



Tucson Community Supported Agriculture

Newsletter 142 ~ June 16, 2008 ~ Online at www.TucsonCSA.org

Summer '08

WEEK 3 of 13

Harvest list is [Online](#)

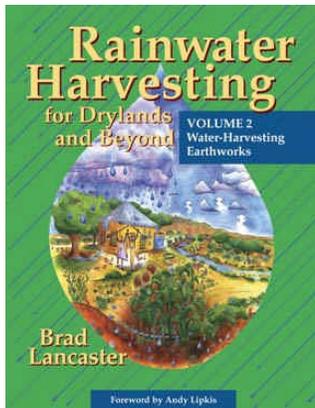
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More recipes on our website

Book Signing on June 24th

Brad Lancaster, author of *Rainwater Harvesting for Drylands and Beyond, Volume 2: Water-Harvesting Earthworks* will sign his new book at the Tucson CSA on Tuesday, June 24th, from 4:00 to 5:30 pm.



Verdolagas (Purslane)

Verdolaga is the local name for purslane, another delicious local summer green, tangy, crisp and packed with nutrients (omega-3 in particular). Traditionally, verdolagas were eaten as treatment for arthritis, inflammation and heart disease.

Newsletter editor

Philippe Waterinckx

THIS WEEKEND: AGUA LINDA FARM'S ONION AND GARLIC FESTIVAL

Agua Linda Farm celebrates its first annual Garlic and Onion Festival on **Friday, June 20th and Saturday, June 21st, between 5:00 and 9:00 pm each day!!** Free admission, free hayrides and live music. Meet owners Stewart and Laurel and learn about their farm.

Food for sale on Friday will be prepared by Primo restaurant from Tucson, a big supporter of local foods. On Saturday we will be grilling brats, caramelizing the farm's fresh onions and making onion rings. The farm store will be open and CSA members will get a 10% discount on fresh veggies, onions and garlic.

Bring the whole family and enjoy the life at the farm for a few fun-filled hours. Bring a blanket to spread on the grass.

Directions from Tucson: Take I-19 to Exit 42, turn left over the interstate then go south on East Frontage Rd. for a short distance until you enter the farm grounds. Travel time from Tucson is about 30 minutes.

JOSH'S PASTURE-RAISED CHICKENS ARE HERE

It's been six months since we've had Josh's chickens at the CSA. That's because Josh only raises chickens during the warmer months, from Easter to Thanksgiving. We had our first delivery last week and we'll have more on a regular basis until the winter.

Here is some information for those not familiar with Josh's chickens. The chickens are from Josh's Foraging Fowl farm near Willcox. They are a French breed, Label Rouge, ideally suited for slow, natural growth on outdoor pastures. These gourmet chickens are tender, firm and flavorful. Josh processes them himself at Guzman Meat Processing, a small family-owned meat processing facility in Cochise. The chickens cost \$4.50 per pound. This price reflects the true cost of raising quality chickens naturally and humanely.

The chickens spend the first two weeks of their lives indoors before being moved to pasture where they live in a true free-range, foraging fashion. They are moved to a new pasture every other week or so, and feed almost entirely on grasses, seeds and bugs. Josh rotates his chickens and his cattle on the pastures in a process that is well described by Michael Pollan in his book *The Omnivore's Dilemma*. It's a sustainable and common sense method that optimizes the growth of good grass with no need for external inputs such as fertilizers and pesticides. The chickens are not given any chemicals or hormones. Their natural diet is supplemented to a small extent with regular (not organic) chicken feed. Josh is looking into ways to grow his own grain organically so that, in the future, he will be able to feed his chickens with organic grain, which is too expensive to purchase.

TRADING BASKETS VS. SURPLUS BASKETS

Sometimes our trading baskets are mistaken for surplus and they get depleted. Remember that the trading baskets are not free for the taking – they are for trading only, *i.e.* if you take a portion out of one of the trading baskets, you must replace it with a portion from your own share. Portions are the amounts indicated on the white labels by the produce tables which tell you how much to take from each crate or box.

Items in the surplus baskets are up for grabs (within reason), no trade required. Surplus includes items from a previous pick-up that hasn't been donated to charity (we donate produce if it won't keep until the next CSA pickup day). You may also contribute to the surplus items from your share or produce from your garden that you can't use.

Eggs Florentine

Lorraine Glazar, Tucson CSA

This Italian dish makes greens into a breakfast or brunch dish. This also makes a great light supper. If using summertime verdolagas, consider adding chopped tomatoes or chiles.

