



Tucson Community Supported Agriculture

Newsletter 85 ~ May 7, 2007 ~ Online at www.TucsonCSA.org

Spring '07 - Week 10 of 13

This Week's Harvest

Grapefruit
Red La Soda Potatoes
Purple Top Turnips
Cosmic Carrots
Fennel
Mexican Bulb Onions
Red Russian Kale
Farmer's Choice

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Calderada (fish fillet casserole)
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Grapefruit Sorbet



We don't quite understand the grapefruit situation: they are always high on the voting list, yet when we have them, the trading basket quickly fills up with them. What's up?

Barbara Kingsolver and Steven Hopp in Tucson

To present their new book *Animal, Vegetable, Miracle: A Year of Food Life*. All proceeds from ticket sales go to Native Seeds/SEARCH.

Friday, May 11 at 7 PM. Grace St. Paul's Episcopal Church, 2331, E. Adams St.

Tickets for sale at Antigone Bookstore \$20 in advance, \$25 at the door.



Summer Session Subscriptions Open May 7th

I don't think we will fill up, but we are getting close, so be warned!

- UNTIL MAY 15: PRIORITY SUBSCRIPTIONS FOR CURRENT MEMBERS ONLY
- AFTER MAY 15: OPEN SUBSCRIPTIONS

Membership details and forms available online. Last day to renew: May 31.

Remember that for every 5 original recipes of yours that we publish in our newsletters or on our website, you receive credit for one produce pickup when you renew your subscription. This time the honors go to JodyLee Duek, Lorraine Glazar, Lisa Janz, Maggie Newman and Rita Silverberg.

Out of the ground, into your shares: New Red LaSoda Potatoes!

As a society, we seem to have forgotten what many vegetables are really supposed to taste like. Perhaps more than that of any other vegetable, the flavor of a freshly harvested new potato can be a revelation.

Experience Crooked Sky Farms' brand-new crop of Red LaSoda potatoes, just dug out of the ground. The farm harvests its potatoes three times a year, in April, August and December. New potatoes are best in the simplest preparations, where their delicate flavor and texture can be appreciated. Boiling, steaming, and roasting in the oven or on the grill suit them best. Because of their tender skins, new potatoes don't need peeling. Red LaSodas, with their waxy, dense flesh are also great for gratins.



The true price of organic and humanely produced eggs

It has been a while since we have talked about the eggs we sell at the CSA. We have two suppliers: Chris O'Brien who raises 20 hens in his Tucson garden, and Kim Webber who raises about 40 hens on his farm in Dragoon (Estancia Farm). Their hens are well cared for, free-range, and are fed GMO-free, organic grain, as well as abundant greens.

Members sometimes comment that they can buy organic eggs for \$2.99 at the store. I can only reply what I always reply: **not all organic eggs are born equal**. Store-bought eggs, even when organic, are likely produced by hens that live under stress. Labels such as organic, free-range or cage-free have little to do with the hens' true well-being. For example, industrially raised hens are usually de-beaked to prevent them from pecking each other to death, a behavior brought on by living in confinement.

Farmer Frank commented that our eggs are worth \$6 a dozen. We sell them at only \$4 a dozen. Our producers are barely making a profit and, due to a recent cost increase for organic feed which the CSA supplies, the CSA actually incurs a small loss. We're not sure what to do – we may see price increases or decide to stop selling eggs.

Tucson CSA receives grant from Slow Food Tucson!

The grant will be used to acquire equipment for cooking demonstrations and classes to be held at the CSA and elsewhere. CSA volunteers and chefs from top Tucson restaurants will demonstrate their Iron Chef talents in using Tucson CSA shares. Our thanks go to JodyLee Duek, Tucson CSA and Slow Food Tucson board member, who helped make this possible!

Roasted Potatoes with Garlic and Thyme

This type of roasting works particularly well with Red LaSodas, due to their fine, creamy texture and moderate moisture content. Preheat the oven to 400°F. Scrub the potatoes well in water. Choose a shallow baking dish or pan just large enough to hold the potatoes in a single layer. Toss the potatoes in the pan with olive oil; heads of garlic separated into cloves, peeled or not, as you prefer; sprigs of thyme or rosemary; and a splash of water. Season with salt and pepper.

