



Tucson Community Supported Agriculture

Newsletter 92 ~ June 25, 2007 ~ Online at www.TucsonCSA.org

Summer 07 - Week 4 of 13

Planned Harvest

(May differ from actual harvest)

Red LaSoda Potatoes
Cimarron Onions
Wheat
Cosmic Purple Carrots
Summer Squash
Sweetie 82 Corn
Tomatoes
Choice of Herbs



The Back Page

Sara's Calabacitas
Corn Cob Stock
Cosmic Carrots
Herbs

Wheat Berries

Farmer Frank promises we will have wheat flour soon. In the mean time, use your wheat whole just as you would rice. Cooks in about 1-1.5 hours (30 minutes if soaked overnight). Cooked wheat berries make deliciously refreshing summer salads. They can be used in soups too, just like barley.

Check our recipes online. Member told us that the *Wheat Berries With Roasted Beets and Ginger-Curry Vinaigrette* recipe was excellent!

Don't worry about the little black seeds in your wheat berry packs. They are mustard and amaranth seeds that were harvested along with the wheat. They are harmless and can be left with the wheat.

And if you don't feel like eating your wheat berries now, store it until next winter.

This Saturday, Volunteer Working Party: The Great Grout Out!

Tucson CSA is expanding into the room next door - the original 1950's locker room of the old YWCA. One of our members, Neil Diamente, has removed the carpet that was in the room, revealing the original blue tile beneath it. He managed to scrape off the glue from the surface of the tiles (most of it, anyway), but he needs help removing the glue from the grout lines. So, we are planning the Great Grout Out Volunteer Working Party for this Saturday, June 30th from 9:00 am - 12:00 pm. If you'd like to help Neil, all you need to bring is a flat head screwdriver or similar tool. The glue is dry and chips away easily. We'll have refreshments and pizza for any participants. The more the merrier!

If you are interested, contact Neil at ndiamente@yahoo.com or sign up at the front desk.

Plan ahead for your Thanksgiving Turkey

Farmer Josh, who also raised the chickens we are about to receive, is planning to raise organic, pastured-fed turkeys for Thanksgiving. They're not heritage breeds but he says that the fact that they will be pasture-raised will make them excellent. He is offering to raise some for Tucson CSA. They will weigh approximately 16 pounds, will cost about \$4 per pound and will be delivered frozen. Available whole only (not halves or quarters).

If interested, sign up at the front desk by July 3rd. \$20 deposit required.

Crooked Sky Farms visit: Saturday July 7th

You can sign up for the trip until July 3rd. There is no charge, we are just delighted that you are coming to the farm.

Planned activities will include tours of the Glendale field, kiddy train rides for the kids, roasting of freshly harvested corn, melon samplings and more.

You can drive up there by yourselves or carpool. I suggest that those who wish to carpool meet in front of the Historic Y just before 8:00 am on Saturday morning and arrange carpooling among them. Philippe will have gone out to the farm the day before to help prepare.

Directions to Crooked Sky Farms: 5835 North 83rd Avenue, Glendale

- Take I-10 to Phoenix.
- Stay on I-10 and follow directions to Los Angeles.
- Take the **83rd Avenue exit (exit 135)**.
- Turn **right** on 83rd Avenue.
- Go for approximately 3 miles, past Camelback Road and Missouri Avenue.
- Immediately after Missouri Avenue, there is a housing development on the right. Crooked Sky Farms begins where the development ends. There is no sign, just a large field.
- Turn right immediately after the field and follow the dirt road to the house.

It's approximately a 2-hour drive. Questions? Philippe at (520) 203-6500.

More melons soon...

Farmer Frank says that honeydews, cantaloupe, cassava and other melons are almost ready to be picked. And cucumbers too...



Sara's Calabacitas

Sara, Tucson CSA

Use any summer squash you have available in this recipe. Serve with some beans and tortillas for a quick meal.



- 1 medium summer squash, sliced into half moons
- 1 tomato, chopped
- Kernels from 2 ears of corn
- 1 small onion, sliced
- 2 cloves garlic, minced
- 2 tablespoons oil
- 1 teaspoon cumin
- 1 tablespoon Fresh Savory or Oregano (or use 1 teaspoon dried)
- Salt and Cayenne pepper to taste

Heat oil over medium high heat and add onion. Sauté onion for a few minutes then add garlic and spices. Cook, stirring continuously, until garlic and spices release fragrance. Add vegetables and oregano, cover and lower temperature to medium-low heat. Cook for about 5-7 minutes, stirring occasionally, until squash is tender. Salt to taste.

Corn Cob Stock

Sara, Tucson CSA

Left over corn cobs make an excellent addition to a vegetable or chicken soup stock. All you need is a large soup pot and a few spare minutes. Use any assortment of vegetables you have on hand (this is a good opportunity to clean out your produce drawers and use up any old vegetables). Carrots and onions are particularly good additions to a stock. Cut vegetables into large chunks. Scrape remaining kernels off of cobs and break cobs into pieces. Add any herbs you like, whole garlic cloves and then cover everything with a few quarts of water. It will take only a few minutes to get everything together and bring to a boil, then lower the heat and ignore it for an hour while it simmers on the stovetop. After an hour, strain liquid into a bowl and cool. The stock will freeze well or keep it in the refrigerator and use within a couple of days.

The striking **Cosmic Purple Carrot**, introduced in 2005, is causing a stir at farmer's markets with its beautiful purple skin, sweet orange flesh, and bright yellow core. It contains the same antioxidant that gives blueberries their rich purple color. When sliced



into coins, Cosmic Purple really shows off its stunning color scheme in a beautiful display of purple, orange, and yellow. It's long, sweet crunchy roots are very high in beta carotene (vitamin A precursor): one serving of purple carrots contains 120 percent of your daily beta carotene needs. Cosmic Purple carrots are delicious raw: they have a sweet flavor with a slight hint of spice. Don't peel them if you want to maintain their spectacular color, and much nutrition, as always, is contained in the skin.



Herbs we may be getting this week:

Basil: with raw tomatoes and tomato sauces. And of course, Pesto.



Savory: seasoning bean dishes



Mint: teas, steamed potatoes, steamed vegetables, salads



Rosemary: teas, marinades, sautéed potatoes

