



Tucson Community Supported Agriculture

Newsletter 191 ~ June 1, 2009 ~ Online at www.TucsonCSA.org

Summer '09 Week 1 of 13

Harvest list is online

The Back Page

Wheat Berry Summer Salad
Easy CSA Gazpacho
Miso Sesame Sauce for Eggplant or
Cold Cucumber Salad
Sara's Stuffed Squash

More recipes online

Green Oranges? Really!

Don't think the green oranges we are getting from the farm aren't ripe. They are. It's the heat that turns them green. Oranges are orange only in relatively cool weather: cool temperatures destroy the green chlorophyll pigment, allowing the yellow carotenoids underneath to show through. When it gets hot, the chlorophyll returns, turning the oranges green. Many commercially-grown oranges are naturally green, but because we have been trained to like orange oranges, they are treated with ethylene, which promotes the development of a uniformly "orange" appearance.



Switching e-mail lists

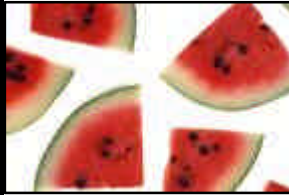
If you changed your pick-up day for the summer session, remember to unsubscribe from your former pick-up day's e-mail list and subscribe to your new one. Just follow the links at the bottom of the weekly e-mails.

If you're not on the e-mail list yet, get on it now so that you won't be missing out on things. You can subscribe to it from our home page (left column).

Newsletter Editor

Philippe Waterinckx

WELCOME TO SUMMER SESSION



Welcome to the time of corn, tomatoes, cucumbers, chiles, squash, okra, melons and many more summer delights! This is the time when the scorching Arizona sun gets molded into the sweetest and most delicious edibles.

We're starting the session with a trip to Crooked Sky Farm's open day this coming Saturday, June 6th, from 9 am to noon.

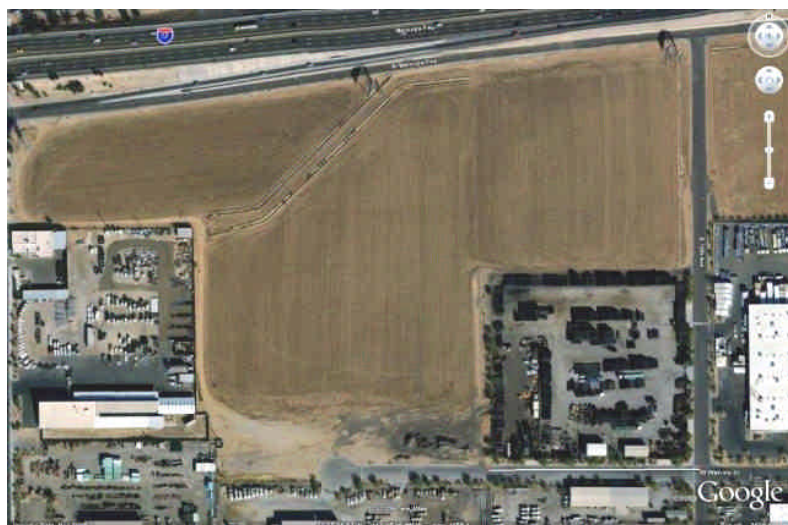
If you're curious to see the fields where your produce grows, if you'd like to meet Farmer Frank and his crew and ask them lots of questions about how they successfully grow over 200 types of vegetables and fruits throughout the year, with very little water and with no pesticides, herbicides or other mean chemicals, well, come on over and see for yourself how a true sustainable and organic farm works. You'll be able to harvest your own veggies from the fields. There will be freshly roasted corn for all and miniature train rides for the kids, all free of charge. Bring your friends along and have a field day. Bring water and sunscreen, and wear hats. It'll be hot! When you'll realize that the farm crew harvests your veggies in that heat every day, you'll have a new appreciation for what's in your shares.

The farm is located in south Phoenix on the northwest corner of 16th Avenue and West Watkins Street (3 miles west of Sky Harbor Int'l Airport). The drive from Tucson takes about 1 hour and 45 minutes.

A carpool will meet at the CSA at 7:15 am for a 7:30 am departure, or you can drive your own carload.

Driving directions (from Tucson):

1. take I-10 to Phoenix
2. take the first exit for I-17/Hwy 60
3. continue on I-17 to the 19th Ave. exit
4. take the 19th Ave. exit, then turn left immediately to go under the freeway.
5. turn left again to get onto the access road (not back onto the freeway) heading east
6. turn right on 16th Ave.
7. turn right again at Watkins. The entrance to the field will be to your right after half a block. Park near the big gravel pile.



