



Tucson Community Supported Agriculture

Newsletter 155 ~ September 15, 2008 ~ Online at www.TucsonCSA.org

Summer `08

WEEK 3 of 13

Harvest list is [Online](#)

The Back Page

Roasted Green Chile Stew
Arugula Pesto
Linguini with Arugula, Pine Nuts
and Parmesan Cheese
Braising Greens and Rice Pilaf
Scalloped Potatoes and Greens

More recipes at
www.tucsoncsa.org

Did You Know?

Food imports into the U.S. are 7 percent of our total consumption based on value, and 15 percent based on volume.

By volume, the highest levels of foods imported into the U.S. are fish and shellfish, 79 percent; fruit and nuts, 32 percent; and wine and beer, 16 percent.

Grass-Fed Meats

Some members have been asking about grass-fed meat availability during this session. We will have both beef and beefalo available in early to mid-October. We will be taking \$20 deposits for the meat packs starting next week.

Meat packs weigh approximately 8 pounds, cost approximately \$6 to \$7 per pound and typically include 2 steaks, 1 roast, ground beef and a miscellaneous cut.

We also plan to have grass-fed lamb in late October. Price is not known yet.

Ask the front desk for more information about all this.

THE NEW CROP OF RED LA SODA POTATOES HAS ARRIVED



Potatoes are, traditionally, a late fall or winter crop. But not at Crooked Sky Farm! As many of you who are gardeners know, growing vegetables in southern Arizona is often counter-intuitive: we harvest lettuce in the winter instead of summer, and we get tomatoes on either side of summer.

Potatoes follow a curious cycle too. Farmer Frank harvests his potatoes three times a year: in April, August and December. We are about to enjoy the farm's August potato harvest. And why do we have to wait until mid-September when they get dug out in August? Because they must have time to cure: after having been dug out of the soil, the potatoes must be left alone for a few weeks to allow their skin to harden and thicken. The potatoes are then sorted by size and stored in a dark, well-ventilated place. CSA members get the potatoes in their shares over the next few months.

"There are over 400 varieties of potatoes . . . , but ask for any one of 396 at your supermarket and you will be met with a rude comment or, even worse, a vacant stare," writes Bert Greene in *Greene on Greens* (Workman Publishing, 1984). Indeed, one of the potato varieties we get from Farmer Frank, the Red La Soda, is considered commercially unviable, even though both it and the Dark Red Norland are the dominant, high-yielding varieties of red-skinned potatoes in the West. La Soda's deep eyes, for example, make the potato difficult to peel, and it loses its bright red color in storage (hence its reference as a "fresh-market" potato). Because the Red La Soda is resistant to tip burn (browning of the edges or tips of leaves), however, as well as to wind, heat, and drought damage, it is well-suited to our southern Arizona climate (heat, as you might imagine, presents the biggest challenge to growing potatoes in southern Arizona).

Red La Sodas, however, don't need to be peeled: in fact, much flavor resides in the potato skins themselves, and since Farmer Frank doesn't use chemicals, you needn't be concerned about fungicides, pesticides, and other undesirables concentrating in the skin. (If you feel compelled to peel them anyway, don't throw the skins away—use them to add flavor to a soup stock.)

Uses

Due to its low starch content, the Red La Soda has a creamy texture and is good for boiling, because it holds its shape when cooked. Its firm, waxy texture is perfect for gratins and potato salads. Red La Sodas are not suitable for mashing as their low starch content will render them viscous when mashed. (By contrast, the Yukon Golds we also occasionally receive from Farmer Frank are excellent for mashing, and are good bakers and fryers, due to their higher starch content, which gives them a more creamy or buttery texture.)

Nutritious Value

Potatoes have fewer calories and more nutrients than rice, pasta, or bread. Contrary to specious rumor, the potato is not fattening in the least; butter and cream are! A naked medium-sized potato has less than 100 calories, and boiling reduces the calories to a scant 80. They are low in calories in part because they are 75 to 80 percent water. High in vitamin B (including niacin, thiamine, riboflavin, and pyridoxine), potatoes are good for you and good to eat.

THE BACK PAGE

Roasted Green Chile Stew *new*

Philippe, Tucson CSA

This dish lends itself well to use leftover vegetables. Don't hesitate to substitute or add more vegetables

1 tablespoon olive oil
1 onion, chopped
1-2 cloves garlic, peeled and minced
2 teaspoons ground cumin, or mole pipian rojo
2-4 potatoes, diced
1 lb squash/zucchini, diced
6-8 roasted green chiles, skin and seeds removed, coarsely chopped
1 lb diced tomatoes, fresh or canned
2 cups vegetable or chicken stock
1 bag braising mix (or mustard mix, or arugula), coarsely chopped
salt to taste

In a deep skillet, sauté onion in medium hot oil until translucent. Add garlic, cumin (or mole powder), potatoes and squash. Sauté for 5 minutes.

Add green chiles, tomatoes and stock. Simmer for 30 minutes. Add more stock to obtain stew consistency if necessary.

Turn off heat. Add braising mix (or other greens) and let it wilt in stew for 5 to 10 minutes. Add salt to taste.

Serve with corn bread or tortillas and rice.

Arugula Pesto

Celine Hayden, Tucson CSA

This makes a great spread for bread, or try a slice with the Black Mesa Ranch goat cheese, some pesto, and slices of fresh tomatoes on top. Yum!

1/2 cup toasted pine nuts (can also use other nuts)
1 bunch or bag arugula
1-3 tablespoons white balsamic vinegar (can also use red but mutes the green color of the arugula)
1-2 cloves crushed garlic
olive oil
salt and pepper to taste

Toast nuts in a pan and add to food processor or blender. Also add arugula, 1 to 2 tablespoon vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable).

Note: the vinegar takes some of the bite out of the arugula. Add more or less depending on taste.

Also, blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important—it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).



Linguine with Arugula, Pine Nuts and Parmesan Cheese

Phoenix SW Valley CSA

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, with additional Parmesan available separately.

Braising Greens And Rice Pilaf

Philippe, Tucson CSA

1 bunch of braising greens (or any greens), sliced in ribbons
1 medium onion, sliced in thin rings
2 cloves of garlic, crushed
2 tablespoons oil
1 two-ounce can anchovies (optional)
1 stalk lemon grass (optional), cut in 1 inch segments
1/4 cup grated parmesan
1 cup rice
salt and pepper to taste

Sauté the rice in 1 tablespoon of oil until it begins to puff. Add 2 cups of water, a pinch of salt and a dash of black pepper. Cover and simmer for 15-20 minutes, or until water has evaporated.

Sauté the onion rings, garlic, lemon grass and anchovies in the other tablespoon of oil for 5 minutes or until onions are tender. Add greens and stir gently for another 5-10 minutes until greens are soft but still vivid green.

Salt and pepper to taste.

Serve on a bed of rice and sprinkle with grated parmesan.

Scalloped Potatoes and Greens

Philippe, Tucson CSA

4 medium potatoes, thinly sliced
2 tablespoons butter
1 bunch scallions (or I'Itoi onions), 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

Heat oven to 350°. Lightly grease an 11 x 7-inch baking dish. Melt butter in a medium saucepan. Add scallions 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.