



Tucson Community Supported Agriculture

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Spring '07 - Week 7 of 13

This Week's Harvest

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Bull's Blood Beets



A Crooked Sky Farms' beet we haven't yet had this year! This Victorian British heirloom beet is popular for its brilliant red foliage and the sweetness of its bulb. Its dark crimson leaves can appear almost black in some light, making a dramatic contrast to most other foliage. The leaves are broader than other beet varieties and have a particularly sweet taste when cooked. The medium-sized spherical roots are also dark red, with visible rings when cut.

Herb Walk

April 21, 8am-12pm

Enjoy another morning learning about the uses of our desert's native plants, with local herbalist John Slattery. Meet in front of Born for Water Healing Center, 418 E. 7th St. at 8am. We will carpool from there. For more info. call John at 520.275.2105

Three Hundred Members!

Last week, the Tucson CSA reached 300 members! Three years ago we never thought we'd get past 50. We are thankful to Farmer Frank for having been willing and able to accommodate our slow but steady growth, through leasing more land for farming.

In planning for our continuing growth, we have been thinking about offering a second CSA pickup day. And in attempt to support other local or regional sustainable farmers through offering them a CSA outlet, we have looked for possible candidates. We haven't found any. This doesn't mean that we're not thrilled to continue to grow with Farmer Frank. Frank has a proven record of quality and dependability and he is highly committed to land stewardship and social justice: his produce is grown according to standards superior to those of organically certified produce, and his workers are well-paid (they also get health insurance). Farming is Frank's passion and he is very good at it (not many farmers can successfully grow over 300 types of vegetables every year!). Farming is also Frank's sole source of income, and we are proud to support a farmer who is so committed to uncompromising and sound farming methods.

Cabbages... Finally!

The **Red Acre Cabbage** is one of the best Red Cabbage varieties available today. With stunning reddish-purple heads, it adds gorgeous color to many dishes. Weighing up to 3 pounds, this flavorful cabbage is suitable for use raw, cooked or in coleslaw.

We may also have some **Copenhagen Market Cabbage** this week. Introduced in the U.S. from Denmark in 1909, the Copenhagen has a compact blue-green head and is white inside. It's good raw or cooked, and is ideal for making sauerkraut. It can weigh up to 5 pounds.

Mystery Tomato Starts

Because the labels fell off many of Crooked Sky Farms's heirloom tomato starts, you now have mystery starts. Plant yours in the ground or in a pot, in a rich soil and sunny location. Water well and let soil dry between waterings. And let the mystery unfold...

Showing... "A Silent Forest: The Growing Threat of Genetically Engineered Trees" Ed Schehl, USA, 2005, 46 min.

At the 2007 Arizona International Film Festival, April 24th, 7:30pm

Co-presented by Tucson CSA

Where: Tucson Chinese Cultural Center, River Road between Oracle and La Cholla

Renowned Canadian geneticist, activist and broadcaster David Suzuki presents little-known information about the introduction of genetically engineered trees. The video draws into question present and potential problems engendered by the practice of genetic modification to create sterile plants that resist insects and have less lignin, a substance integral to water conduction in plants but detrimental to paper production as it must be removed from wood pulp prior to paper manufacture. The film lays out in compelling detail the potential dangers of huge, open-air plantations of engineered trees—dangers which have already begun to manifest themselves in both local and global ecosystems.

Also discussed are the dangers of "bt toxins"—widely regarded as environmentally friendly because they reduce the use of chemical pesticides—but now recognized as dangers in their own right. Other experts discuss startling legal issues and other implications of genetically engineering the forests.

For more info: www.filmfestivalarizona.com

Because I often make up recipes on the spot from the ingredients that come in a CSA share, and because I rarely use measuring instruments, writing recipes down is always a challenge. Please consider the amounts and ingredients specified below as suggestions. As always, cooking the CSA way is an exercise in flexibility and creativity.

- Philippe

Spring Bean Soup

Philippe, Tucson CSA

- 2 tablespoons olive oil
- 1 bunch carrots, sliced in coins
- 1 bunch green onions, sliced
- 3 quarts water
- 1 bag of beans, soaked overnight
- 2 cloves garlic, crushed
- 1 dry chile pepper, crushed
- 2 bay leaves
- 1 teaspoon thyme
- ½ tablespoon Mexican oregano
- 1 bunch turnip greens, coarsely chopped
- ¼ cabbage, shredded
- ¼ cup miso
- 1 cup arugula, chopped salt and pepper to taste

Soak beans overnight. Drain.

In a stockpot, over medium heat, sauté onions and carrots in oil until onions are soft (5-10 minutes). Add water, beans, garlic, chile pepper, bay leaves, thyme and oregano. Bring to a boil. Cover and simmer for 45 minutes. Skim surface froth if desired.

Add turnip greens and cabbage (or any other greens you may have left over from last week). Bring back to a boil and simmer for 15 minutes.

Stir in miso and chopped arugula. Add salt and pepper to taste. Serve.

Stir-fry of the Week

Philippe, Tucson CSA

- 2 tablespoons oil
- ¼ cabbage, shredded
- 2 carrots, shredded
- 3 green onions, sliced
- some turnip greens, coarsely chopped
- 2 tablespoon oil ½ tablespoon ginger, shredded
- 1 tablespoon soy sauce and pepper to taste

In a wok or large skillet, heat oil over medium heat. Add cabbage, carrots, ginger, greens and onions. Stir constantly. You may cover briefly to speed up cooking.

Cook until cabbage is still a little crunchy (al dente), and not completely wilted.

Add soy sauce and pepper to taste, stir and serve.



Beet and Turnip Greens on Rice

Philippe, Tucson CSA

- 1 cup rice
- 2 tablespoons oil
- 1 bulb onion or 3 green onions, chopped
- 2 cloves garlic, crushed
- 1 teaspoon thyme
- 1 bunch beet greens, coarsely chopped
- 1 bunch turnip greens, coarsely chopped
- 1 tablespoon soy sauce
- pepper to taste
- 1 tablespoon grated parmesan (optional)

Start by cooking the rice according to its directions.

In a large skillet, sauté onion in oil over medium heat until translucent. Add garlic, greens and thyme. Cover and cook for 10 minutes or until greens are tender. Stir frequently (add water ¼ cup at a time if the mixture gets dry).

Add soy sauce and pepper to taste. Serve on a bed of rice. Garnish with grated parmesan if desired.

Arugula Pesto (Pesto di Rucola)

Celine Hayden, Tucson CSA member

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. Or use as a sauce on fusilli pasta... Yum!



- 1/2 cup toasted pine nuts (can also use other nuts)
- 1 bunch or bag arugula
- 1 to 3 tablespoons white balsamic vinegar (can also use red but it mutes the green color of the arugula)
- 1 to 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 tablespoons vinegar, crushed garlic, and salt and pepper and blend until well-mixed (very thick paste). Add olive oil until pesto is at desired consistency (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).