



# Tucson Community Supported Agriculture

Newsletter 98 ~ August 6, 2007 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 07, Week 10 of 13

### Planned Harvest

(May differ from actual harvest)

- Melons
- Dry Beans
- Yukon Gold Potatoes
- Chinese Yams
- Green Beans
- Tomatillos
- Trucker's Delight Sweet Corn
- Farmer's choice



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### Wheat/Oats grinder available at the CSA

The Tucson CSA has acquired a new heavy duty and fast electric wheat/oat/corn grinder. Feel free to make use of it to grind your CSA grains.

We recommend that you clean your grains before bringing them to the CSA for grinding.



### Newsletter editor

Philippe Waterinckx

## FALL ENROLLMENT FOR RENEWING MEMBERS

Priority renewal for current and past Tucson CSA members is until August 14<sup>th</sup>. Since we are full and have a waiting list, we no longer post the contract online in order to avoid receiving applications from non-members or non-waitlisted folks. Contract forms are available at the front desk, or by email.



Because of our new pickup day options (see below) **we ask that all members renewing for Fall submit a contract form.**

Enrollment for waitlisted people is from August 15<sup>th</sup> to August 31<sup>st</sup> (or until full). People who are waitlisted will be contacted by email in the order they joined the list.

## REMINDER: Fall Session Offers Two Separate Pickup Options!

Starting with the Fall session (September 4<sup>th</sup> to November 30<sup>th</sup>) we will offer two independent pickup days, **Tuesdays 4 to 7 pm** and **Fridays 4 to 7 pm**, with Farmer Frank delivering on both days. There will no longer be Tuesday morning pickups. The Tuesday and Friday deliveries will be completely independent, so pickup days **will not be interchangeable**. Members may pick up only on their appointed day, which they will choose when subscribing. There will be a subscription cap for each day.

## Crooked Sky Farms News

Staff: Several of Farmer Frank's key harvesters left the farm in the last month: Natalie went back to her native Canada, Tania took a leave of absence for family reasons, Jorge had enough, and Rory's on his honeymoon. Currently working at the farm are Julia, Rosa, Rhonda, Cosme, Alfredo and Chris. Other than Julia and Rosa, the others are fairly new at the farm. Rhonda has been there since June.



Cosme, Alfredo and Chris are brand new. And we are all delighted that Kelsey, Frank's right hand, has finally come back from her 6-month stint in east Asia.

Farmer Frank usually employs about five to six harvesters. When more than two leave at once, it can create a strain at the farm. It takes time to find good harvesters. Despite a starting hourly pay of \$12, health insurance and a good working environment, few people have what it takes or are even willing to do farm work - it's hard work, often under sizzling temperatures, and it requires skills and knowledge. Training new harvesters is also time consuming.

Produce: Some of the farm's traditional summer crops such chiles, bell peppers and okra are late maturing this year, because of the cooler than usual weather. The first and long-awaited crop of chiles should appear in one or two weeks, weather permitting.

## Organic Chicken Feed – Bulk Order

The Tucson CSA is about the place a bulk order for organic, GMO-free chicken feed (pellets). We buy it for our own hens anyway, but the more we order, the better the price. If you keep hens, let us know if you are interested in participating in our order (and how many bags you'd like to purchase). Cost: approx. \$22 per 50 pound bag. Expected delivery: mid-August. Our next bulk order will be in January.

### Summer Pot Pie

Sara, Tucson CSA

Corn, green beans and potatoes are the perfect vegetables for a delicious summer pot pie. This recipe calls for lentils, which help make the filling creamy. Use the crust recipe provided or use a pre-prepared pie crust, or frozen filo dough to save time. Use the pot pie idea to recycle any left over potato soup, too.

2 tablespoons oil  
 Corn from 2 cobs  
 1 bag green beans, chopped into 1/2" pieces  
 2 large potatoes, chopped  
 2 cups water  
 1 onion, chopped  
 3 cloves garlic  
 1/4 cup lentils  
 1 teaspoon thyme  
 1 teaspoon marjoram  
 1 bay leaf  
 1 tablespoon butter, optional  
 Salt and pepper to taste

Heat oil over medium high heat. Add onions and cook for a few minutes before adding garlic. Stir in potatoes and lentils and herbs, cover with about two cups of water and bring to a boil. Reduce heat, cover and cook for about 30 minutes, checking to make sure there is enough water. Add the rest of the vegetables, butter (if using), and more water if necessary, to make a fairly moist filling. Cook for about 10-15 more minutes until green beans and corn are tender. Let filling cool and put into a 9" cake pan or casserole dish.

### Biscuit topping

1 cup flour  
 1/2 teaspoon baking powder  
 1/2 teaspoon salt  
 4 tablespoon cold butter, cut into pieces  
 1/4 cup milk

Combine flour, baking powder and salt. Add butter and mix into flour mixture using your fingers or a fork or pastry cutter. (You want to break the butter down into small pebble size pieces). Stir in the milk and bring to a dough. Roll out dough into the right shape to more or less cover the dish you will be baking the pie in. Drape dough over pie filling and bake for about 15 minutes at 375° until top is golden brown.



### Miso Glazed Yams

From cdkitchen.com

1/4 cup hijiki (Japanese seaweed)  
 1 tablespoon oil  
 2 cloves garlic, minced  
 2 large yams  
 1/4 cup water  
 1 tablespoon honey  
 2 tablespoons mirin  
 1 tablespoon soy sauce  
 1 tablespoon dark red miso  
 1 teaspoon sesame oil  
 1 tablespoon sesame seeds

Soak hijiki in a lot of warm water for 30 minutes. Drain and rinse. Heat oil over medium heat. Add yams and stir-fry for about 2 minutes. Add hijiki and garlic and stir-fry for another 2 minutes or so. Add the rest of the ingredients, and bring to a boil. Cover and cook for about 5 minutes. If necessary, uncover and cook, stirring, until almost all of the liquid has evaporated. Serve warm or at room temperature, sprinkled with toasted sesame seeds.

### Sweet Potato (Yam) Frites

From Lorraine Glazar, TCSA

1 small sweet potato (yam) per person  
 1 teaspoon melted butter (or oil)  
 Red chili powder or cumin, to taste  
 Salt, to taste

Scrub the skin of the sweet potato thoroughly. Cut into lengthwise sticks like French fries. Toss in the melted butter and place in a single layer on a cookie sheet. Sprinkle with spice and salt. Bake at 425 degrees for twenty minutes.

### Melon Sorbet

Sara, Tucson CSA

If you are overflowing in melons, cut and freeze them to use later on. Add herbs like basil or mint to make a more interesting sorbet.

2 cups frozen melon, chopped into 1 inch pieces  
 1/4 cup (or more as needed to blend) apple juice  
 Honey to taste  
 Fresh herbs

Pulse all the ingredients in a food processor or blender until mostly smooth. Serve immediately.

