



Tucson Community Supported Agriculture Newsletter

February 21, 2006 – Issue 24

Winter 05
Week 11 of 12

This Week's Share

Oranges
Baby braising greens
Cauliflower
Green garlic
P'itoti green onions
Salad mix
Tatsoi
Cosmic purple carrots

Recipes in this Issue

Cream of Green Garlic Soup
Carrot-Top Soup (also uses green garlic)
Spring Salad



A few of the 25 chicks who will provide eggs to our members starting in late May or early June.

TCSA Contact

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We welcome your suggestions, contributions, and questions:

www.tucsoncsa.org

Renew Now for the Spring Season

The 13-week spring season starts **Tuesday, March 7** and runs through May 30. The cost is still the same (\$17 per week), but because the season 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 season coinciding with the end of the semester is also available for our student members.

You can renew your subscription at the CSA on Tuesday, February 21 or Tuesday, February 28. Or you can mail your application and payment by March 3 at the latest.

With the onset of spring, some of the items to which we can look forward include Chioggia beets, new potatoes, artichokes, carrots, rutabagas, radishes, radicchio, endive, and fennel.

Split-Share Partners

If you're seeking a partner with whom to split a share, please sign up on the bulletin board—don't just tell Philippe! ☺

Fresh Egg Deliveries to Start in Late May or Early June

Thank you to everyone who completed our egg survey. Thanks to the Tucson CSA's favorable response, Chris O'Brien, our eggman, ordered the baby chicks, who arrived this week. Twenty-five chicks will service our CSA: 15 Black Stars, 5 Rhode Island Reds, and 5 White Leghorns. The different varieties should give us some pleasant variation in egg color. The chicks will stay inside the house with the heat lamp on for the first 2 to 3 weeks before moving outside, where they will still have a heat lamp for the first month or so. They should start producing eggs for us by late May or early June.

Crooked Sky Farms: what went in the ground this last week

Farmer Frank has been busy planting cucumbers, summer squash, corn, black-eyed peas, soybeans (edamame), and gourds for the summer. He hasn't planted any okra yet, however, as it has been too cold. In addition, he has replanted turnips, kale, and salad and other greens to carry us into the spring. He has also planted over 1,000 tomato plants, including lots of heirloom varieties! They are already a foot tall. The larger tomatoes include Cherokee purples, yellow tomatoes, and Striped Caverns, which have hollow pockets and are therefore good for stuffing. Smaller varieties include oblong Juliettes and Red, Green, and Yellow Grape tomatoes. Depending on the weather, we should start getting tomatoes in May.

The artichokes are doing very well, Frank says. He staggered the plantings so that we'll receive more than one delivery, and the first one should be ready in April, if the weather cooperates.

Spring comes early to Tucson, and this week we get our first taste of spring produce, including **Cosmic Purple Carrots, Green Garlic, and I'toi Onions** (native Tohono O'odham green onions).



The striking **Cosmic Purple Carrot**, just introduced in 2005, is causing a stir at farmer's markets with its beautiful purple skin, sweet orange flesh, and bright yellow core. It contains the same antioxidant that gives blueberries their rich purple color. When sliced into coins, Cosmic Purple really shows off its stunning color scheme in a beautiful display of purple, orange, and yellow. Cosmic Purple's long, sweet crunchy roots are very high in Vitamin A: one serving of purple carrots contains 120 percent of your daily Vitamin A needs. The carrots are delicious raw: they have a sweet flavor with a slight hint of spice. Don't peel them if you want to maintain their spectacular color, and much nutrition, as always, is contained in the skin.



Green Garlic is a spring culinary treat that does not receive as much fanfare as it deserves. This young stage of garlic is difficult to find unless you have access to a farmer's market that sells this delicacy (from March to May), a CSA, or you grow your own. It looks very much like leeks—lots of green stalk with a slightly bulbous white or rose-streaked root end. The heads with their individual cloves are just beginning to form among many onion-like layers. Young garlic has a very aromatic, mild, long flavor. It blends beautifully with other vegetables and makes excellent purées, soufflés, puddings, soups, and sauces and fillings for pasta. It is especially good in broths, soups, poaching liquids, and stews. A few green stalks in the cavity of a roasting bird will perfume the flesh.



Green garlic can be used in any recipe that calls for mature garlic. The end product will produce a delicate flavor, more mild than mature raw garlic. One stalk of green garlic is equivalent to one or two cloves of garlic.

The strong, peppery **I'toi onion** is a prolific, drought-tolerant onion with small shallot bulbs. One bulb can produce 120 onions in a single season, and the plant requires one-third less water to grow than other onions. The onion was originally harvested as a wild onion from I'toi's mountain, Baboquivari, the sacred mountain of the Tohono O'odham people (near Ajo). I'toi is the elder brother and creator of the O'odham people, who made them out of clay and gave them the gift of the crimson sunset.

Cream of Green Garlic Soup

Danielle, TCSA

1 bunch green garlic bulb, chopped
1 large baking potato, cubed
2 cups chicken or veggie broth
salt and pepper
3/4 cup heavy cream, or 2% milk, or 2 oz goat cheese
prosciutto
parsley

Boil garlic and potatoes in the broth and simmer for 20 minutes. Add the cream and salt and pepper, bring it back to a boil, then put into a blender and blend until smooth. return to pot and heat again, adding prosciutto and garnish with parsley.

Cilantro instead of parsley is good too - and it's just as good without the prosciutto!

Carrot-Top Soup

Angel Valley Organic Farm, Jonestown, Texas
(AngelValleyFarms.com)

1 bunch carrots, including the greens
1/2 cup brown rice
1 or 2 stalks **green garlic**, chopped (use the whole thing, from the tip of the roots to the tip of the greens)
6 cups water, light chicken stock, or vegetable stock
Thyme to taste and whatever other herbs suit your fancy
Salt and pepper

In a small saucepan, bring 3/4 cup water to a boil and add rice. Simmer until tender and set aside. While the rice is cooking, pluck the lacy leaves of the carrot greens off their stems, enough for 2 to 3 cups, loosely packed. Wash thoroughly, then chop finely. Chop the carrots into fairly small pieces.

Melt a couple of tablespoons of butter in a soup pot. Add the carrot tops and carrots, garlic, and herbs. Cook for a few minutes, turning everything a few times, then add the water or stock and salt. Bring to a boil and simmer until the carrots are almost cooked. Add the rice, heat through until the carrots are tender, then taste for salt and season with pepper.

Spring Salad

Philippe, TCSA

One of Philippe's favorite salad is to combine 1/3 salad mix, 1/3 baby braising greens and 1/3 tat soi. Serve with a light French or Italian dressing, some walnuts or pecans halves, and a sprinkle of crumbled goat cheese (or grated Parmesan cheese).