



Tucson Community Supported Agriculture Newsletter

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Winter 05
Week 4 of 12

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Tatsoi-Mushroom Salad with Wasabi Vinaigrette



Traditional coffee is grown in deep shade. These traditional coffee farms support many birds, including both tropical residents and migrant birds that nest here in North America and winter in the tropics. The tree canopy protects the soil from erosion and provides a natural mulch for coffee plants, reducing the need for chemical fertilizers and herbicides.

TCSA Contact

Philippe Waterinckx

Newsletter Editor

Christa Selig

We welcome your suggestions, comments, contributions, and questions:

www.TucsonCSA.org

Coming Soon: Senior Shares

Limited mobility and income mean poor food options for many seniors in Tucson. The Tucson CSA, together with the Community Food Bank and the Tucson House, are in the preliminary planning stages of establishing a Senior Share program to make fresh, healthy CSA produce available to local seniors at a subsidized rate. More information will be available next week, and we would like your input. Please take a moment to share your thoughts with us next week during our coffee tasting.

Feature: Coffee Etc. Old Pueblo Coffee Roasters

The TCSA now offers coffee roasted locally on the south side of Tucson. **Coffee Etc.** is owned by Eric and Ivonne Sahner, who have roasted their coffee daily here in Tucson since 1982. Coffee Etc. is located on 4446 S. Sixth Ave., between Ajo and Irvington Roads. Your purchase of either Shade-Grown, Smithsonian Bird-Friendly™ Peruvian Organic Coffee or Papua New Guinea Koban Fair-Trade Coffee supports a family-run south-side business, putting money back into our own community.



The Sahnners purchase their coffee from Royal Coffee, which follows these guidelines:

- To save coffees of character.
- To preserve the environments that produce those coffees.
- To improve the livelihoods of the people at the bottom of the coffee chain.

Shade-grown or Bird-friendly™ coffee benefits song birds, who use it as a natural habitat. The yield of a shade-grown estate, however, is only one-third that of a non-shaded farm. Over the last 25 years there has been an alarming trend toward planting sun-tolerant, higher-yielding hybrids to maximize profits at the expense of songbird populations, which have decreased steadily since 1980. There are now 70% fewer Tennessee Warblers, 30% fewer Baltimore Orioles, and 50% fewer Cape May Warblers due in part to this trend. Shade-grown coffee is also better tasting. Shade slows down the growth of coffee, which results in the production of more sugars and chemicals responsible for the perceived acidity in coffee.

The island of New Guinea lies just north of Australia, almost directly on the equator. The country of Papua New Guinea occupies the eastern half of the island, while the other half is known as Irian Jaya, part of Indonesia. The river valleys of the Western Highlands provide a perfect environment in which to grow coffee. The Wahgi River carves a fifty-mile-long valley between 4,000-meter-high mountains. Plantations were established in this rugged area in the 1950s and '60s. The coffee produced by the top five plantations (Sigri, Kimel, Gumanch, Madan, and Wagamil) amounts to only 14,000 bags per year, but it is among the best in the world.

Fair-trade coffee guarantees farmers the minimum-established fair-trade price of \$1.26 per pound. Coffee Etc.'s PNG coffee is grown and milled on the Kimel plantation, now owned by the native Opai people. They cultivate 620 hectares under Albizia and Gravillea shade trees. Kimel has its own mill and is therefore able to exert total control over the coffee from planting to bagging, resulting in a higher-quality coffee. The plantation provides its workers with housing, schooling and medical facilities for its workers and their dependants.

Red Russian Kale

Even those with the most serious greens phobia would definitely benefit from the effort to make the acquaintance of Red Russian kale, a distinctive heirloom kale variety and the most tender of all kales. It is sweet-flavored and needs less cooking time (only 2 to 5 minutes) than the more common curly and Tuscan kale varieties. Mature stems, however, do not soften when cooked, and therefore need to be stripped from the leaves. Red Russian kale is tasty steamed, stir-fried, or in salads and makes a pleasant alternative to cabbage or spinach. Don't overcook the life out of it—instead, sauté or braise it quickly to retain its full color, flavor and crisp texture.

Winter greens are nature's way of providing us with immune support when we need it most, at the height of flu and cold season. All kale leaves contain more nutrition per ounce than practically any other vegetable. One 4-ounce serving provides all the adult daily requirement of vitamins A and C and 20 percent of the calcium requirement. In addition, it supplies substantial folic acid and iron.

Irish Colcannon

Ashley Miller, *The Potato Harvest Cookbook* (Cooking.com)

Leftovers make great potato patties sautéed on each side with a little butter. Miller likes to use Red Russian kale for this recipe because of its tender mildness and pleasing flavor. Serves 6.

5 medium potatoes
4 cups packed, rinsed kale leaves with stems removed
2 tablespoons vegetable oil
1 cup chopped leeks
2 large onions
2 tablespoons butter
½ to ¾ cup warm milk
Salt and freshly ground black pepper, to taste

Boil or steam the potatoes 30-45 minutes or until completely tender. Allow the potatoes to cool, then peel.

While the potatoes are cooking, stem the kale 5 minutes. Drain, squeeze out the excess water, and chop the kale finely.

In a large frying pan, heat the oil over medium heat. When hot, add the leeks and sauté 5 minutes or until tender. Lower the heat, add the kale, and sauté 5-10 minutes, stirring occasionally.

Peel and cut the onions in half vertically. With the flat side of a chopping block, cut each half vertically into semicircular slices. In a medium frying pan, melt the butter over medium-low heat. When hot, add the onions and cook slowly 15-20 minutes or until the onions are limp and browned.

To assemble, mash the potatoes, adding enough milk to make a creamy yet firm mixture. Beat in the kale and leek mixture and season with salt and pepper.

To serve, reheat if necessary. Turn into a heated serving bowl; make a large, shallow depression in the middle; and fill with onions.

Tatsoi

Tatsoi is a variant of the more common Asian green known as *bok choy*, which itself is a variant of Chinese cabbage. It has a nutty, slightly sweet flavor and appears in many mesclun salad mixes. Although tougher and stronger-tasting than bok choy, when cooked, it mellows. Mix tiny leaves with salad greens to enjoy raw and add a new flavor and texture to salads, or steam or boil to wilt the leaves just barely and then stir-fry. You can also add the leaves to soup.

Wilted Tatsoi

Adapted from *Gourmet* magazine, July 2003 (Epicurious.com)

Active start-to-finish time: 10 minutes. Makes 6 servings.

¼ cup rice vinegar (not seasoned)
3 tablespoons soy sauce
2-1/2 teaspoons sugar
1-1/2 teaspoons finely grated peeled fresh ginger
1-1/2 teaspoons Asian sesame oil
1 CSA package tatsoi (8 oz.)

Heat vinegar, soy sauce, sugar, ginger, and sesame oil in a small saucepan over moderately low heat, stirring, until sugar is dissolved (do not let boil). Pour hot dressing over greens in a large bowl and toss well. Serve immediately.

Tatsoi-Mushroom Salad with Wasabi Vinaigrette

Ming.com

½ tablespoon wasabi powder
1 tablespoon rice wine vinegar
½ tablespoon soy sauce
2 tablespoons scallions (green onions), sliced
Salt and freshly ground black pepper
2-3 oz. enoki or shiitake mushrooms
1 CSA package tatsoi (8 oz.)

In a small bowl, combine the wasabi and vinegar and stir to blend. Whisk in the soy sauce, scallions, and sugar and season to taste with salt and pepper. In a medium bowl, combine the enoki and tatsoi; add the wasabi vinaigrette and toss to coat. Serves 4.