



Tucson Community Supported Agriculture Newsletter

February 14, 2006 – Issue 23

Winter 05
Week 10 of 12

This Week's Share

Broccoli
Cilantro
Spinach
Tangelos
Baby Arugula
Choice of head lettuce
Italian red dandelion greens
Sweet potatoes

Recipes in this Issue

Arugula and Orange Salad
Arugula Pesto variation
Dandelion Greens tips



Tangelos are deliberate or accidental hybrids of any mandarin orange and the grapefruit or pummelo.

The first crosses were made in Florida and California in 1897 and 1898. Tangelos are so unlike other citrus fruits that they have been set aside in a class by themselves designated Citrus X tangelo.

TCSA Contact

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We welcome your suggestions, contributions, and questions:

www.tucsoncsa.org

Time to Renew for the TCSA Spring Session

The 13-week spring session starts **Tuesday, March 7** and runs through May 30. The cost is still the same (\$17 per week), but because the session will be one week longer than the winter, the cost for renewing for Spring 2006 will be \$221. Monthly payments are also available for a one-time \$6 surcharge. Goat cheese shares to be delivered bi-weekly are available for \$30, \$54, and \$78. A shortened, prorated session subscription coinciding with the end of the semester is also available for our student members.

Please renew at the CSA by Tuesday, February 28. Or mail in your application (available online) and payment by March 3. Farmer Frank, Philippe, and all of your fellow members deeply appreciate your continued support of local, sustainable agriculture.

Happy Second Birthday, Tucson CSA!

Note from Philippe. I hope you all tasted and enjoyed the yummy cakes which Amy, Sara, and Lori and myself have baked for today's splendid occasion! WE ARE TWO YEARS OLD! For me, the most rewarding aspect of this adventure has been to get to meet so many terrific people. Whether you care about your health and diet, the sustainability of our natural resources, social justice, or about all of the above and more, one quality that is perhaps common to all of you is your generosity of spirit. I love meeting you all week after week.

During these past two years, we have grown from 15 to 120 members. While we are comfortable with our current membership (it just about pays the bills), our goal is to grow to the magic number of 200. Not until then will we be able to afford a part-time paid position for myself or whoever may one day run the Tucson CSA. So please keep spreading the word in order to bring us some new members. Research on CSAs indicates that the most significant factor in the growth of a CSA is indeed word of mouth.

Tucson CSA Hemp Tote Bags

As we continue to grow, we will need more adequate refrigerator and freezer capacity. To raise the \$1,000 needed to purchase the equipment, we are now offering hemp tote bags printed with our logo for picking up your CSA share every week—and hopefully more uses. Philippe has been researching tote bags to find the right bag to fit the sustainability ethic of the TCSA. Cotton bags would be cheaper, but cotton is also a very chemical-intensive crop (it takes 3 lbs of chemical pesticides and fertilizers to grow the cotton used in one t-shirt). We therefore opted for a more environmentally friendly hemp-and-cotton blend. Half of the proceeds will go to the refrigerator/freezer fund; the other half will cover the cost of the bags. Thanks for your support!!!

Next week, look for news about our coming EGGS!

Arugula (*Eruca sativa*) is the Italian name for this pungent green, which is also known as *roquette* in French and rocket in English. Harvested when they are about 2 inches long, **young** arugula is distinguished by bright green spear-shaped leaves, sometimes with one or two indentations, or notches, at the base. The leaves taste nutty, with a hint of pepper.

Like many greens, arugula can be used raw in salads or cooked in soups, stuffings, sautés, and pasta dishes.

NUTRITION Like almost all leafy greens, arugula is low in calories and high in vitamin C and thus the larger category of cruciferous vegetables known for their anti-carcinogenic effects.

Arugula and Orange Salad

Shelley, TCSA

Wash and tear into bite-sized pieces lettuce and arugula to taste. Peel, dice, and add an orange. Mix together for dressing:

2 parts olive oil
1 part balsamic vinegar
1 part tamari
1 part maple syrup
Small amount of lemon or lime juice

Mix well and pour over greens just before serving.

Arugula pesto variation

Seline, TCSA

This makes a great spread for bread, or try a slice with the Black Mesa Ranch goat cheese, some pesto, and slices of fresh tomatoes on top. Yum!

1/2 cup toasted pine nuts (can also use other nuts)
1 bunch or bag arugula
1-3 tablespoons white balsamic vinegar (can also use red but mutes the green color of the arugula)
1-2 cloves crushed garlic
olive oil
salt and pepper to taste

Toast nuts in a pan and add to food processor or blender. Also add arugula, 1 to 2 tablespoon vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable).

Note: the vinegar takes some of the bite out of the arugula. Add more or less depending on taste. Also, blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important--it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).

Italian Red Dandelion Greens

Make sure to eat your **dandelion greens** first this week! Freshly picked, they have a nice, pleasant kind of tartness, but they will grow increasingly bitter as the week goes on.

The significant nutritional profile of dandelions makes it worthwhile to find ways to mask or reduce their potential bitterness. Dandelion greens can be enjoyed cooked or raw. If they do get bitter, you can still use them by precooking in the following ways:

Basic method: Cut off any roots or tough stems and sprinkle the greens with salt. Cook the greens in a covered skillet, with just the water clinging to the washed leaves, for 5 to 10 minutes. Drain and chop. At this point, sauté and add seasonings, or add the greens to a dish such as lasagne or quiche.

Alternate method: Blanch dandelions in boiling water for 2 to 5 minutes. Some of the bitter compounds will leach into the water. Use from 2 cups to 2 quarts of water: the more water, the milder the taste. Adding the greens to boiling water rather than bringing them to a boil also helps preserve nutrients.

Foods that best complement dandelion greens are olive oil, garlic, pork fat in some form, eggs, vinegar, lemon juice, cheese, tomatoes, and bread.

A simple and delicious preparation is to sauté dandelions in garlic and olive oil, then sprinkled with grated Parmesan cheese.

If used in salads, you can vary the taste by using a nut-flavored oil and dress the greens with lemon juice, balsamic vinegar, or any other flavored vinegar. The Amish serve dandelions in a salad with a hot sweet and sour dressing made with vinegar, brown sugar, and hot bacon drippings.

Serving dandelion greens on **bread**, for some reason, completely eliminates the bitterness, according to Peter Gail, author of The Dandelion Celebration (Goosefoot Acres Press, 1994). One of his favorite ways of eating dandelions is to make a broiled dandelion pizza sandwich out of bread, tomato sauce, chopped raw or cooked dandelions, and cheese.

ENJOY!!!