



Tucson Community Supported Agriculture

Newsletter 124 ~ February 12, 2008 ~ Online at www.TucsonCSA.org

Week 10 of 12

Winter '07/'08

Planned harvest list is [Online](#)

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SPRING ENROLLMENT SCHEDULE:

FEBRUARY 1 TO 29

February 1 to 16: renewing & former members only.

Spring session contract is available online (under Join > Subscriptions) or at the CSA front desk during pickup hours. Renewing and former members can mail us their completed contract and payment or fill in a one-line contract at the CSA front desk. Our mailing address is: Tucson CSA, 300 E. Univ. Blvd., Ste. 146, Tucson, AZ 85705.

February 17 to 29: renewing, former, AND waitlisted members.

Waitlisted members will be contacted by email beginning February 16 in the order in which they joined the wait list. They **should not** submit a contract and payment unless they have been invited to join. New members must first add themselves to the wait list (online).

Price per share: single payment: \$247 or two payments of \$130.

Newsletter editor

Wendy McCrady

PARKING ALERT

A very popular yoga workshop is scheduled at the Historic Y for February 15th through 24th. This event will seriously impact parking availability as up to 150 students are anticipated to attend this event. The workshop begins at 8 am each morning and ends at 7 pm each evening, meaning it will be going during our scheduled CSA pick-up times.

To cope with this, we will make **curbside pick-up** available during the pick-ups on Friday/February 15, Tuesday/February 19, and Friday/February 22. A CSA volunteer with pre-packed bags of CSA shares will be at the curb near the patio entrance. Just pull up to the curb, check your name off the sign-in sheet, grab and go. Please do not block traffic and do not plan on going inside. Note: this will probably be easiest if you have a passenger in the vehicle with you.

Another option is to explore other nearby parking. We have a new online Parking Map on our website at <http://www.tucsoncsa.org/about/hours-and-location/> that will show you all of the available parking within walking distance. Please check it out!



A great option would be to come by bicycle. If you've been thinking about riding your bike to pick up your CSA share, this would be the perfect time to pedal on over! If you don't have a rack or panniers, bring a backpack that will hold your share for the ride home. As always, remember to ride safely.

DECODING PRODUCE AT THE STORE

If you need to supplement your CSA share from the grocery store, member Sallie Marston recommends checking the PLU codes on the produce first. This is the number printed on the little stickers now affixed to every vegetable or fruit (or on the tie wrap).

- 4 numbers = conventionally grown produce
- 5 numbers, beginning with 9 = organic produce
- 5 numbers, beginning with 8 = genetically modified produce

COMING SOON FROM THE FARM

Kelsey reports that we will soon see cauliflower and cabbage in our shares from Crooked Sky Farms. Help us build our recipe database by submitting your favorite recipes featuring either of these two vegetables. Email your original recipes to us at tucsoncsa@tucsoncsa.org. Remember to check the database often for ideas on how to enjoy your share. Recipes from the newsletters can be found there, as well as many more submitted by CSA members.



Salad Dressings

Lorraine Glazar, Tucson CSA

The fresh herbs we receive from the farm lend themselves to making delicious fresh salad dressing to go with all the butter lettuce, red romaine, and other greens in our shares. It is especially tasty to combine them with the citrus fruit of the season. Remember when you make your own, even if you need to use some non-local ingredients, you are reducing the transport of commercially prepared dressings.

Basic recipe:

¼ cup lemon juice

¼ cup oil: olive, canola, a mix, or your preferred oil*

3-4 tablespoons fresh dill, stems removed and roughly chopped

½ teaspoon prepared mustard

1 clove minced garlic (optional)

Salt and pepper

Blend in food processor or blender until the herbs are finely chopped and distributed through the dressing.

Experiment with the basic dressing and adjust amounts to your taste. I like an even balance of oil and acid, although most recipes call for more oil than acid. You might like more garlic.

Suggested combinations:

- Lime juice with cilantro, add ½ teaspoon powdered cumin and/or chile powder
- Orange juice with cilantro, add a dab of orange marmalade, omit garlic
- Grapefruit with dill, add a small amount of honey
- Lemon juice and oregano
- Lemon juice and mint, with honey or a dab of mint jelly
- Lemon juice with pesto you have preserved, cut back on oil since there is plenty in the pesto

Suggested add-ins to vary the flavor:

- Citrus zest
- Honey or Dijon mustard
- Egg yolk (provides thickening but reduces the time the dressing keeps)

*Specialty oils such as walnut, roasted peanut, sesame. While these seem expensive in the initial purchase, a little goes a long way. Walnut oil works miracles with bitter greens and spicy roots like radishes.

Huevos Florentine

Paula Karrer, Tucson CSA

Per serving:

olive oil

crushed garlic

1 bag CSA greens

salt and pepper

2 eggs

1 large flour (or corn) tortilla

Combine a tablespoon or so of olive oil with crushed garlic (as much as you like.)

Wash and shred the greens. Wilt in a pan with a few drops of olive oil, salt and pepper. Cook a few minutes longer, covered. When done, stir in garlic and olive oil mixture.

When the greens are almost done, fry the eggs, sunny side up or over easy. Season with salt and pepper.

Warm the tortilla. Place the tortilla on a plate, arrange greens on the tortilla and top with the eggs.

Potato Dill Sauce

From *The New Laurel's Kitchen cookbook* by Laurel Robertson, Carol Flinders, & Brian Ruppenthal, 1986. Contributed by Danielle Charbonneau, Tucson CSA

Here is my favorite way to easily and deliciously enhance steamed greens.

½ onion, chopped

1 clove garlic

1 tablespoon oil or butter

1 cup vegetable stock

1 potato, cubed

1 teaspoon dill weed

½ teaspoon salt, to taste

black pepper

1 tablespoon chopped parsley

Sauté onion and garlic in oil. Add stock, potato, and dill weed. Cook partially covered until potato is soft, then puree. Add seasonings and parsley. Thin with stock or milk if desired.

Makes 2 1/2 cups.

Winter Greens User's Guide

Sara's popular handout from the cooking demonstration is now on the website under the Recipes tab.

<http://www.tucsoncsa.org/recipes/>