



Tucson Community Supported Agriculture

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Spring '08

Week 8 of 13 (Crooked Sky)
Week 4 of 9 (Agua Linda)

Planned harvest list is [Online](#)

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Agua Linda's Fava Beans



Agua Linda Farm shares contained fava beans last week, and we expect more of them in weeks to come. Fava beans are a fleeting spring

delicacy. Preparing them is work, but the result is well worth it. It is a wonderful activity to engage children in, as an opportunity to teach them about the work and rewards of processing fresh foods from scratch.

See preparation tips on the Back Page

Surplus Basket

We all love it when members bring vegetables, fruit and herbs from their garden to our surplus basket. Thank you to those who have been contributing their home-grown produce!

Josh's Eggs



We will be getting Josh's eggs twice a month now, while egg

production is at its peak. We will no longer restrict members to buying only one dozen at a time, which we unfortunately had to do so that the eggs could be enjoyed by all while they were scarce.

Newsletter editor

Philippe Waterinckx

SUMMER SESSION ENROLLMENT BEGINS APRIL 28

Summer session will run for the months of June, July and August. Starting next week we are opening Summer subscriptions to renewing and former CSA members. Register at the front desk or, to avoid lines, mail us your contract and payment.

Produce shares from Crooked Sky Farms (Tuesday and Friday pick-up) and Agua Linda Farm (Thursday pick-up) are \$247 per share. Goat cheese shares from Black Mesa Ranch are \$30 per share. A goat cheese share consists of a total of 6 deliveries of goat cheese, one each on even-numbered pick-up weeks (weeks 2, 4, 6, 8, 10 and 12). By default, goat cheese subscribers will receive a rotation of the four different cheese flavors, but they can choose specific flavors for each pick-up when completing the Contract Form, which is available online under *Join > Subscriptions*

Enroll early to secure the pick-up day of your choice before we open subscriptions to waitlisted members.

April 28 to May 31: registration for renewing and former members.
May 16 to May 31: registration for waitlisted members.

CSA CREW HIGHLIGHT: GREG

Greg Butler started his Tucson CSA volunteer career in the Spring of 2006 at the Santa Cruz River Farmers Market, when the Tucson CSA was selling produce from Crooked Sky Farms there. Those days are over, and Greg is now our floating volunteer, filling in whenever we need an extra hand. He also compiles a weekly price list of CSA shares, comparing the price of CSA shares with equivalent store-bought organic produce (CSA shares are generally better value).



A business school graduate, Greg now sells commercial security systems. Greg also works at the Sweetwater Wetlands, Tucson Water's treatment facility and riparian wildlife habitat, where he teaches school children about water resources under a joint project between Tucson Water and the University of Arizona.

In his spare time, Greg enjoys traveling, backpacking and camping, learning how to live more sustainably, and napping (he will happily consult with you about your napping needs).

UC, DAVIS LAUNCHES A NEW FOOD PROJECT

Contributed by Sallie Marston, CSA member and U of A Professor of Geography

Researchers at the University of California at Davis have begun a multi-pronged research project intended to assess energy use and greenhouse gas emissions in the food system. The goal of this research initiative is to study the food system, from "farm to fork", in order to identify technologies, methods, and consumer food choices that can reduce energy use and carbon emissions by the food system. This project comes at an urgent moment when the price of food and the threat of hunger and malnutrition are growing. Millions of the world's most vulnerable people are at risk. Simply improving market efficiency can have a huge effect. Roughly a third of the world's food shortages could be alleviated to a significant degree by improving local agricultural distribution networks and helping to better connect small farmers to markets.

Website: http://www.asi.ucdavis.edu/research/energy_food_system.htm

Preparing Fava Beans

thegreenguide.com

The fava bean (or the broad bean) has been cultivated from China to the Mediterranean Sea for thousands of years, and is an integral part of those cuisines. The beans are eaten as a fresh vegetable when picked early in the season and as a dried bean when allowed to mature on the vine. Fresh fava beans are a wonderful addition to many spring and summer dishes. They are packed with fiber and protein and are a good source of folate and minerals like zinc, phosphorous, iron and magnesium.

