



Tucson Community Supported Agriculture Newsletter

March 21, 2006 – Issue 28

Winter 05
Week 3 of 12

This Week's Share

Colored cauliflower (predominantly Romanesco)
Cosmic purple carrots
Onions
Red La Soda potatoes
Red Russian kale
Salad mix
Snow peas
Spinach

Recipes in this Issue

Indian-Style Sauté of Cauliflower, Spinach, Potatoes, Carrots and Their Greens
Noodles with Spinach and Carrot-Top Sauce
Aioli Platter (Vegetables with Garlic Dip)
Spinach Dip (with optional garlic)



Chick Update

As you can see, our future egg-laying chicks are no longer fluffy, having acquired most of their adult feathers by now. They are growing rapidly, says our chicken farmer, Chris O'Brien!

TCSA Contact

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

www.tucsoncsa.org

The Big Q: When Will the Tomatoes Be Here?

Look forward to lots of tomatoes this summer, including many heirloom varieties: **Cherokee Purple, Yellow and Red Pear, Grape, Green Zebra, Juliet, Roma,** and more. The seeds of some of these heirloom tomatoes cost as much as \$3 to \$5 per seed. Since heirlooms can be somewhat unpredictable, Farmer Frank has also planted some commercial hybrids as a backup, including the **Floridade** and the **Contessa**, which are more reliable. We should start getting some of the smaller varieties in June.

Corn Looks Like It's Going "Clear Up to the Sky"

The **Ambrosia** (white and yellow, also known as **Peaches and Cream**) and **Sweetie 82** (yellow) already stand a few inches tall in the fields. **Elote Blanco** (white) will be planted in a few weeks. Elote Blanco is very well adapted to the Sonoran climate: it requires less water, takes the heat very well all summer long, and is very resistant to corn borers, thanks to its hard husks.

Hungry, Traveling Ladybugs

Don't be alarmed if you occasionally come across little ¼-inch black-and-yellow bugs hiding in your greens. They are ladybug larvae, the organic farmer's best friends and voracious consumers of aphids and other unwanted insects that feed on plants. If you see one, be kind to it and shake it off on an outdoor plant.



Start Saving and Bringing In Your Egg Cartons Now!

In another two months or so, our rapidly growing chickens will start producing eggs for us. In anticipation of future egg deliveries, please start saving your empty egg cartons now and bringing them with you to the CSA when you pick up your veggies. Recycling egg cartons will save us the cost of having to purchase egg cartons in the future.

March 28 Goat Cheese Delivery Delayed One Week

As a CSA member, you share risks with the farmers and ranchers. There is a small setback with the next cheese delivery scheduled for March 28. Because it is kidding season at Black Mesa Ranch and the goats have had more kids than expected, there is a shortage of milk, as most of the milk is needed to feed the kids. To remedy this very temporary problem, all of our cheese deliveries for this season will be postponed by one week. Our last cheese delivery will therefore be on May 30, the last Tuesday of the season, instead of May 23. The delay, however, will not affect the number of cheese shares received: members will get all of the cheese for which they have paid.

Weekly Price Comparison

The organic equivalent of last week's produce (March 14) would have cost you \$22.10 at Wild Oats. We make price comparisons almost every week at various grocery stores in town. Our price comparisons sheets are available at the CSA for anyone who is interested in taking a look.

Indian-Style Sauté of Cauliflower, Spinach, Potatoes, Carrots and Their Greens

From your share:

- 1 **cauliflower**, cut into small florets, including leaves, chopped, and stems, sliced
- 1 bunch **spinach**, stemmed
- 3 red La Soda **potatoes**, cubed (don't peel!)
- A handful of small **carrots**, chopped smaller, if necessary
- Carrot tops**, leaves stripped off the stems
- 1 **onion**, thinly sliced

Additional items:

- ¼ cup butter
- 2 teaspoons chopped garlic
- ½ teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon mustard seeds
- Chopped cilantro (optional)
- Cooked brown or white basmati rice or warm flatbread or tortillas

Steam the potatoes until tender. Heat 2 tablespoons of butter in a large skillet or Dutch oven over medium-high heat. Add the onion and sauté until well browned, about 12 minutes. Remove and set aside. Melt remaining butter in same pan over high heat. Add cauliflower, season with salt, and sauté until it begins to color in places after a few minutes. Return onion to pan and add garlic, spices, and potatoes. Lower the heat and cook until everything is heated through, about 4 minutes. Add the greens, carrot, and ½ cup water. Cover and cook until greens are wilted, about a minute. Garnish with cilantro, if desired. Serve over brown or white basmati rice or with warm flatbread or tortillas. Serves 4.

Noodles with Spinach and Carrot-Top Sauce

- 1 bunch **spinach**
- Carrot tops**, leaves stripped off the stems, chopped
- ½ **onion**, thinly sliced
- 1 cup whole-milk yogurt or sour cream, drained
- 1 tablespoon olive oil
- ¾ pound spaghetti, linguine, or other noodles, cooked
- 1 teaspoon salt
- 1 jalapeno chile, seeded and chopped (optional)
- ½ cup pine or other nuts, toasted (optional)
- Crumbled feta or other cheese (optional)

Heat the oil in a large skillet. Add the onion and chile (if using) and cook over medium heat, stirring occasionally, for a few minutes or until the onion turns translucent. Add the greens and sprinkle with 1 teaspoon salt. Cook until wilted, turning with tongs after 3 or 4 minutes. Purée with drained yogurt, then transfer mixture to a large skillet and turn the heat on low to warm the yogurt. Don't get it too hot or the yogurt will curdle. Add the noodles to the sauce, toss, and scatter cheese and nuts over the top. Serves 4.

Our spring veggies, such as the carrots, cauliflower, and snow peas, are so good on their own raw, there's really no need to cook them. Here are a couple of fresh, homemade dips to accompany them if you'd simply like to eat your vegetables fresh and raw.

Aïoli Platter (Vegetables with Garlic Dip)

Aïoli is what the folks in Provence in southern France call garlic mayonnaise. Not only is it good with our fresh, crunchy, raw spring vegetables, but it's also great in sandwiches.

From your share:

- Carrots
- Cauliflower
- Snow peas
- Red La Soda potatoes, cubed into smaller pieces and steamed

To make the aïoli:

- 1 large egg yolk at room temperature
- 1 teaspoon Dijon-style mustard
- Salt
- 2 to 3 teaspoons fresh lemon juice
- ¾ cup peanut oil or mild olive oil (or half of each)
- 4 to 6 garlic cloves, chopped

Whisk the egg yolk in a small bowl until light and smooth, then stir in the mustard, a pinch of salt, and the lemon juice. Whisk in the oil until the egg and oil thicken. Stir in garlic cloves.

Here's another good dip to go with raw vegetables:

Spinach Dip (with optional garlic)

- 1 teaspoon plus 1 tablespoon olive oil
- 1 teaspoon finely chopped garlic (optional)
- 4 cups fresh **spinach** leaves
- ½ cup sour cream
- ½ teaspoon fresh lemon juice

Heat 1 teaspoon oil in large skillet over medium-high heat. Add garlic and sauté 10 seconds. Add spinach and sauté until wilted and tender, about 2 minutes. Cool and chop finely. Transfer to medium bowl and mix in sour cream and lemon juice. Season with salt and pepper. Cover and chill.