



Tucson Community Supported Agriculture

Newsletter 91 ~ June 18, 2007 ~ Online at www.TucsonCSA.org

Summer 07 - Week 3 of 13

Planned Harvest

(May differ from actual harvest)

- Crimson Sweet Watermelons
- Red LaSoda Potatos
- Mixed Onions
- Oat Groats
- Summer Squash
- Tomatoes
- Toma Verde Tomatillos
- Green Chiles (medium hot)



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Crooked Sky Farms visit: Saturday July 7th

The farm is located in Glendale, about 1 hour and 45 minutes away from Tucson. The visit would last approximately from 10 AM to 2 PM. Beverages and food will be provided. Precise directions will be given closer to the date.

To help us plan the visit, please RSVP at the front desk or by email by June 30th. Friends and family are welcome.

Broiler Chickens

Because we have limited freezer capacity, our delivery of organic pasture-raised chicken will be postponed until enough of the beef has left the freezer. Thanks for your patience.

NEW Check out our Bug Clinic, this summer, Mondays, 4-5 pm, in the courtyard



Cara Gibson, a fourth year PhD student in Entomology (the study of insects), will be available to address your insect questions.

If you would like to have a pest identified from your garden or your CSA produce, please bring a sample in a small plastic sandwich bag and she will do her best. In addition, Cara would like to share how to promote "good bugs" and other sustainable pest control methods in our homes and gardens.

"How can I pick a tomato if I can not touch it?"

We hear this question a lot. Let me explain what we are trying to accomplish. Crooked Sky Farms' tomatoes are picked when ripe and, therefore, bruise easily. When you squeeze a tomato to test it for ripeness, or when you put it back not gently enough, you are hurting that tomato. A tomato can only take so many squeezes and bumps before it starts showing bruises. If we let everybody test the tomatoes, they would all be spoiled by the next day. That's why we ask you not to handle them. However, it is not our intent that you go home with bruised or spoiled tomatoes. If you pick a tomato and you notice that it is bruised, please give it to a volunteer (do not put the tomato back in the tray) and take another one. Also, be fair: a tomato with a scar or other natural imperfection does not count as a bruised tomato. So, avoid searching for that perfect tomato. Unlike industrial tomatoes, farm tomatoes are not always perfect looking. It's the flavor that matters.



Grass-fed Beef Shares

It is time to sign up for our organic, grass-fed, grass-finished beef. A \$20 deposit will secure your share. A share weighs approximately 8 pounds and typically includes 2 steaks, 1 roast, 1 or 2 packs of ground meat and 1 pack of either stew meat, BBQ ribs or soup bones. Cost is approximately \$6 per pound. Beef shares will be available starting next week.

The 2007 Farm Bill – It is really about what YOU eat!



The Farm (& Food) Bill only comes around for re-authorization and major changes every 5 years and 2007 is one of those years. As people who eat, we all have a stake in the agricultural and nutrition policies and programs that Congress decides upon. These policies have major impacts on human health, environmental sustainability, and social and economic justice. It is still time to inform ourselves about these issues and make ourselves heard to

our elected representatives.

The Tucson Community Food Bank is hosting "Following the Farm Bill" sessions so that people like us can get updates, discuss legislative proposals and ask questions. **YOU ARE WELCOME TO COME.** The next meeting is Wed. June 20th, 5:30-6:30pm, at the Food Bank (see the "About Us" tab at www.communityfoodbank.org for directions). If you simply wish to get weekly email updates on the contents and progress of these meetings, just send an email to psigmon@communityfoodbank.org

Oats (Avena sativa) and Oat Groats

A Counsel On Oats...

A tough, old cowboy once counseled his grandson that if he wanted to live a long life, the secret was to sprinkle a pinch of gunpowder on his oatmeal every morning. The grandson did this religiously and lived to the age of 110.

He left four children, 20 grandchildren, 30 great grandchildren, 10 great great grandchildren and a 50 foot hole where the crematorium used to be.

Groat is an old Scottish word that describes an oat kernel with the hull removed. Oat groats were cooked as a hot breakfast cereal hundreds of years ago and are still enjoyed today. You can also use your home mill or coffee grinder to grind groats into fresh oat flour.