Tightly cover the baking pan with aluminum foil and put in the middle of the oven. After 40 minutes, carefully lift one corner of the foil and check the potatoes for doneness. They should pierce easily with a small knife. If the potatoes are not tender, replace the foil and continue to roast until they are done. When they are, take them out of the oven and loosen the foil to allow the steam to escape. They can be kept warm for a few minutes before serving.

Potatoes can also be roasted in the fireplace or in the charcoal fire of a grill. Toss the potatoes with the garlic, seasonings, and water, as above, and seal them up tightly inside packets carefully folded out of sheets of aluminum foil. Roast the packets under coals of a fire that are dusty white all over but still glowing red in the center. Rake out the coals into a layer about 1 inch thick, place the packet on top, and then spread a light dusting of coals over the top.

The time they take to roast will depend on the heat of the embers, but 40 minutes to 1 hour is usually about right. Turn the packet over every 15 minutes or so, replenishing the coals underneath and on top as needed. When they are done, the potatoes will be soft throughout and lightly browned all over.

Tucson CSA Caldeirada (Portuguese fish dish)

Philippe, Tucson CSA

Caldeirada is a typical Portuguese fish stew consisting of fish with a base of non seafood ingredients involving onions, garlic, tomatoes and parsley. Caldeirada is always presented in generous portions over a piece of crusty bread which has been lightly fried in oil, or toasted, or simply freshly torn from its loaf.

4 filets mahi-mahi (or any fish for that matter)
 4 cups broth
 2 potatoes, cubed
 1 fennel, bulb and leaves finely chopped
 1 bunch greens (kale, turnips, chard, etc) coarsely chopped
 1 onion, chopped (or 2 bulb onions)
 2 garlic cloves, minced
 2 tomatoes, cubed
 2 tablespoons olive oil
 ½ teaspoon cumin
 ½ teaspoon coriander
 ½ teaspoon saffron
 salt and pepper to taste

In a large skillet over medium heat, combine all ingredients except fish and broth). Sauté for 10 minutes, then add 2 cups of broth. Cover and simmer for 10 minutes. Put fish filets on top of mixture, and bury them in it a little. Add remaining broth, cover and simmer for another 20 minutes.

Double B Nips

From the kitchen of Char Green, Tucson CSA member

Editor's note: you are likely to have beets in your fridge, from weeks of relentless beet accumulation. Try this simple and delicious solution to your beet crisis.

1 bunch beautiful beets
 1 bunch beautiful turnips
 1 handsome onion
 1 lovely clove garlic
 triple S (Serious Salubrious Splash) of olive oil
 triple S of seasoned rice vinegar
 sea salt TYT (To Your Taste)
 1/2 stick butter

Cut tops off beets and turnips, set aside. Peel and slice thinly and in bite-size pieces the beets, turnips (peeling optional) and onions. Dice the garlic and throw all into a heavy pan with the olive oil. Sauté until onions are translucent. Rinse the greens and slice into one inch swaths and toss into the pan. Add the rice vinegar and salt and toss all until greens are coated and mixed thoroughly. Keep turning until the greens have cooked down a bit but are not quite done. Pat the butter and distribute evenly over the top. Put on heavy lid and turn off the heat. Wait a few minutes for the butter to melt and the greens to finish cooking. Toss and serve.

Grapefruit Sorbet

Paul, Tucson CSA

4 large grapefruit
 1 rounded tablespoon grapefruit zest, finely grated
 1/2 cup agave syrup *
 ¼ cup lemon juice or vodka

Boil zests in agave syrup for a couple minutes and let it sit. Juice grapefruit and add juice to syrup. Add lemon juice (or vodka). Refrigerate until cold.

Stir thoroughly, then pour into an ice cream maker and freeze according to the manufacturer's instructions. Transfer to a container and freeze until firm.

If you do not have an ice cream maker: pour into 9-inch square metal baking pan; cover and freeze, stirring occasionally, until partially frozen, about 4 hours. In a food processor with knife blade attached, process sorbet until smooth but still frozen.

* As an alternative to using agave syrup, mix together ½ cup sugar, ½ cup water and the zest in a saucepan. Heat gradually, stirring until the sugar has dissolved, then boil the mixture gently for 5 minutes to make a syrup. Combine with the other ingredients as described above.

