



Tucson Community Supported Agriculture

Newsletter 183 ~ April 6, 2009 ~ Online at www.TucsonCSA.org

Spring '09 Week 6 of 13

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Native Seeds/SEARCH Spring Plant Sale

Looking for some new garden varieties? Maybe you'll find some new-to-you native plants at the Native Seeds/SEARCH spring plant sale this weekend.

The sale takes place on **Saturday, April 11 at the Native Seeds/SEARCH Conservation Farm in Patagonia.**

Members only: 10-12 p.m.
Public sale: 12-2 p.m.

To get there, take I-10 east for 25 miles and exit at Highway 83 (Sonoita/Patagonia exit). Continue south 25 miles. In Sonoita, turn right toward Patagonia onto Highway 82. After approximately 12 miles, look for milepost 21 and the green "Welcome to Patagonia" sign (on right). At this sign, turn left into the Red Mountain Ranch, drive through the wash, and look for the parking sign.

Reminders:

Cooking Demo: Sara Jones will give another of her cooking demonstrations this week. To watch her in action, get to the CSA before 6:30 p.m.

Welcome Home Philippe: Join us in the Historic Y courtyard Tuesday, April 21, 7:30 p.m., to welcome our founder, Philippe Waterinckx, back to Tucson (he's been in Belgium since November caring for elderly parents).

Newsletter Editor

Kimi Eisele

CHICKEN COOPS WANTED FOR UPCOMING CO-OP COOP TOUR



Hey chicken folks, the Food Conspiracy Co-op wants you! Torey Ligon, Food Co-op Outreach Coordinator, is organizing Tucson's first "City Chickens Coop Tour" on May 23, 2009 from 9 a.m. to 1 p.m. This self-guided tour of Tucson's backyard chicken coops will introduce more people to the joys of chicken rearing and allow chicken keepers to share their knowledge of good chicken husbandry.

Torey is currently looking for chicken coops to feature on the tour. By signing up, you'll open up your coop to the public on the tour. Visitors will buy advance tickets and receive a map indicating all the coops to visit. Chicken coop owners will be available and on site to show off the hen house.

Torey is interested in showing the public a variety of coop designs and styles, as well as diverse chicken breeds and various-sized flocks. An added bonus will be the other yard features many chicken keepers have – gardens, cisterns, water harvesting basins, outdoor showers, solar ovens, etc.

To protect chickens on the tour, each participating home will be issued a supply of disposable booties that tour goers can slip on to prevent people from tracking dirt, chicken poop, and any other contaminant from coop to coop.

Tickets for the tour will go on sale on May 4th and will be available at the Food Conspiracy Co-op, the Community Food Bank, and the Community Food Bank's farm stands at farmers markets around town. Tickets will be \$5 each and the Co-op will donate the full \$5 from each ticket to the Community Food Bank's Community Foods Consignment program.

Please contact Torey before Monday, April 27th if you are interested in participating in the tour. Send your name, address, closest major intersection to your house, the number of chickens you have, and a short description of your coop and any other interesting features in your backyard to outreach@foodconspiracy.org or contact Torey at the Food Co-op at 624-4821.

RETURN OF THE GOAT CHEESE

After a 5-month hiatus, Black Mesa Ranch goat cheese is back! We'll get our first delivery this Friday. It will continue to arrive, in limited quantities, every week during the rest of the spring session. First come, first served! Each 6-ounce log is \$5, with four flavors to choose from: plain, herb, jalapeno and chipotle.

During the summer session (June, July, August), the cheese will only be available through shares. With a cheese share, you receive one cheese log every other week. Try it out this spring and decide if you want a share for the summer. For more information about Black Mesa Ranch, visit:

www.blackmesaranchonline.com.



Wheat Berry Lamb Kibbeh-new

Sara Jones, Tucson CSA

This is a Lebanese dish that traditionally uses bulgur wheat. I took some liberties in the translation and used cooked, ground **wheat berries** instead of the bulgur, but the results are similar and delicious. It's a great way to stretch a little bit of meat into a lot for a crowd. You can form the mixture into small patties or sausage shapes, or press it into the bottom of a pan and cut after baking. It is great served with plain yogurt mixed with a little bit of lemon juice and chile paste, and/or the cilantro chutney recipe that follows.

1 pound ground lamb (or beef)
1/2 bunch green onions, greens and base, chopped fine
1/2 teaspoon cinnamon
1 teaspoon ground cumin
1 teaspoon paprika
1 tablespoon chopped fresh herbs (cilantro, mint or oregano)
2 cups cooked wheat berries, ground into small pieces in food processor or blender
1 1/2 teaspoons salt

In a large bowl, mix together all ingredients. To get the right texture, you need to really work the ground meat, squeezing it through your fingers, to distribute the fat. Once the wheat is well incorporated, form your patties or press mixture into a well oiled baking dish. Bake in an oven at 375, from 15-30 minutes, depending on thickness. Kibbeh is done when no longer pink inside. Serve over hot pita bread with yogurt sauce or chutney.

Sweet Potato or Carrot Kibbeh-new

Sara Jones, Tucson CSA

This recipe is the same as above, substituting one cup of cooked, pureed sweet potato or carrot, plus one egg, for the ground meat. The mixture will be softer and more delicate. It is best to shape into individual patties, rather than trying to cut. Cook at 375° for about 20 minutes. Serve sprinkled with goat cheese or cilantro chutney on hot pita.

Cilantro Chutney

Wendy McCrady, Tucson CSA member

Delicious with the curried vegetables or as a condiment to the kibbeh recipes above. Substitute roasted green chiles from your freezer for the fresh, if desired.

1 bunch cilantro, washed and drained
1/2 bunch green onions, chopped
1/2 teaspoon cumin seeds (or powder)
1 green chile or small hot chile
Juice from 1 lemon
1 teaspoon salt
Yogurt (optional – I use plain soy yogurt)

Remove discolored leaves and most of stem from cilantro. Chop cilantro and place in blender with onion, cumin, chile, salt, and lemon juice. Blend to a smooth paste.

Taste and add a bit of yogurt if desired to mellow the bite of the onion. Chill at least one hour to allow the flavors to blend and mellow.

Orange Wheat Berry Parfait-new

Sara Jones, Tucson CSA

Layer this parfait into individual tall glass cups, or in a medium glass bowl and garnish with orange slices. Or just mix it all together and serve it as a simple breakfast or dessert.

2 cups cooked wheat berries
1/2 cup, chopped, mixed dried fruit
3/4 cup orange juice
2 tablespoons honey
Zest from 2 oranges
2 cups plain Greek yogurt
3-4 oranges, peeled and roughly chopped
Nuts to garnish (optional)

In a saucepan over medium heat, cook wheat berries, dried fruit, juice, honey and zest, as well as about 1/2 cup water. Cook, stirring occasionally, until fruit is softened, and most of the moisture has evaporated out. Remove from heat. Assemble parfait by alternating layers of wheat berry mixture, fresh oranges and yogurt. Top with chopped nuts, if using, and an orange slice.

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. It is great for any greens, but especially for pungent or bitter greens which lose their bite with the tahini. You could even try carrot greens! Use this as a filling for sushi, too.

1 or 2 bunches braising greens
1 tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of water if necessary. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.