



Tucson Community Supported Agriculture

Newsletter 139 ~ May 20, 2008 ~ Online at www.TucsonCSA.org

Spring `08

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

Planned harvest list is [Online](#)

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More recipes on our website

Sharing Summer Shares

If you'll be gone part of the summer but still want your CSA produce for the rest of it, you can post a message on the cork board at the CSA, indicating that you're looking for a share partner. Hopefully, there will be matches.

You can also place a message on the corkboard if you are interested in switching pick-up days with somebody else, even for only one or two weeks, as way to try out another farm and different produce.

Harmonizing with the Elements (An Herbalism Class with John Slattery).

with a focus on local plants and their energetics).

This class looks into the history of holistic philosophy from a variety of cultures and applies these ideas to our local environment and the plants which may help us maintain balance and harmony within the stresses of seasonal change.

Cost: \$20

When: Tuesday, June 3, 5-7pm.

Where: The Historic Y
Conference Room, 5th Ave. and
University.

Newsletter editor

Philippe Waterinckx

THIS IS THE LAST WEEK OF THE SPRING SESSION

Summer session starts next week. Subscriptions for the Summer session must be received by Saturday, May 31.

Several Thursday pick-up members have asked me if the cost of a share had gone up, since they paid \$171 for the Spring and are now asked to pay \$247 for the Summer. The cost per week is actually the same; the Agua Linda Summer session is just longer. The spring session with Agua Linda Farm was only a 9-week session, compared to our traditional 13-week session. We started the Spring session with Agua Linda four weeks after the Crooked Sky Farms session started. From now on, sessions with both farms will be on the same schedule – they'll start and end at the same time and all will last 13 weeks (except the Winter session, which is a week shorter).

BABY ARTICHOKE AND RHUBARB

Weather can play dirty tricks in the fields. The artichokes at Crooked Sky Farms were doing just fine this Spring. As usual, we started getting the smaller ones in our shares, with the expectation that the rest of the crop would grow to the size we are more familiar with. But then the warm weather hit us suddenly and put an end to the promise of larger artichokes: the artichoke plants responded to the heat by making the artichoke heads open and bloom, even though they were still small, and it was necessary to quickly harvest those that were still closed.



The baby rhubarb we received from Crooked Sky Farms is another story, similar in part to the story of the artichokes. The bunches we received were small, and to some, disappointing. However, that rhubarb was very special. It was the result of an attempt by Farmer Frank to grow rhubarb against the odds – other farmers have not successfully grown rhubarb in central and southern Arizona. But Farmer Frank likes a challenge, and he was able, under carefully monitored conditions and after several trials and errors, to successfully grow a good crop. The rhubarb was doing fine until the sudden hot weather caught up with it and it had to be harvested while still young, before it wilted.



QUELITES: OUR SUMMER GREENS

Quelites is the Mexican term for wild greens. Wild greens are consumed in large quantities in many other parts of the world, where they are harvested wild as well as grown as crops. In Mexico, quelites generally refer to either **amaranth greens** (pigweed), or to **lamb's quarters** (goosefoot or chenopodium), although many other wild greens are also collectively known as quelites.

When our southern Arizona summer starts blasting hot air through fields and gardens, forget about spinach, spring mixes and other familiar greens. The only greens that are naturally available to us then are quelites and purslane, both of which grow profusely in irrigated fields or backyards after the first summer rains. They make regular appearances in our CSA shares. Many of us tend to consider them as weeds and overlook their good flavor and valuable nutritional qualities. If you are not familiar with them, treat them as an easy opportunity to learn how to enjoy the greens that our summer climate has to offer. Quelites are cooked like spinach, hence their other name: wild spinach. They make tasty meals and are very rich in vitamins and minerals.

See recipes on our website.

Garlicky Sauté of Amaranth Greens and Tomatoes
(ensalada de bledo blanco)

Serve with grilled meat or with a toss of rice, beans, and corn for a meatless meal. The cumin, allspice, and sesame all subtly underscore the amaranth greens, so don't omit them.