To prepare fresh fava beans, break open each pod and run your thumb along its fluffy interior; the beans will easily pop out. The pods aren't edible, so just add them to the compost pile. Next, you have to remove the skins of the beans. The skin can be bitter and a bit tough. If you get very small pods, you can get away with cooking and eating the beans with their skins intact; but most of the time, you have to remove them. [Editor's note: my chickens like to eat the skins.]

To remove the skins, bring a large pot of salted water to a boil. When the water comes to a full boil, add the fava beans and cook them for approximately thirty seconds. Drain the beans and cool them down. Next comes the decidedly time-consuming process of peeling each bean. There is a dark green, thick ridge on the rounded side of the bean—starting there, pinch the skin and pull it open. Once the skin opens a bit you can squeeze the bottom and the bean slips out. I like to peel them right into a bowl or storage container. Once the beans are peeled, they are ready to enjoy.

A simple way to serve them is with melted butter, lemon juice, and salt.

Fava Bean Salad with Fresh Mint

2 pounds fava beans in their pods
2 sprigs fresh mint
2 cups salted water
2 ounces thinly sliced Serrano ham, prosciutto or Black Forest ham
1 small head of romaine lettuce, cut into thin strips
1/2 teaspoon Dijon mustard
3 tablespoons extra virgin olive oil
1 tablespoon red wine vinegar
salt and freshly ground black pepper

Peel the fava beans and discard the pods. Bring a pot of water to a boil. Add the fava beans and simmer thirty seconds. Remove the fava beans and cool. To peel them, puncture the bright green skin with your fingernail and pop the bean out of the shell. Discard the shells.

Remove the leaves from the mint sprigs, but reserve the stems. Pile the leaves one on top of another and roll like

a cigar. Cut into very thin strips and reserve. With the back of a knife, tap the mint stems several times to bring out their flavor. Bring the salted water and the mint stems to a boil. Add the fava beans and simmer until tender, 3 minutes. Drain, discard the mint stems and cool.

Cut the ham into thin strips. Combine the ham, lettuce, strips of mint, and fava beans. Whisk together the mustard, olive oil and vinegar. Season with salt and pepper. Toss the vinaigrette with the fava bean mixture and serve immediately.

Carrot and Fennel Pasta

Sara Jones, Tucson CSA

This is a fast and easy recipe, everything is ready by the time the pasta is done cooking. The vegetables, cut into long thin strips, cook quickly. Use a vegetable peeler to cut strips of carrot, and a very sharp knife to cut long strips of fennel and onion. Butter complements the taste of fennel, but you can use olive oil if you prefer.

2-3 carrots, sliced into thin strips (or grated)
1 head fennel, any woody core removed, sliced into thin strips (use leafy fennel fronds for garnish if desired)
3 green onions, sliced lengthwise into thin strips
3 cloves garlic, minced
2+ tablespoons butter
Salt and pepper to taste
Cooked pasta

While pasta is cooking, stir carrots, fennel, onion and garlic into melted butter, in a skillet over medium high heat. Stir often, sprinkling mixture with a little of the boiling pasta water or white wine if it appears too dry.

When pasta is cooked through, drain and add to vegetable mixture. Season with salt and pepper and another pat of butter, if desired, and toss to mix. Serve hot.

Fennel and Grapefruit Salad

1 bag spring greens
1 bulb fennel, thinly sliced
1 small onion, thinly sliced
1 cucumber, peeled and chopped
1/2 large grapefruit peeled, sectioned
chopped walnut pieces

Dressing:
1/4 cup yoghurt
2 tablespoons lemon juice
1 to 2 tablespoons sesame oil
1 clove garlic, minced
pepper to taste

Whisk together dressing ingredients and pour over greens, fennel, and cucumber. Toss to mix. Top with grapefruit and walnut pieces.