1 bunch CSA greens (depending on bunch size, one might serve two people)
2 eggs
Olive oil or butter
Garlic to taste
1-2 tablespoons parmesan cheese

Heat an oven to 350 degrees. Prepare the greens. If young and tender (braising greens, beet greens, chard, shingizu, etc.) just wash and cut into one inch pieces, possibly eliminating stems. If using verdolagas or older and spicier greens, wash, cut out woody stems (if any), cut into wide ribbons and parboil. Heat olive oil in a sauté pan and brown the garlic. Add the greens, toss to coat with oil, and steam with the lid on. Butter or oil a small oven-safe dish. Place the sautéed greens in the dish. Crack eggs and place atop the greens. Bake for 10 minutes or until the eggs are done to your liking. Top with parmesan cheese.

Verdolaga (Purslane) and Walnut Pilaf

Lorraine Glazar, Tucson CSA

1 small to medium onion, chopped
2 teaspoons oil
1 cup rice
2 cups water, stock or broth
1 share verdolagas, washed and chopped
½ cup toasted walnuts
Salt and pepper to taste

Sauté the chopped onion in the oil until golden. Toss the rice in the pan until it is coated with oil. Add the liquid of choice and bring to a boil. Cover the pan and cook until all liquid is absorbed, 20 minutes to an hour (brown rice will take longer and may require a little more liquid). When rice is tender, toss in verdolagas and walnuts, season to taste, and serve it forth!

Adapted from a recipe in Sunset Magazine, June 2008 issue.

Summertime Potato Salad

Sara Jones, Tucson CSA

Use a couple teaspoons of mole powder or other Mexican spice mix for this recipe. It is equally good served hot or cold. Roll it up in a tortilla with refried beans for an easy dinner, or serve cold over lettuce.

½ basket tomatoes, chopped
½ basket tomatillos, peeled and chopped
About 3-4 medium potatoes, chopped
1 small onion, sliced thin
½ bunch verdolagas, cleaned and trimmed
1 pepper, chopped
1 tablespoon chili powder or mole mix
1 tablespoon oil
Juice of ½ lemon
Salt and pepper to taste

Boil potatoes until just tender. Drain. Heat 1 tablespoon oil in a large skillet over medium high heat. Add onions and chili mix, and stir to coat. Cook until fragrant. Add pepper, tomatoes, tomatillos, onion and verdolagas. Cover and lower heat to medium. Cook, stirring occasionally, for about 10 minutes. Drizzle with lemon juice and season to taste with salt and pepper.

Individual Peach Crisps

Sara Jones, Tucson CSA

Use this recipe if you don't have enough fruit to make a whole cobbler or crisp. You can use nectarines or plums in this recipe, too. Serve with vanilla yogurt or a scoop of ice cream.

1 basket stone fruit, washed, pit removed and cut into quarters
1 slice lemon
1 tablespoon sugar or brown sugar (optional)
½ teaspoon cinnamon
1 handful granola
1 thin slice butter

Melt one slice of butter and sugar in a small saucepan over medium heat. Add cut fruit, a squeeze of lemon juice and the cinnamon. Cook for about 3 minutes, until fruit is cooked through and meltingly tender. Place in one or two bowls and top with granola and yogurt or ice cream. Serve hot.

Beets in Orange Sauce

Adapted from Bon Appétit, February 1996

1 bunch beets, trimmed
1 cup orange juice
2 tablespoons sugar
2 tablespoons (1/4 stick) butter
1 tablespoon minced orange peel (orange part only)
2 teaspoons red wine vinegar

Preheat oven to 400°F. Wrap 2 beets together in foil. Repeat with remaining beets. Place on baking sheet. Bake until tender, about 1 hour 15 minutes. Cool. Peel beets. Cut each into 4 or 8 wedges, depending on size of beets.

Combine beets and remaining ingredients in medium non-aluminum saucepan. Simmer over medium heat until sauce is syrupy, stirring often, about 8 minutes. Season with salt and pepper.

Serve hot. (Can be made 1 day ahead. Chill. Re-heat over low heat, stirring often).

Verdolaga Omelet

2 cups verdolagas, cut in 1-inch pieces
1 onion, chopped
2 cups greens (Swiss chard, quelites, nasturtiums, mustards, etc), cut in ribbons
½ teaspoon Mexican oregano or thyme, chopped
6 eggs, beaten
olive oil or butter
salt and pepper to taste

Heat oil in large skillet. Add onions, verdolagas, greens and herbs. Sauté for 5 minutes. Add beaten eggs and make an omelet. Season to taste.