Aerial view of the field (Google Earth)

Wheat Berry Summer Salad

Sara Jones, Tucson CSA

To prepare the wheat berries for this salad, simply boil in a large quantity of water for 1 hour. Drain and proceed with the rest of the recipe.

1 medium squash, diced
2 ears corn
1 small sweet onion, chopped
1 basket cherry tomatoes, halved or 2 medium tomatoes, diced
2 bags wheat berries, cooked
1 cup cooked beans, preferably white
2 tablespoons oil
1 tablespoon apple cider vinegar
1 teaspoon oregano
Salt and pepper to taste
¼ cup crumbled goat cheese (optional)
1-3 teaspoons chipotle sauce (optional)

Slice corn from cobs. Chop squash and onion. Use 1 tablespoon of oil to sauté corn, squash and onion over high heat, for about 5 minutes, stirring often. Combine cooked vegetables with wheat berries, beans and tomato halves. Mix remaining oil with vinegar and oregano and drizzle over salad. Mix well and season with salt and pepper to taste. Top with goat cheese, if using, and refrigerate. Serve cold.

Easy CSA Gazpacho

Amy Schwemm, TCSA

1 large Armenian cucumber
5 or more (or less!) small tomatoes
1-2 slices of onion, to taste
1 or 2 cloves of garlic, to taste
1 green chile, any kind, or ½ bell pepper (optional)
2 tablespoons olive oil, or to taste
3 tablespoons red wine vinegar, or to taste
Salt and freshly ground black pepper

Trim ends off of cucumber and chop coarsely. Trim bruised spots and stem ends off tomatoes. Remove seeds and stems from green chile or bell pepper, if using. Purée all vegetables in a Vita-mix, blender, or food processor, first by adding the garlic, onion and chile, following with the tomatoes and then the cucumber. Season to taste with oil, vinegar, salt, and pepper. Chill before serving.

Miso Sesame Sauce for Eggplant or Cold Cucumber Salad

Sara Jones, Tucson CSA

If you use eggplant for this recipe, dice them into medium-size squares, for cucumbers, slice into coins or half moons. This makes enough sauce for about one medium cucumber or one large eggplant, increase quantities as needed.

2 teaspoons miso
1 tablespoon rice wine vinegar
1 teaspoon soy sauce
1 teaspoon toasted sesame oil
1 teaspoon honey or sugar
freshly grated ginger, minced garlic and red chile flakes to taste
Sesame seeds to garnish

For eggplant: Heat 2 teaspoons oil in a skillet over medium high heat. Add eggplant and stir to coat with oil. Cook for about 2 minutes then pour sauce over vegetables, reduce heat to medium low, cover pan and cook until tender. Add water as needed to keep vegetables from drying out or sticking. Garnish with sesame seeds to serve.

For cucumbers: Pour sauce over sliced cucumbers and toss to coat. Let sit for at least 30 minutes before serving. Garnish with sesame seeds to serve.

Sara's Stuffed Squash

Sara Jones, Tucson CSA

In this recipe, wheat berries and lentils provide the protein and texture of cooked ground beef. If you like, you can substitute cooked ground beef for the wheat and lentils.

1 large squash or 2 medium
1/3 cup wheat berries
1/3 cup lentils
1/2 cup shredded carrot (if available)
1 onion, chopped
2 garlic cloves, minced
2 tablespoons olive oil
2 tomatoes, chopped
1/2 teaspoon oregano
1/2 teaspoon thyme
1/2 teaspoon cumin
Salt and pepper to taste
Mozzarella or goat cheese for topping.

Sort wheat berries and lentils to remove any debris. Bring 6 cups of water to a boil in a large saucepan and add wheat berries. Keep berries at a low boil for 30 minutes and then add lentils. Boil for another 30 minutes until tender. Keep an eye on the mixture and add water as needed, then drain any excess water once tender. Heat oil in skillet and sauté carrots, onions and garlic over medium high heat for about 5 minutes. Add herbs and spices, tomatoes and salt and pepper. Combine all ingredients in saucepan and cook, covered, over medium low heat for about 10 minutes. Cut squash in half lengthwise and use a spoon to scrape out seeds. Lay the squash cut side up in a baking dish and add a generous portion of the filling. Cover with cheese and bake for 30 minutes in a 350 degree oven.