Oat groats can be cooked and served as cereal, or prepared in the same way as rice and used as a side dish or in a dish such as a salad or stuffing.



Breakfast Oats

Use two cups liquid -- water, milk, broth, stock -- and bring to a boil. Add one cup of oat groats (the whole kernel) and lower heat, simmer for about 45 minutes. This may also be done quite successfully using a rice cooker. Serve with some sugar (or agave nectar) and milk.

This will cook well in a crockpot on low overnight, but you may want to increase the liquid to 3 to 1, liquid to oats.

Oat Groats Pilaf

- 2 teaspoons olive oil, divided
- 1 cup oats groats
- 1 medium onion, chopped
- 1 cup sliced mushrooms
- 1/4 teaspoon pepper
- Salt, to taste
- 2 tablespoons minced parsley
- 2 medium tomatoes, diced
- 2 cups vegetable broth

Heat 1 teaspoon of the oil in a heavy, medium saucepan and stir in the oat groats. Cook the groats, stirring them for about 3 minutes to toast them. Add the remaining olive oil and onion and sauté the mixture for about 3 minutes, until the onion is soft. Add the mushrooms and cook the mixture for another 3 minutes or until mushrooms are soft. Add the broth, pepper and salt. Bring the mixture to boil, reduce heat, cover and simmer the pilaf for about 40 minutes, stirring occasionally. Remove the pilaf from the heat, stir in parsley. Season with lemon juice, if desired. Garnish with tomatoes.

Tomatillos

The tomatillo (Physalis ixocarpa or Physalis philadelphica) is a small, spherical and green or green-purple fruit surrounded by a paper-like husk. As the fruit matures, it fills the husk and can split it open. Tomatillos are the key ingredient in fresh and cooked Latin American green sauces. Fruit should be firm and bright green as the green color and tart flavor are the main culinary contributions of the fruit.

Salda Verde (Green Salsa)

To use as a tortilla chips dip. Can also be cooked and used as a topping over broiled salmon or scrambled eggs.

- 1/2 pound tomatillos, husked, rinsed, diced
- 2 green chiles
- 1/2 to 1 jalapeno
- 1 onion, chopped
- 2 garlic cloves
- 1/4 cup (firmly packed) fresh cilantro leaves
- 1 tablespoon fresh lime juice (optional)
- 1 tablespoon olive oil



Char green chiles directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed, and chop chilies.

Combine all ingredients in blender. Puree until almost smooth (should be slightly chunky). Season with salt and pepper. Add lime juice, if desired.

Can also be cooked before blending for serving on warm dishes (add a scoop of whipping or sour cream to the blender).

Chiles Rellenos

From Amy's grandmother and great-grandmother

- 12 long green chiles, roasted and peeled (leave stems attached)
- 4 eggs, separated
- 1/2 lb ground beef, cooked and seasoned with garlic, onion, and salt (for veggie version try substituting seasoned or cheesy mashed potatoes)
- 3 tablespoons flour, plus 1/4 cup for dredging
- dash of salt
- cooking oil

Make one slit down each chile and remove as many of the seeds as you easily can. It's better not to rinse them out. Leave the stem attached for a handle. Lightly coat the outsides of the chiles with flour and stuff with meat. With an electric mixer, beat egg whites until you get soft peaks. Fold in beaten egg yolks into egg whites.

Add 3 tablespoons flour and salt, mixing thoroughly but gently. Heat about 2 inches of oil in a small heavy pan. Dip stuffed chiles in egg batter and transfer to hot oil with a generous amount of batter. Spoon extra batter on uncovered portions of chile. If there are parts of chile without batter, it will splatter more when it is flipped.

Cook on both sides until golden brown and batter is cooked. Drain on paper towels and eat immediately. Serve with plenty of cool or room temperature salsa, especially if the chiles are really spicy. Eat with rice and beans or lentils.

- 15 oz canned or fresh tomato, chopped
- 2 generous pinches crushed dried oregano, Mexican or Greek
- 1 or 2 small cloves garlic, crushed
- salt and pepper to taste
- 2 to 3 tablespoons oil

Mix all ingredients. Pass the salsa with the chiles, spooning over them only just before eating.