



# Tucson Community Supported Agriculture Newsletter

April 18, 2006 – Issue 32

Spring 06  
Week 7 of 12

## This Week's Share

Cabbage  
Lunar white carrots  
Garlic  
Pinto beans  
Salad mix  
Snow peas  
Spinach  
Sweet potatoes

## Recipes in this Issue

White Carrots for Dinner  
Roasted Carrots with Garlic and Thyme  
Cabbage and Potato Gratin with Sage



This week we're loaded with fresh, simple, straightforward spring vegetables.

## **TCSA Contact**

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## What Happens to Leftover CSA Produce?

At the end of the Tucson CSA pickup day, leftover perishable produce is donated the very same evening to the Iskash\*Taa Refugee Harvesting Network. Philippe usually takes it over to them personally on his way home from the CSA. Produce that is not immediately perishable is kept at the CSA for the following week's surplus basket.

As some of you may know, the Tucson CSA also sells produce at the Santa Cruz Farmer's Market on Thursdays from 3:00 to 6:00 pm (our market volunteers are Amy Schwemm, Greg Butler and Philippe). The produce sold at the market is NOT leftover CSA produce! Farmer Frank delivers extra produce that is specifically set aside and kept cool for the farmer's market. The Tucson CSA participates in the Santa Cruz Farmer's Market for two reasons: (1) to promote the Tucson CSA and (2) to help establish the farmer's market in what has traditionally been a low-income neighborhood. Any unsold produce also goes to Iskash\*Taa.

We encourage you to visit the Santa Cruz Farmer's Market and to spread the word: it's located west of I-10 and south of Speedway at the Santa Cruz River Park at North Riverside Drive and West Ontario, on the west bank of the Santa Cruz River.

## Last call for Volunteers for Earth Day, April 22! THIS SATURDAY.

We **really, really** need more volunteers for Earth Day: to help with traffic and with clean-up, and also to help staff the Tucson CSA booth (and help us make beeswax candles for the public). **Your help would be immensely appreciated.** Please contact Meredith at [mhartwell@biologicaldiversity.org](mailto:mhartwell@biologicaldiversity.org) to volunteer with Earth Day, or contact Philippe to volunteer at the CSA booth.

## Heirloom Chickens and the Threat of Avian Flu

There's an excellent article on raising heirloom chickens and the threat of avian flu in this April's issue of *Atlantic Monthly*. "It's an open secret that 'free-range chicken' is open to interpretation," the article states. "The 'range' is often indoors and on concrete." A more accurate term to employ when looking for chicken, the article suggests, is "pasture-raised chicken." "Pasture-raised chickens eat grass and peck for bugs rather than standing in miserably cramped pens; they spend the daylight hours outdoors."

The author, Corby Kummer, interviews Frank Reese, a Kansas farmer who has been raising poultry for fifty years and who still works full-time as a nurse anesthetist to support his farming, and Frank and Laura Kay Jones of Earth Shine Farm in Durand, Michigan. Reese adheres to guidelines of the Animal Welfare Institute: access to the outdoors and to clean water at all times; no antibiotics or animal by-products in feed; no clipping of wings, beaks, or toenails; and of course no abuse. Reese additionally mandates access to trees or brush or other outdoor sources of shade and proper roosts so that no birds sleep on the ground. Frank and Laura Kay Jones' chickens ravenously consume fresh grass and take a full twelve weeks to reach slaughter weight, compared to factory-raised chickens which are killed after six weeks. Both farmers raise healthy birds, yet face the threat that infection elsewhere in factory-run facilities will provoke widespread destruction orders, wiping out not only their own personal livelihoods but fine-grained, moist, wonderfully flavored meat that has been relegated largely to memory.

## What's Special

### Lunar White Carrots

Fresh carrots can't be compared to their pallid store counterparts. Our Lunar White Carrots are refreshingly mild with a crisp, crunchy texture, and they taste great cooked or raw. They make great snacks and add a sweet, earthy taste to salads. They're very productive, even in poor soils, which make them a good choice for the West, where soils are not always adequate for root vegetables. The Lunar White is a refined selection of Belgian White, an Old Dutch type from the seventeenth century.

Resist the urge to peel our fresh carrots: much of their flavor is in the skin, which does not have the bitterness of long-stored commercial carrots.

### White Carrots for Dinner

Mariquita Farm CSA, Watsonville, California  
[www.mariquita.com](http://www.mariquita.com)

Slice white carrots thin into coins. Cook on high-ish heat with garlic in a bit of oil or butter for a few minutes. Add a dash of honey or sugar if sweetness is desired.

### Roasted Carrots with Garlic and Thyme

Since the garlic is roasted with the skins on, this is a good opportunity to use all those tiny cloves that are too fiddly to peel. Leftovers are good with a squeeze of lemon.

1 bunch carrots  
1 tablespoon olive oil  
Salt and freshly ground pepper  
5 or so tiny garlic cloves  
Several thyme sprigs  
Chopped thyme or parsley

Preheat the oven to 400°F. Toss the carrots with the oil, then season with salt and pepper. Put them in a roomy baking dish or roasting pan with the garlic and thyme sprigs. Add a tablespoon of water, cover tightly with aluminum foil, and bake until tender, 25 to 45 minutes. Check at least twice while cooking to make sure there's a little moisture in the pan, and give the pan a shake while you're at it. Toward the end, remove the foil and continue roasting until the liquid is reduced and the carrots are browned. Serve garnished with chopped thyme.



### Glazed Carrots with Mustard and Honey

Honeyed carrots can be appealing to children.

1 bunch carrots  
1 tablespoon butter  
1 tablespoon honey  
2 teaspoons Dijon mustard  
Salt and freshly ground pepper  
Chopped parsley

Cut the carrots into 3-inch lengths; halve or quarter the thicker ends, if necessary, so that they'll cook evenly. Steam until tender, 5 to 12 minutes. In a medium skillet, melt the butter with the honey, then stir in the mustard and carrots and season with salt and plenty of pepper. Cook over medium heat for several minutes, until well coated and bubbling, then toss with chopped parsley and serve.

### Cabbage and Potato Gratin with Sage

Cabbage is very friendly with potatoes.

1 pound red La Soda or other waxy potatoes  
1-1/2 pounds green cabbage  
Salt and freshly ground pepper  
4 tablespoons unsalted butter  
3 tablespoons chopped sage  
1 garlic clove, chopped  
1-1/3 cups milk  
3 eggs  
1/2 cup grated Parmesan  
1/3 cup all-purpose flour

1. Preheat the oven to 350°F. Lightly butter an 8 x 12-inch gratin dish. Bring a gallon of water to a boil while you prepare the vegetables. Slice the potatoes 1/4-inch thick; slice the cabbage into 1-inch ribbons.
2. Add 1 tablespoon salt to the water, add the potatoes, and boil until nearly tender, about 6 minutes. Scoop them into a colander, then add the cabbage to the pot and cook for 5 minutes. The water may not return to a boil. Drain, rinse under cool water, then twist in a kitchen towel to remove the excess moisture. Get it as dry as you can. Combine the cabbage and potatoes in a bowl.
3. Melt the butter in a small skillet with the sage and garlic. Cook for about 1 minute without letting the garlic brown. Pour it over the cabbage and potatoes. Toss well, taste for salt, and season with pepper. Transfer to the baking dish.
4. Whisk the remaining ingredients together, pour them over the vegetables, and bake until firm and lightly browned, about 50 minutes. Let cool for at least 10 minutes, then cut into pieces and serve.