt. But you might find that this is an easier way for getting the radishes and butter on quickly and getting them to stay on, especially if you're making radish sandwiches for a crowd. Makes ½ cup.

6 French Breakfast radishes  
4 tablespoons unsalted butter  
1 teaspoon finely grated lemon zest  
sea salt

Wash and trim the radishes, remove the stems, and chop the leaves. Slice the radishes into thin rounds, then crosswise into narrow strips. Each should be tipped with color. You should have about ½ cup.

Mix the butter with the lemon zest until it's soft, then stir in the chopped radishes, radish leaves, and a pinch of salt. Spread on slices of crusty baguette and serve.

### **Radish Salad**

(Deborah Madison, *Local Flavors*)

This is a very pretty, bright, and lively little salad. You can stray successfully from its utter simplicity by adding some freshly blanched and peeled fava beans, radish sprouts, or very small arugula leaves. Serves 4 to 6.

2 bunches French Breakfast radishes  
2 tablespoons thinly sliced chives  
olive oil  
2 to 4 ounces Dry Jack cheese or Parmigiano-Reggiano  
sea salt and freshly ground pepper  
radish sprouts, leaves, or arugula greens, optional

Set aside the radish greens. Trim the radish roots, leaving just a bit of the stem, and wash them well. Wick up the excess moisture with a towel, then slice thinly, either lengthwise or crosswise. Put them in a bowl and toss with the chives, radish greens, and enough oil to coat lightly.

Put the radishes on a platter, shave the cheese over them, and add salt and pepper and the greens.

### **Tomato Salad on Grilled Eggplant Rounds**

(Deborah Madison, *Vegetarian Cooking for Everyone*)

This makes a stunning little salad that's fast and easy to make.

2 eggplants, 8 to 12 ounces each  
Olive oil  
Salt and freshly milled pepper  
3 ripe tomatoes  
1 shallot, finely diced  
3 tablespoons finely sliced basil leaves  
1 tablespoon capers, rinsed  
1 tablespoon extra virgin olive oil  
Aged red wine vinegar

Slice the eggplants into rounds about 1/3-inch thick. Brush both sides with olive oil and grill or broil until browned and tender, 5 to 6 minutes on each side. Divide among four plates and season with salt and pepper. While the eggplant is cooking, dice the tomatoes into nice-looking pieces and toss them with the shallot, basil, capers, a pinch of salt, and the extra virgin olive oil. Add pepper and a little vinegar to taste. Spoon the tomatoes over the eggplant and serve.

### **Slow-Cooked Zucchini Coins with Chopped Herbs and Crumbled Feta**

(Deborah Madison, *Vegetarian Cooking for Everyone*)

A relaxed, slow cooking brings out the zucchini's full squash flavor, which quick cooking eclipses. Serve these golden coins as a side dish, over hot rice, or with pasta. Serves 4 to 6.

2 to 3 tablespoons olive oil or butter  
1-1/2 pounds zucchini, thinly sliced  
1 garlic clove, thinly sliced  
Salt and freshly milled pepper  
¼ cup chopped mixed herbs, such as dill, basil, parsley, and cilantro  
½ cup crumbled feta

Heat the oil in a wide skillet, then add the zucchini and garlic. Sprinkle lightly with salt and cook over low heat for 20 to 30 minutes, stirring every so often. The finished squash should have a light golden glaze over the surface and be caramelized in places. Taste for salt and season with pepper. Toss with the herbs and cheese and serve.