



Tucson Community Supported Agriculture

Newsletter 129 ~ March 18, 2008 ~ Online at www.TucsonCSA.org

Week 3 of 13

Spring `08

Planned harvest list is [Online](#)

The Back Page

Turnips Baked in Dijon Mustard
Napa Cabbage Salad
Spice Cake with Turnip

CSA Equinox Celebration

To celebrate the coming of spring, join us in the courtyard this week for a taste of local foods and drinks lovingly prepared by Lori and others.

It's Aphid Season!



For a few weeks in early Spring, there can occasionally be aphids in some of the CSA produce. That's because it's aphid season: aphids develop fast when the weather warms. However, thanks to Farmer Frank's natural pest control approach, their population explosion is quickly followed by that of the ladybugs and lacewings, which are prodigious aphid eaters. Once the latter take over, the aphids will be gone.

If you do encounter aphids in your produce, just wash and rinse your produce thoroughly in water. Swishing them vigorously in water with just a few drops of liquid dish-soap prior to rinsing is even more effective.

Philippe's Tip on Greens

Use your CSA greens to add extra flavor and texture to your own pasta sauce recipes. Take any greens (chard, collards, bok choy, kale, mustards, beet-, radish- or turnip tops, etc.) and cut them into thin strips. Sauté them into some oil (or blanch them instead), then add them to your regular tomato or creamy pasta sauce.

Newsletter editor

Philippe Waterinckx

HAPPY EASTER!

Away during Easter or Spring Break? Ask a friend to pick up your share for you. Just tell them to check in with a CSA volunteer.



THE TUCSON CSA CREW – FOCUS ON PHILIPPE

This week we are starting a series of mini bios of the folks who help run the Tucson CSA, including the Tucson CSA volunteers and those who grow your CSA foods. You often see some of them when you pick up your shares, but others work behind the scenes.



Philippe Waterinckx hails from the wild savannas of the Democratic Republic of Congo. If you have trouble pronouncing his last name, just say "waterings". It means "moats" (rings of water) in Flemish. Philippe is passionate about growing local foods, cooking and sustainable living. He has lived in many places in Africa, Europe and the United States, and he finds Tucson to be one of the best, maybe because it bears similarities to where he grew up. Philippe started the Tucson CSA in 2004, hoping to

stimulate a more healthy local food system through encouraging local sustainable agriculture and promoting the consumption of honest, seasonal foods.

Philippe is usually at the CSA during pick-up hours and he can also be spotted around town hauling vegetables and other CSA goodies with his bicycle trailer.

GRASSFED BEEF PACKS

We are ready to take deposits for beef packs. This time our beef comes from Josh, who is also our provider of eggs and chickens. The beef is raised and finished on Josh's pastures in Sulphur Springs Valley, near Willcox. It is hormone- and antibiotic-free and is processed at Guzman Meat Processing, a small meatpacker near Cochise.

As usual, we are buying a whole animal to be divided into packs of assorted cuts. The packs will weigh approx. eight pounds and include ground meat (ultra-lean), steaks and a roast. Price is typically between \$6 and \$7 per pound. Make a \$20 deposit at the CSA front desk to reserve a pack. The balance is due when the packs arrive in early April.

SLEUTHING IN YOUR SUPERMARKET: LEARNING TO SHOP WITH A CONSCIENCE

Join a five-week course facilitated by Kitty Ufford-Chase at the Unitarian Universalist Church (just east of Swan on 22nd St.) beginning Monday, April 7th, 6:30 pm to 8:00 pm.

Learn how our global food system works (or doesn't work) through a variety of fun and interesting topics and activities, including a history of supermarket chains and mass-advertising, the environmental impacts and social (in)justice of the global food system, and alternatives and options for action to support a more equitable food system.

The fee for the five-session class is \$15 to cover supplies. Scholarships are always available and always given. Please email mike-greenbaum@qwestoffice.net of the UUCT or call him at 326-8831 to sign up. Payment may be made by credit card by calling Jean in the UUCT office at 748-1551.

For questions, contact Kitty at the Community Food Bank: 622-0525, x251 or kitty@communityfoodbank.org

Napa Cabbage Salad

Veronica Furlong, Tucson CSA

I'm not sure about this recipe's origins. My grandmother used to make this, and this is my cousin's version. It could probably be tweaked even more to simplify.

Please don't be frightened when you see that it calls for Ramen noodles! I usually dislike them, although in this recipe they are truly transformed into something magical! I've put some alternative ingredient ideas in brackets.

1 head Napa [or regular] cabbage
1 bunch minced green onions
1/3 cup butter [or your favorite cooking oil]
1 package (3 ounce) ramen noodles, broken
2 tablespoons sesame seeds
1 cup slivered almonds
1/4 cup cider vinegar
3/4 cup vegetable [or sesame] oil
1/2 cup white sugar [or honey]
2 tablespoons soy sauce

Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.

Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in a preheated 350° F oven, turning often to make sure they do not burn. When they are browned remove them from the oven.

Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.

Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

Turnips Baked in Dijon Mustard

Maggie Newman, Tucson CSA

5 or 6 small to medium turnips peeled and sliced (about 1/2 inch thick)
1/4 cup softened butter
1 tablespoon Dijon mustard
Cracked Black Pepper to taste

Preheat oven to 350 degrees. Peel and slice turnips. Mix mustard and butter, spread on turnips. Place turnips in single layer in a lightly oiled, shallow baking dish (8x8) and sprinkle with black pepper. Bake until tender, at least 20 min for young turnips; more for older ones.

Spice Cake with Turnips

Mary Ann Clark, Tucson CSA (adapted from a recipe at grouprecipes.com)

For my first attempt at making this cake (sampled by the Friday CSA group on 2/1/08) I used 1 1/2 cups of mashed turnip, no ground ginger & only 1 teaspoon of vanilla. I like the following version better. In this version you can detect no turnip and I like the subtle addition of the ginger.

Preparation: 15 mins. Cooking: 40 mins. Servings: 12

2 1/2 cups whole wheat flour (grind wheat berries from Farmer Frank)
1/4 teaspoon salt
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/4 teaspoon ground ginger
2 teaspoons baking soda
1/2 cup margarine/butter at room temperature
1 cup packed brown sugar
2 eggs
2 teaspoons vanilla extract
1 cup buttermilk*
1 cup cold mashed turnip**
1/2 cup raisins/dried cranberries
1/2 cup chopped walnuts
powdered sugar for topping

1. Preheat oven to 350F. Grease and flour a 13" x 9" pan.
2. Combine dry ingredients in a medium bowl (including buttermilk powder if using) and set aside.
3. Mix butter and sugar. Add eggs and vanilla & blend well.
4. Add buttermilk (or water if using powdered) to the creamed mixture & blend well.
5. Mix in the turnip, raisins, & nuts.
6. Add flour mixture to the turnip mixture and blend very well.
7. Pour into prepared pan and bake 40 minutes.
8. Cool completely in pan before turning out and sifting powdered sugar over cake to serve.

*May use powdered buttermilk: About 1/4 cup powdered buttermilk & 1 cup cold water.

**The raw turnips (minus the greens) weighed between 11 & 12 ounces: A medium-sized bunch of turnips by Tucson CSA standards.

