



Tucson Community Supported Agriculture

Newsletter 114 ~ November 27, 2007 ~ Online at www.TucsonCSA.org

Fall 07, Week 13 of 13



Planned harvest list is [Online](#)

The Back Page

Japanese Hot Pot
Beet Sushi
Roasted Winter Vegetables
Roasted Winter Vegetables Salad

West Side Pick-Up Location?

We may have an opportunity to open a second pick-up location on the West side next year. It would be in the future Mercado at Menlo Park, near the southwest corner of Congress and Grande. We would like to gauge our members' interest in this alternative pick-up location.

If you would be interested in picking up at that location, please let us know by e-mail.

The current location at The Historic Y would continue.

Beet Greens

Don't discard your beet greens. Sauté them lightly in olive oil and a bit of garlic. Garnish with a dash of soy sauce and a sprinkle of Parmesan cheese.



Baby Carrots

Unlike most commercial baby carrots, which are mature carrots trimmed down to a small size, Crooked Sky Farms' baby carrots are true baby carrots.

Newsletter editor

Philippe Waterinckx

LAST PICK-UP OF THE FALL SESSION!

This week is the last pick-up of the Fall session. Thank you all for participating in the CSA. If you have renewed and are staying with us, we'll see you again next week. If you're leaving us



THE SCOOP ON THE EGGS



To the disappointment of many of you, we have been getting fewer and fewer eggs. Here is why. Chris O'Brien, who used to supply us with his organic eggs straight from his Tucson backyard finished his PhD, sold his hens and moved to Oregon. Judy, from Estancia Farms in Dragoon, is still planning to sell us her pastured raised organic eggs, but right now her hens are molting (re-growing new plumage for the winter) and therefore not laying.

The few eggs we have had recently have come from Josh's farm near Wilcox. Unfortunately, Josh doesn't come to Tucson very frequently, and it doesn't make economic nor environmental sense for us to drive there just to get eggs. So, please be patient. Hopefully, Estancia Farm's hens will resume their duties soon. In the mean time, we'll occasionally get Josh's eggs, whenever he comes to Tucson or whenever we happen to drive by Josh's farm.

If any of you makes regular trips to and from Wilcox and is willing to pick up Josh's eggs, get in touch with us and let's make a deal.

HOW WAS THE TURKEY?

If you had one of Josh's turkeys for Thanksgiving, give us some feedback to help us determine if we should repeat this next year. For reminder, Josh's turkeys were regular commercial turkeys, not heirlooms, although they were raised naturally on pasture. They were moved every three days from one one-acre pasture to another to ensure that they benefited from a steady and abundant supply of natural food. They did receive small amounts of regular turkey feed but they ate primarily what was naturally available on the pasture. There were not given or injected with any chemicals or antibiotics. Josh processed all the turkeys himself (at the state-certified Guzman meat processing house in Cochise) during the week prior to their November 13 delivery to the CSA.



SHARPEN YOUR KNIVES WITH NAT THE KNIFE LADY

Be sharp and ready for Hanukah, Christmas and all other year-end holidays! Next Tuesday, during the Tuesday, December 4th pick-up, CSA member Natanya will be at the CSA with her sharpening tools to sharpen CSA members' knives to make sure your cutting instruments are in good shape for the onslaught of all of our winter vegetables.

One free knife sharpening per member. Additional sharpenings, if time allows, will be \$2-\$4 per knife.

For safety, please bring your knives securely wrapped in a towel or cardboard!

Japanese Hot Pot

Sara Jones, Tucson CSA

If you have chicken or vegetable broth, you can use that as a base for the soup. If you don't, just use water, the miso will provide enough flavor. Instead of tofu, you can use very thin slices of beef, added at the last minute with the herbs.

- About 2 quarts stock or water
- 1 head bok choy, roughly chopped
- ½ block firm tofu, chopped into squares
- 1 handful sliced mushrooms
- 1 handful rice vermicelli
- 1 bunch green onions, sliced
- ½ bunch shungiku, roughly chopped
- 2 + tablespoons miso paste

Bring stock or water to a boil and add mushroom, thick bok choy stems and noodles. Cook until noodles are almost tender then add tofu, bok choy leaves, green onion and shungiku. Remove pot from heat. Thin miso paste with one cup of water, then stir into soup. Taste for flavor and add more miso if necessary.

Beet Sushi

Sara Jones, Tucson CSA



The vibrant color of cooked beets looks a lot like the raw tuna used in sushi rolls. Tossed with a little bit of vinegar and sugar, beets provide an unexpected but delicious vegetarian alternative to fish.

You can make actual sushi rolls, which require a bit of manual dexterity and fancy chopping techniques, or you can toss all the ingredients together in a salad and simply garnish with crumbled nori.

- 4+ sheets nori (seaweed wrappers)
- 2 ½ cups cooked short grain rice
- 1 bunch beets, cooked, peeled and cut into ½ inch strips
- 2-3 baby carrots, sliced into matchsticks
- ½ bunch green onions, sliced in half lengthwise
- ½ bunch shungiku
- 2 tablespoons rice wine vinegar
- 2 teaspoons sugar
- 2 teaspoons soy sauce, plus more for dipping
- 1 teaspoon wasabi paste

Mix last three ingredients together and stir until sugar is dissolved. Toss half of the mixture with the cooked rice and the other half with the cooked beets. Assemble rolls by spreading a thin layer of rice over the top ½ of a sheet of nori. Add the vegetables across the top half of the rice,

then roll up, starting at the top end where the rice comes all the way to the edge of the nori. Ideally, you want the rice on the top of the roll to just meet the rice where it ends in the middle as you roll up your sushi. A sushi mat is helpful but not necessary. (There are more detailed instructions at various places on the web.) Seal the edge with water. Use a very sharp knife to cut into bite size pieces. If making a simple salad, mix wasabi paste with a few teaspoons of soy sauce for a dressing. If making rolls, use this mixture as a dipping sauce.

Roasted Winter Vegetables

Sara Jones, Tucson CSA

Baby carrots, beets and turnips are delicious roasted together. Serve over cooked grains as a side dish. Cut off your beet and turnip greens and cook them together to eat in the same meal, or save them in a plastic bag in the refrigerator for another time.



- 1 bunch baby carrots, scrubbed clean
- 1 bunch beets, scrubbed clean and quartered
- 1 bunch turnips, scrubbed clean and quartered
- 1 tablespoon oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

Toss vegetables together with oil and vinegar and place in a baking pan. Sprinkle with salt and pepper. Roast vegetables in a 375 degree oven for about 30 minutes until they are all tender. (Test one of each vegetable, as they have slightly different cooking times.)

Roasted Winter Vegetable Salad

Sara Jones, Tucson CSA

If you have any roasted veggies left over, try making a salad with them. I like to use quinoa as the base grain, but you can use whatever you have on hand. If the vegetable chunks are big, cut them into bite size pieces.

- 2 cups cooked grains, preferably quinoa or couscous
- Left over roasted vegetables, cut into bite size pieces
- ½ bunch cilantro, finely chopped
- ½ cup pecans, chopped
- 3-4 green onions, chopped
- Salt and pepper to taste.

Toss all ingredients together in a bowl. Add more oil and vinegar if needed. Serve cold or hot.