



# Tucson Community Supported Agriculture

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Winter 06/07

Week 1 of 12

## This Week's Harvest

Grapefruits

Yukon Gold Potatoes

Dry Beans

French Breakfast Radishes

I'toi Onions

Pak Choy

Spring Salad Mix

Arugula or Mizuna



## Recipes

Arugula Pesto 1

French Breakfast Radishes with

Rosemary garlic Butter

*(Samples of the above recipes will be*

*handed out by Farmer Frank and*

*Kelsey on Monday afternoon)*

Arugula Pesto 2

About I'toi onions

## Pak Choi Tips

Pak Choi is a Chinese cabbage commonly used in stir fry and spring rolls. Separate the leaves and wash well. The green leaf is often cooked separately to the thicker, paler stalk. Use it in stir fries, chopped in salads or add to a soup for the last few minutes of cooking. In a stir fry, cut off the stalks and slice. Cook for a couple of minutes before adding the leaves for 2 minutes. For a quick recipe, chop it and steam for 3-4 minutes. Serve with soy sauce.

## Mizuna Tips

Mizuna is a Japanese mustard green with dandelion-like jagged edge green leaves with a mild, sweet earthy flavor. It has been cultivated in Japan since ancient times, but most likely originated in China. Mizuna makes an excellent salad green, and is frequently found in Mesclun. It is also used in stir-frys and soups.

Newsletter Editor:

Philippe Waterinckx

## Welcome to our Winter Session

We are starting the winter session with 225 members, down from 300 at the end of the fall session. Membership tends to go down in the winter as many members leave town for several weeks over the holidays. Or could it be that they simply shy away from all these leafy greens and root vegetables packed with flavor and nutrients? In any case, welcome to all, whether you are a new or a continuing member. Thanks for being part of the Tucson CSA.

## A few notes/reminders about the Pickup Routine

1. Bring your own bags if you can
2. Remember to **sign in** to indicate that you have picked up your share.
3. Avoid looking through the bins to find that perfect bunch: just look and pick; this keeps the produce clean and prevent bruising or spoiling.
4. Take your whole share; don't leave any of your produce in the pick-up bins: if you don't want an item, **trade it in the trading basket or donate it in the surplus basket** for other members to enjoy.
5. Remember that you can vote to influence what's coming the following week. Your votes also help Farmer Frank plan his future crops.
6. If you can't pick up on Monday evening, remember that we are also open on Tuesday morning, from 7:30 am to 1:00 pm.

We have moved the Trading, Surplus and Voting indoors, as it is getting too dark outside to see things well.

## Missing: 52,000 Pounds of Onions

Last week, a big national onion broker drove away with Farmer Frank's entire recently harvested crop of sweet Bermuda onions. Because Farmer Frank doesn't have room to store such a large quantity of onions at his farm, he had them stored at a neighboring farm which leases crop storage space to other local farms and which also acts as a crop distribution point within a national network. When the broker couldn't find all the onions he was supposed to pick up that day for a long distance delivery, he loaded Farmer Frank's onions instead and headed for the east coast.

By the time Farmer Frank found out, the truck was already in Texas. The broker refused to have the truck turn around and return the onions. Instead, he offered to either replace the onions or reimburse their wholesale value, neither of which is acceptable compensation. Because Farmer Frank's onions are not "certified" organic (although they are actually more organic than "certified" organic onions), the broker's offer is for conventional, non-organic, commodity onions, and it does not take into account the uniqueness and quality of Farmer Frank's onions. Farmer Frank cannot accept replacement commodity onions and whatever financial compensation he receives will be way below the value of the original onions.

This is bad news for Farmer Frank and for us: these were prime quality organic onions, carefully grown and harvested, and the result of years of experimentation on the part of Frank to provide us with onions year around. This particular crop was intended for Frank's CSAs during this winter and early spring sessions. We won't get any more onions until the next crop is harvested in April.

### Arugula Pesto 1 (cooked)

Kelsey, Crooked Sky Farms

1 bunch arugula, stems removed (about 4 ounces)  
2 3/4 teaspoons of coarse or Kosher salt  
4 cloves garlic  
1/3 cup extra virgin olive oil  
Freshly ground pepper to taste

Fill a large bowl with ice and add water, set aside. Fill a medium sized saucepan with water and the 2 1/2 teaspoons of salt, and bring it to a boil. Add the arugula and as soon as the water returns to a boil, remove the arugula with a slotted spoon and place it immediately into the ice water to stop the cooking process.

Transfer the arugula to several layers of paper toweling or clean kitchen towels and allow to drain. Roll up the towels and squeeze as much moisture as possible from the arugula.

Place the arugula in a blender jar and add the oil, 1/4 teaspoon of salt and the pepper and puree until the mixture looks like thick pesto. There will be a small amount of oil on the surface. Use immediately or transfer the mixture to a jar with a tight fitting lid if you are going to store it. This will keep for at least 5 days, refrigerated. Before using, stir the pesto to incorporate the oil accumulated at the top.

Serve the pesto over some freshly cooked pasta or boiled potatoes.

### French Breakfast Radishes with Rosemary Garlic Butter

Kelsey, Crooked Sky Farms

1/2 stick butter (either salted or unsalted), softened  
4 ounces Cream Cheese, softened  
2 teaspoons chopped fresh rosemary - approx. 4 stems  
1 teaspoon chopped fresh Thyme  
1 clove minced fresh Garlic  
Salt to taste  
1 bunch French Breakfast Radishes, washed and tops trimmed

Mix all ingredients together except radishes. Cover and refrigerate at least an hour or up to three days. Bring Rosemary Garlic Butter to room temperature before serving with radishes.

Cook's Notes:

The Garlic, Rosemary, Thyme and a little salt can be smashed together with a mortar and pestle. The herb leaves will come off the stems and create a lovely chunky green paste to mix with the cream cheese and butter.

The radishes can also be cut in half the long way and the Rosemary Garlic Butter can be piped on each half and finished with a sprig of Rosemary or Thyme.

The substitution of fresh herbs and dried herbs follows the general rule: 3 teaspoons fresh = 1 teaspoon dried

**Need another warm, soothing dish for these cool days?**

**Try Laura's Winter Greens Lasagna  
(on our website under Recipes>Greens)**

### Arugula Pesto 2 (raw)

Seline Hayden, 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).

### About I'toi Onions

From Slow Food USA

Not only is the taste of the I'toi Onion bold and complex, but also is its ambiguous history.

The original US harvest of the wild I'toi Onion took place on I'toi Mountain, which is also known as Baboquivari Mountain. This mountain is regarded by the O'odham nation as the navel of the world—a place where the earth opened and people emerged. The name I'toi signifies the Elder Brother, who is the creator deity in Tohono O'odham legends; consequently the onion is a sacred reminder of the O'odham creation story. Botanical studies place the I'toi onion among a very old line of clumping onions brought to the US by Jesuit missionaries in the late 17th century, concluding that the onion is not necessarily a US native. Regardless of the contradicting histories, the I'toi Onion has a special place among Sonoran Desert culinary culture.



The sharp, peppery flavor of the I'toi is well suited to southwestern stews and sauces, which often have robust, piquant flavors. The I'toi plant grows easily and prolifically in the deserts of the American southwest. Left in the ground during its summer dormancy, the onion re-sprouts toward the end of the season at which point it is harvested and replanted. The flavor of the I'toi Onion is garnering interest at a small, but highly visible, commercial scale throughout the arid southwest. The onion may provide one of the best examples of crop survival due to the stewardship of backyard gardeners.