1 bunch amaranth greens (quelites)
1-2 tomatoes, seeded and diced if large
1/2 sweet onion, thinly sliced
2 garlic cloves, minced
4 tablespoons olive oil
Salt and pepper to taste
1/4 teaspoon ground allspice
1/2 teaspoon ground cumin
1 to 2 teaspoons balsamic vinegar
1 tablespoon toasted sesame seeds

In a very large skillet, heat 3 tablespoons oil over fairly low heat. Add onions and garlic and stir until light golden. Add tomatoes, salt, pepper, allspice, and cumin. Raise heat to moderately high and sauté until tomatoes are juicy and tender but not soft, about 2 minutes. Add amaranth leaves. With tongs, turn to mix evenly with tomato mixture. Stir and twist leaves constantly until they barely wilt, a minute or two. Turn off heat. Add remaining 1 tablespoon oil and 1 teaspoon vinegar. Taste and add more vinegar and pepper if needed. Scoop into dish. Sprinkle with sesame seeds and serve hot.

Sweet Potato Biscuits

Lorraine Glazar, Tucson CSA

2 cups all purpose flour (about 9 ounces)
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon salt
5 tablespoons chilled unsalted butter, cut into small pieces
1 cup pureed cooked sweet potatoes, cooled
1/3 cup fat free milk
Cooking spray

Preheat oven to 400 degrees. Lightly spoon flour into a measuring cup, level with a knife. Combine flour, sugar, baking powder and salt in a bowl, cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Combine sweet potato and milk in a small bowl, add potato mixture to flour, stirring just until moist. Turn dough out onto a lightly floured surface, knead lightly 5 times. Roll dough to a 1/4-inch thickness, cut with a 2-inch biscuit cutter into 10 biscuits. Place biscuits on a baking sheet sprayed with cooking spray. Gather remaining dough. Roll to a 1/4-inch thickness. Cut with a 2 inch biscuit cutter into 6 biscuits. Place the biscuits on prepared baking sheet, discard any remaining dough. Bake at 400 degrees for 15 minutes or until lightly browned. Remove from baking sheet and cool 5 minutes on wire rack. Serve warm or at room temperature.

Beets and Orange Salad (variation on Fruity Beety)

Mix equal amount of beets (boiled and cubed) and oranges (peeled and cubed). Add some lemon juice, some olive oil, salt and pepper, raisins, salt and pepper and some chopped cilantro or parsley. Mix well. Chill. Serve.

Scalloped Potatoes and Greens

Philippe, Tucson CSA

This is a perfect recipe for using any greens, including amaranth greens. Try using half sweet potatoes and half Red LaSoda potatoes for this recipe.

4 medium potatoes, thinly sliced
2 tablespoons butter or oil
1/2 sweet onion, sliced
1 bunch greens (any greens), sliced in ribbons
2 tablespoons flour
2 cups milk
1 dash nutmeg
1 teaspoon dry mustard
salt and pepper to taste

Preheat oven to 350°.

Lightly grease an 11 x 7-inch baking dish.

Melt butter in a medium saucepan. Add onions and sauté for one minute. Stir in flour until smooth. Add milk and stir until thick and bubbly. Add salt, pepper, mustard and nutmeg. Stir in greens.

Pour mixture over potatoes and mix well, but gently. Pour the potato mixture into baking dish. Cover with foil.

Bake for 45 minutes. Uncover and bake for another 15-20 minutes, or until potatoes are tender.

Moroccan Slaw

Sara Jones, Tucson CSA

Mix:

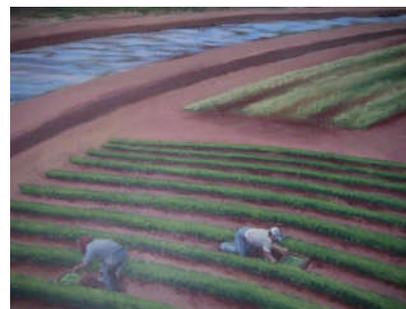
2 1/2 cups mixed grated root vegetables, preferably beets, carrots and turnips or kohlrabi
1 orange or grapefruit, peeled and cut crosswise in thin slices

Dress with:

1 teaspoon ground cumin
1 teaspoon ground coriander
cashews, chopped
fresh cilantro, chopped
salt and pepper

For a creamy dressing use 1/4 cup plain yogurt. Or, use the juice of one grapefruit or orange, plus 1 tablespoon oil.

Refrigerate before serving.



CSA Mural by Joe Silins (fragment)