



# *Tucson Community Supported Agriculture*

Newsletter 102 ~ Fall '07, Week 1 of 13 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Harvest list is online



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## Roasted Chiles

If you are not going to use your roasted chiles within a few days, just freeze them as they are. Before using, thaw, peel, and remove seeds and membranes (they are the hottest parts).



## For sale: Organic, GMO-free chicken feed (layer pellets).

Ask at the front desk for more info.

## Newsletter editor

Philippe Waterinckx

## WELCOME TO THE FALL SESSION

This is the Tucson CSA's 16<sup>th</sup> session since we started in February 2004 on a front porch on 7<sup>th</sup> Avenue. Our fifteen original members, about half of whom are members today, would stop by for an unattended pick-up on Tuesdays. We're now about 400 members, and with this session, we've gone to two pick-up days, Tuesdays and Fridays, so that Farmer Frank can most effectively employ his crew of five harvesters to harvest for us and so that more members can join the CSA. Crooked Sky Farms will be making a fresh delivery for each pick-up day. Produce selection for both days will be similar, but may not be identical. We're working on the best and most efficient way to handle the newsletter and e-mail list in view of this change to two pick-up days. We'll keep you posted.

## HOW TO MAKE THE CSA WORK FOR YOU

Being a CSA member is a great experience, but it's sometimes a challenge. It requires adjustments on your part. A CSA is more than a place to buy food – it's a place where you participate in a local food system. It's not about the size of the beets, or whether you get too many carrots or not enough corn. It's about the relationship between you, as an eater, and the farmer, as the grower of your food. It's about supporting a food system that is environmentally, socially and economically sound. Practically, it requires adjustments in how you plan and cook your meals. Eating from your CSA share is not unlike eating from your own garden, in that you have to eat what's ripe.

To explain some of the main points about how the CSA works and how to make it work for you, we've written a short brochure to hand out for the first few pick-up days this session. It's mostly for new members, but it also has some good tips and reminders for ongoing members. Please take one!

## GRAINS CHALLENGE

We've heard from members who are uncertain about what to do with the whole-grain wheat and oats we get from the farm. Of all the produce we get from the CSA, these grains may be the most different from what we're accustomed to buying in the store. This is one of those areas where getting the most from the CSA requires changing old habits or learning new ways (e.g. you can use these grains instead of rice or beans). We've made an effort to put a number of recipes in the online recipe archive. Please take a look at them. Also, in a few weeks, we will have a specialized tasting featuring various dishes made from Crooked Sky Farms' grains.

The grinder that the Crooked Sky Farms ordered last May is on back order. So, we have to wait a little longer before we get flour from those sumptuous grains.

## DO YOU KNOW YOUR COW?

HoofsnHorns Farm in northwest Tucson currently has openings in their cow share program! Get natural fresh raw jersey milk (with cream!!) and be part of a small local farm rescue. Fresh eggs, cheeses, local raw honey & soap also available. Get to "know" the cows your milk comes from! Real milk? It's all about WHO you know. "I know MY cow!" For more info, contact Shelby at [hoofsnhorns@earthlink.net](mailto:hoofsnhorns@earthlink.net) or go to [www.hoofsnhorns.com](http://www.hoofsnhorns.com) and click on the "join a cow share" link.

### **Quick Tortilla Soup**

Sara, Tucson CSA

4 cups broth  
3-5 roasted chiles, diced  
10-15 cherry tomatoes, quartered  
1 onion, chopped  
3 cloves garlic, minced  
2 teaspoons ground cumin  
1 teaspoon dried oregano  
1 tablespoon oil  
Salt and pepper to taste

Garnish with tortilla chips and any combination of cheese, avocado, lime wedges and cilantro.

In a large pot, heat one tablespoon of oil and quickly sauté all ingredients (except garnish). Cover with broth, bring to a boil and cook for 15 minutes. Serve in individual bowls and let each person add their own garnish.

### **Curried Stir-Fried Okra**

Heidi DeCosmo, TCSA

Always let the okra DRY COMPLETELY after rinsing and before using it, or it will become slimy!

2 tablespoons vegetable oil  
1 medium onion, chopped  
1 garlic clove, minced  
1 teaspoon minced ginger  
1 tablespoon finely chopped jalapeno or roasted green chile  
2 tablespoons curry powder  
1 CSA portion okra, whole, trimmed leaving tops intact  
¾ teaspoon salt  
¼ teaspoon black pepper

Heat oil in a heavy skillet over medium heat. Add onion and cook until golden, about 3 minutes. Add garlic, ginger, pepper, curry powder, and okra. Stir-fry about 5 minutes. Stir in the salt and pepper.

### **Green Chile Omelet**

Green chile, cheese and eggs have a natural affinity. Goat cheese isn't just a stylish conceit; it was once a very common cheese, for goats thrive more cheaply and easily than do cows.

2 roasted green chiles, skinned, seeded, and cut into strips  
Fresh goat cheese  
2 eggs  
Salt and pepper  
1 tablespoon butter

Season the eggs with salt and pepper and whisk them in a bowl with a fork. Melt the butter in a 7-inch nonstick

skillet, then wait a good 5 seconds after the foaming has stopped. Swirl the slightly browned butter around to coat the pan, then add the eggs. Let them sit over high heat for 10 seconds to begin to cook, then swirl the pan. When the eggs are set but still soft on top, add the chile and some crumbled goat cheese. Fold omelet over and roll or slide off onto plate.

### **Oat Groats**

Cook your oats groats whole or use your home mill or coffee grinder to grind them into fresh oat flour. We also have a mill at the CSA (but it doesn't grind very fine).

#### **Basic cooking instructions for groats:**

Rinse oat groats in bowl of water, letting the loose hulls and straw bits float to the surface and then pour them away. The little black specks are harmless mustard seeds and they can be left with the groats if you don't mind them.

Use two cups liquid -- water, milk, broth, stock -- and bring to a boil. Add one cup of oat groats and lower heat to simmer for about 45 minutes. Also cooks well in a crock pot on low overnight, but you may want to increase the liquid to 3:1, liquid to oats.

Use water or milk for breakfast oatmeal. Use broth or stock to use the oats as a rice substitute.

### **Wheat Berry Summer Salad**

Sara, Tucson CSA

To prepare the wheat berries for this salad, simply boil the desired amount in a large quantity of water for 1 hour. Drain and proceed with the rest of the recipe.

1 medium bell pepper, chopped  
1 shallot or small onion, chopped  
1 basket cherry tomatoes, halved  
2 cups cooked wheat berries  
1 cup cooked beans, preferably white  
2 tablespoons oil  
1 tablespoon apple cider vinegar  
1 teaspoon oregano  
Salt and pepper to taste  
¼ cup crumbled goat cheese (if desired)

Chop bell pepper and shallot. Use 1 tablespoon of oil to sauté bell pepper and shallot over high heat for about 4 minutes, stirring often. Combine cooked vegetables with wheat berries, beans and tomato halves. Mix remaining oil with vinegar and oregano and drizzle over salad. Mix well and season with salt and pepper to taste. Top with goat cheese, if using, and refrigerate. Serve cold.