



Tucson Community Supported Agriculture

Newsletter 184 ~ April 13, 2009 ~ Online at www.TucsonCSA.org

Spring 09 - Week 7 of 13

Harvest list is online

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More recipes online

Past Harvests Online

Do you ever get home and then realize that you don't know the name of some of your veggies? Remember that you can see all of our past harvests, listed week by week, via the Harvests link on our website.

CSA Tips

CSA member Martha Artemis Clark has started a tips Discussion Board on the CSA Facebook page. Check it out and, yes, contribute to it with your own useful ideas on how to prepare or store your CSA goodies.

The Tucson CSA Facebook page can be accessed via the CSA website (on the home page).

Philippe's Welcome Home Party

Join us in the Historic Y courtyard to welcome Philippe back to Tucson after his 5-month absence.

Tuesday, April 21, 7:30 p.m., after the CSA pick-up.



Newsletter Editors

Philippe Waterinckx, Paul Durham

FARM NEWS



We do our best to give you fresh news from your farm on a regular basis. To do this, we call Farmer Frank on the day we write the newsletter and we find out what's going on in the fields. We plan to continue to do so.

However, now you may also get news straight from the horse's mouth. Crooked Sky Farms has a new website with content of its own and where you can also subscribe to their own newsletter and Twitter feeds. Go to www.crookedskyfarms.com/

IS FREE-RANGE PORK MORE DANGEROUS THAN INDUSTRIALLY-RAISED PORK? FEAR MONGERING AT ITS LEAST SUBTLE

Bill HR 875 and a few others that fall under the proposed "Food Safety Modernization Act" have caused quite a stir among foodies, organic and local food consumers, back yard gardeners and organic farmers in general. Two weeks ago, in Newsletter 182, we provided some insightful links into this issue. You can still access those links via that newsletter and form your own opinion.

Feeding into this developing rhetoric, the New York Times recently published an Op-Ed on the dangers of consuming free-range pork (Free-Range Trichinosis, by James E. McWilliams, April 9). McWilliams claims that free-range pork contains more pathogens than industrially-raised pork. Now, whether you are a meat eater or not, it is worth looking at this article critically. Below is the original NYT article followed by two articles that deconstruct it.

Free-Range Trichinosis. By J.E. McWilliams, NYT, April 9 (original NYT Op-Ed). www.nytimes.com/2009/04/10/opinion/10mcwilliams.html?scp=1&sq=trichinosis&st=cse

Are Contrarians Helping or Hurting the Food Movement? Pork Op-Ed in NYT a Shill for Big Ag. By P. Crossfield, Huffington Post, April 12. www.huffingtonpost.com/paula-crossfield/are-contrarians-helping-o_b_185762.html

Good Science or Political Agenda? By R. Thistlethwaite, HonestMeat.com, April 12. www.honestmeat.com/honest_meat/2009/04/good-science-or-political-agenda.html

In essence, the NYT article seems to be another example of corporate fear mongering supported by the media. Not only does McWilliams lack background in agriculture or science to know what he is talking about, but the scientific study itself on which he bases his article was poorly executed. The study was also funded by the National Pork Board, which defends the interests of industrial pig operations.

Beet and Carrot Cake

Sara Jones, Tucson CSA

2 cups grated carrots and beets, mixed
1/3 cup granulated sugar
2/3 cup packed dark brown sugar
2/3 cup vegetable oil
2 large eggs
1/4 cup yogurt
2 1/2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon salt

Streusel topping:

2/3 cup oats
2/3 cup walnuts
1/4 cup butter
1/2 cup brown sugar

Preheat oven to 350 degrees. Make topping by mixing streusel ingredients together in blender, pulsing, until well mixed. Combine the granulated sugar, brown sugar, oil, eggs and yogurt in a large bowl; beat with a mixer on medium speed until well blended. Add beets and carrots; beat well. Combine flour and spices in a large bowl. Add to wet mixture and mix well. Pour batter into a greased and floured 9x13" cake pan. Sprinkle evenly with streusel mixture. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan.

Spiced Sweet Potato Kebabs

Chad Weiler, TCSA

3 medium or one large sweet potato cut into 1-2 inch cubes
1 tsp ground cardamom
1 tsp ground cinnamon
1/4 cup olive oil

Boil potatoes in salted water until fork tender and drain. Place potatoes in a bowl and drizzle with olive oil. Put in the spices. Season with salt and pepper. Skewer the potatoes on bamboo skewers. Grill the potatoes over medium heat for approx. 10 -15 minutes until starting to brown

Variations: You can also add some chopped up tomatoes to the spice mix and grill on skewers as well. Also if you don't have a grill you can almost certainly roast the potatoes in the oven. I don't know time or temp for that but I would guess 400 degrees for 20-30 minutes might work.

Orange Dressing

Sara Jones, Tucson CSA

Use this as a dressing for salad greens, or to dress a wheat berry salad. You can also pour the mixture over root vegetables before roasting them to make a delicious, hot vegetable dish.

1 cup orange juice, plus grated peel from one orange
1/2 bunch green onion, finely chopped
1 tablespoon balsamic vinegar
3 tablespoons olive oil
1 teaspoon ground cumin
1 teaspoon ground coriander
Salt and pepper to taste

Heat oil, spices and onion over medium high heat, stirring constantly for about 1 minute. Add balsamic vinegar and juice, reduce heat to medium, and cook for about 5 more minutes. Remove from heat and season with salt and pepper to taste. Cool, then serve. Store leftovers in a jar in the refrigerator for up to one week.

Beet and Walnut Pasta-variation

Sara Jones, Tucson CSA

Simple ingredients make a satisfying dish in this easy recipe. Pre-roast the beets earlier in the week, when you have the oven on, then the dish will take only as long as the pasta boiling. Add the beet greens if you like, or save them for another dish. Try using cooked wheat berries in place of the pasta.

1 bunch beets, roasted, peeled and diced
1 handful parsley, finely chopped
1 handful walnuts, roughly chopped
1/2 bunch green onion, thinly sliced
1 pound pasta, cooked
1-2 tablespoons olive oil
1-2 tablespoons balsamic vinegar
Salt to taste

While pasta is cooking, prepare other ingredients. Drain al dente pasta and quickly toss with remaining ingredients. Season to taste with salt and pepper. Serve hot or cold.

Carrot and Orange Soup

From Philippe, Tucson CSA

1 tablespoon oil
1 onion, chopped
1 clove garlic, minced
1 bunch carrot (approx. 1 pound), coarsely sliced
1/4 teaspoon paprika
1/4 teaspoon coriander
zest of 1 orange
1 cup fresh orange juice
4 cups vegetable stock
Salt and pepper to taste

Saute onions in oil until translucent. Add carrots, garlic, spices and stock. Cover and simmer until carrots are tender about 30 minutes. Puree soup in food processor blender. Return puree to pot. Add orange zest and juice and additional stock to desired consistency. Simmer and serve.