



Tucson Community Supported Agriculture

Newsletter 163 ~ November 10, 2008 ~ Online at www.TucsonCSA.org

Fall `08

WEEK 11 of 13

Harvest list is [Online](#)

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More recipes at www.tucsoncsa.org

WINTER SESSION REGISTRATIONS

**November 1 to 15: registration for
renewing and former members
only**

**November 16 to 28: registration
also open to the wait list**

The Winter session runs December, January and February, with no pick-ups between Christmas Day and New Year's Day (Friday, Dec. 26th and Tuesday, Dec. 30th). The cost per produce share for the 12-week session is \$228. Cheese shares are not available in winter (and spring) sessions.

Contract forms are available at the CSA, or online under [Join > Subscriptions](#). To avoid lines at the front desk, please place your completed contract and payment in our drop-box at the CSA pick-up, or just mail them to us.

To get an idea of what harvests are in store for us this winter, go online to our [Harvests](#) link and scroll down to previous winters' harvests.

We urge renewing and former members to register before we open subscriptions to the wait list on November 16. Remaining spaces can fill up fast after that date.

Newsletter Editor

Philippe Waterinckx / Kimi Eisele

SYMPOSIUM AND FESTIVAL CELEBRATES BORDERLANDS FOOD AND FOODWAYS ON NOVEMBER 21 & 22.

Join other foodies and food producers at the first annual Borderlands Foodways Symposium, Friday, Nov. 21 at Rex Ranch in Amado, AZ. The Symposium is organized by Sabores Sin Fronteras / Flavors Without Borders, a new alliance of farmers, ranchers, cooks, chefs, folklorists, artists and food advocates who celebrate, sustain, and promote the farming, ranching, foraging and food folkways of the bi-national borderlands region. This fall's symposium and festival serves to publicly launch the Alliance, which is housed the University of Arizona's Southwest Center.

"Southwestern cuisine is world-renowned. But until recently, it has lacked any gathering of practitioners and community-based scholars to elucidate the multi-cultural traditions from which it has emerged, and to promote or explore on-going innovations to keep it dynamic and delicious," said Dr. Gary Paul Nabhan, a food scholar and field researcher with the University of Arizona's Southwest Center. Nabhan co-founded the Alliance with colleagues at the Center.

"For the first time, we're bringing together the chefs, cooks, farmers, ranchers, writers and historians who have been essential to its development, to celebrate the cultural and culinary expressions which span the desert borderlands, from Texas to Baja California," Nabhan said.

The day-long Symposium will be held at Rex Ranch in Amado, AZ. Symposium topics include Spanish-influenced cattle management and culinary traditions; acequia-based farming and orchard-keeping traditions; mesquite, prickly pear, chiles and heirloom fruits. Workshops on food writing, culinary tourism, food festivals, kitchen-based oral histories, and farm-to-table curricula will be facilitated by the region's most seasoned practitioners. The event will also feature "We Are What We Eat," a performance by New ARTiculations Dance Theatre, an evening fireside chat by James Beard and Julia Childs-award winning chefs and cookbook writers, and the premier of a new film on Navajo-Churro sheep, produced by Peter Blystone. Both lunch and dinner menus will feature locally-grown produce, meats and wines, as well as heritage foods of the region prepared by Chef Stephanie Leonard of Rex Ranch.

In addition to the Symposium, a series of events will occur in the days before and after the Symposium:

Wednesday, November 19, 7:00 pm

Flavors Without Borders: Writers on Food, Antigone Books, Tucson, AZ, FREE

Friday, November 21, 2008, 9 am-8:30pm

Borderlands Foodways Symposium, Rex Ranch, Amado, AZ

Cost: \$75 general admission; \$25 for students/activists (*covers lunch, dinner and special tastings of local heritage foods prepared by Chef Stephanie Leonard of Rex Ranch*). Space is limited to first 100 registrants. Register by Nov. 18.

Saturday, November 22, 2008, 7 am-10:30 am

Wild Chile Field Trip in Tumacacori, Arizona.

Cost: \$15 general public, transportation included. Space is limited. Register by Nov 18.

Saturday, November 22, 2008, 9:30am-3:30 pm

Santa Cruz Valley Foodways Festival, La Entrada de Tubac, FREE

For full information about the Symposium and related events and to download registration forms, visit www.uasouthwestcenter.org/folklore/sabores.

Asian Slaw

Sara Jones, Tucson CSA

Here are two ideas for using your Asian greens (Chinese cabbage, Tokyo Bekana, bok choy, tat soy, mizuna). You can serve the dish as a cold salad over lettuce, or cook all the ingredients together with noodles for a meal, adding tofu or cooked shredded chicken, if you like.

Salad:

1 bunch mixed Asian greens, shredded
1 bunch radishes, sliced thin
3-4 green onions, sliced
1 orange, sliced into segments (if available)
Mix vegetables and toss together with one of the following dressings:

Peanut Ginger Dressing

2 tablespoons peanut butter
1 inch piece fresh ginger, grated
1/2 cup orange juice
1 tablespoon rice wine vinegar
1 tablespoon soy sauce

Sesame Soy Dressing

1/8 teaspoon dry mustard
1 tablespoon rice wine vinegar
1 tablespoon soy sauce
1 tablespoon oil
1 teaspoon toasted sesame oil
1 teaspoon chili sauce

Roasted Black Spanish Radishes-new

Sara Jones, Tucson CSA

Root vegetables are always great roasted. Slice the radishes into thick wedges or thin French fry strips, just remember the bigger they are the longer they'll take. I usually finish roasting vegetables by putting them under the broiler for a few minutes until nicely browned.

1 bunch black Spanish radishes
Olive oil to coat
Lime or lemon juice
Salt, pepper, ground cumin and coriander

Cut radishes to desired size. Mix together oil, citrus juice and seasonings. Pour over radishes and toss well to coat. Bake in a 375 degree oven until tender (20-45 minutes). Brown under broiler if desired. Serve warm.

Balsamic Lemon Greens

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

1 bunch greens
2 teaspoons oil
1 squeeze of lemon juice
dash balsamic vinegar to taste
dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

Thai Coconut Soup

Sara Jones, Tucson CSA

If you aren't in the mood for soup, prepare this recipe with less water and serve it over steamed rice. Add cooked, diced chicken or chunks of tofu if you like.

1 medium or 2-3 small eggplant, chopped
1 head Tokyo bekana, chopped
1/2 onion, chopped
1 handful chopped mushrooms
1 tablespoon oil
1 stalk lemongrass
1 inch piece ginger, grated
1 teaspoon crushed coriander
1 teaspoon red chile flakes
1 can coconut milk
Soy sauce to taste
1 handful chopped basil or cilantro

In a large stock pot heat one tablespoon oil and briefly sauté onion, ginger, and spices. Add 3 cups water and lemongrass. Bring to a boil, then let simmer ten minutes. Add vegetables and coconut milk, return to a boil and simmer until vegetables are soft. Add soy sauce to taste. Remove from heat and add chopped herbs.

Acorn Squash Breakfast

Wendy McCrady, Tucson CSA

1 cup mashed acorn squash, pumpkin, or sweet potato
1/2 cup soy milk
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
dash salt and pepper
2 teaspoon brown sugar
1/2 teaspoon vanilla or maple flavor extract
1 tablespoon rolled oats, oat bran, or cream of wheat (like Maltomeal)

In a blender, process all ingredients except oats or cereal until well mixed. Pour into a pan and add oats or cereal. Heat until slightly bubbly, cook for 1-2 minutes, and let cool.