



# Tucson Community Supported Agriculture

Newsletter 84 ~ April 23, 2007 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring '07 - Week 8 of 13

### This Week's Planned Harvest

Grapefruit  
Valentine Radishes  
Full Blonde Heart Escarole  
Baby Fennel  
Mexican Bulb Onions  
Spring Salad Mix  
Artichokes  
Tomatoes

Actual harvest may vary based on last minute harvesting decisions!

### Back Page

Full Blonde Heart Escarole  
Braised Escarole with Garlic and lemon  
Greek Radish Dip  
Stuffed Artichoke  
Fennel Soup  
Hakurei Turnip Tip

**Valentine Radishes** aka Watermelon Radishes, they're white/green on the outside and red/pink heart-shaped inside. Delicious in salads or sliced in dips (see back page).



### Showing... "A Silent Forest: The Growing Threat of Genetically Engineered Trees"

Ed Schehl, USA, 2005, 46 min.  
2007 Arizona International Film Festival, April 24th, 7:30pm  
Tucson Chinese Cultural Center, River Road between Oracle and La Cholla



## Earth Day, 22 April 2007

Every day should be an occasion to celebrate our great planet and to take good care of it. But Earth Day is a special day.

To celebrate Earth Day 2007 at the CSA, Lori will offer delicious goodies made from ingredients that came straight from the good earth at Crooked Sky Farms. In the courtyard, during pick up.

## GMO-Free Organic Chicken Feed, Anyone?

GMO-free and organic chicken feed is getting harder and harder to find. And without it, we cannot feed the hens which give you their eggs. If any of you know of a local source, let us know. We are also considering buying bulk feed directly from producers. If you are interested in joining us in future bulk purchases, let us know. We would place a bulk order every three months or so and would need to know how many 50-pound bags of layer pellets you would purchase. If we buy in bulk, we can get it for \$22 per 50-pound bag. This is for high quality layer pellets, 17% protein. While more expensive than mash and crumble, pellets last longer because hens waste less of it. If you can use the feed, please join us in this purchase to keep the cost of eggs down for others. In the meantime, we do have a limited amount of it for sale if you want some (at \$22).

## Tomatoes in Spring?

Yes, it is a little early for tomatoes. This week's tomatoes are the greenhouse organic hydroponic tomatoes we mentioned in Newsletter # 82. The core CSA volunteers, who act as our board of directors, reached a consensus to try out Frank's new tomatoes. Some had reservations about them, but it was generally agreed that tomatoes hold a special place in people's diet as many members buy them at the store when they are not available in their CSA shares. So, we figured, why not support local ones? They are 100% organically grown and require less water than tomatoes grown in the open. However, whether we will continue to offer them will depend on our members. So, try them out and tell us what you think. You can email us your vote (and thoughts) at **tucsoncsa at tucsoncsa dot org** ([we disguised the e-mail address to reduce spam](mailto:tucsoncsa@tucsoncsa.org)). Please include the word **tomato** in the email subject [field](#) to make it easier for us to file and process your response.

## Help Tucson CSA (and have a fun time doing it) by attending *Beyond The Border* concert by REVEILLE Tucson gay men's chorus next weekend

Please mention Tucson CSA when purchasing tickets and Reveille will very generously donate to Tucson CSA \$5.00 of every ticket you purchase.

Where? Temple of Music and Art in downtown Tucson (330 S. Scott Ave). Tickets are available for all three performances: Friday, April 27 and Saturday, April 28 at 8:00 p.m. and Sunday, April 29 at 3:00 p.m. Tickets are \$15 in advance or \$20 at the door.

Another way to support Tucson CSA and Reveille is to purchase raffle tickets at \$10 each or 10 for \$90. There will be three cash prizes: \$10,000, \$2,000 and \$1,000. The winning tickets will be drawn at next Saturday evening's performance. You need not be present to win. Please contact Shawn Burke at (520) 820-5055 to purchase raffle tickets. Mention Tucson CSA when purchasing raffle tickets and Shawn will donate to Tucson CSA \$2.00 for every raffle ticket you purchase.

More info about Reveille and the Beyond the Border concert at [www.Reveillegmc.com](http://www.Reveillegmc.com)

### Full Blonde Heart Escarole

Originally used by the Greeks and Romans for medicinal purposes, escarole has been consumed by Europeans as a vegetable since the 14<sup>th</sup> century. Full Blonde Heart Escarole is probably the most popular endive in Italy and elsewhere in Europe today. It has broad leaves that are less curly and less bitter than those of chicory. The inner leaves are paler, blonde in this case, and less bitter than the outer leaves.



### Preparation

Escarole can be eaten raw in a salad like other lettuces. It's also good braised or added to soups.

### Nutrition

Escarole is an excellent source of folic acid and potassium, and a good source of vitamin A. It also contains pantothenic acid (vitamin B5), vitamin C, zinc, copper, and calcium. It is thought to be a diuretic, to stimulate the appetite, and to aid digestion.

### Braised Escarole with Garlic and Lemon

1 head escarole, about 1 pound  
 1/4 cup extra-virgin olive oil  
 1 tablespoon unsalted butter  
 4 garlic cloves, sliced  
 1/2 teaspoon red pepper flakes  
 2 bay leaves  
 1/2 lemon, cut in thin slices  
 2 cups water or chicken broth  
 Pinch sugar  
 Salt and freshly ground black pepper

Break off the leaves of the escarole and wash them individually, taking care to remove any soil at the base of the stems. Shake the leaves dry, stack them up, and slice the escarole crosswise into slices about 1 1/2-inches wide.

Place a large deep skillet over medium heat and add the olive oil and butter. Toss in the garlic, red pepper flakes, bay leaves, and lemon slices; cook and stir for a couple of minutes, tossing to combine. Nestle the escarole into the pan and sauté until it begins to wilt and shrink down, about 2 minutes. Sprinkle the escarole with a pinch of sugar and season with salt and pepper. Pour in the water and cover the pan. Simmer for 20 minutes until the escarole is tender.

### Flemish Radish Dip

Philippe, Tucson CSA

Mix together: sliced radishes (1/2 bunch), Greek yogurt (1 cup), chopped bulb onions (2) and salt and pepper to taste. Use as a dip or as a spread.

### Stuffed Artichoke

Philippe, Tucson CSA

It's early in the artichoke season, we are only getting one per share at this point...

1 artichoke  
 1 small onion  
 2 garlic cloves  
 Oil, vinegar, salt, pepper, herbs

With a sharp knife, remove the top third of the artichoke as well as the stem. With scissors, cut the remaining sharp tips off the leaves. Using your thumbs, separate the leaves as much as you can. Don't hesitate to apply force – artichokes are tough babes!

Peel an onion, cut it in half, and slice it into 1/3" thick strips. Peel two cloves of garlic and cut them into 4 to 6 slices each. Insert the garlic slices and ends of the onion strips among the leaves. Pack in as many as you can!

Place artichoke in a small saucepan. Fill the pan with water halfway up the height of the artichoke. Pour 1/4 cup oil and 1/4 cup vinegar over the top of the artichoke. Sprinkle the artichoke with salt, pepper, and thyme, Italian herbs, or Herbes de Provence. Cover, bring to a boil, and simmer for 1 to 1-1/2 hours. Serve hot, warm or cold, by itself or with a garlic-butter dip.

### Fennel Soup

Lorraine Glazar, Tucson CSA

Makes two servings

1 tablespoon olive oil  
 1 fennel bulb, thinly sliced  
 1 bunches green onions, washed, ends removed, thinly sliced  
 2 cups chicken stock or reduced sodium chicken broth or vegetable broth (divided use)  
 Salt and pepper to taste  
 4 tablespoons half and half  
 Toasted fennel seed for garnish (optional)

In a saucepan, heat the olive oil. Add the fennel and green onions and sauté briefly.

Add 2 cups of the chicken broth and simmer until the fennel is tender, stirring frequently. Using an immersion blender, or, processing in small batches in a blender or food processor, puree the mixture. Use the remaining 1 cup of broth to smoothe the puree. Add half and half. Season with salt and pepper to taste. If necessary, reheat briefly. Serve it cold or warm, garnished with toasted fennel seeds.

