



Tucson Community Supported Agriculture

Newsletter 223 ~ Jan. 25, 2010 ~ Online at www.TucsonCSA.org

Winter '09 Week 7 of 11

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Wheat Berries Milling Done For You



If you've tasted the flour made from Crooked Sky Farms wheat berries, you know that it tastes great.

However, you may not have a Vitamix at home, or you may not have the time or inclination to stone-grind your wheat berries yourself at the CSA when our mill is available (we know it's a little slow and at times a bit crowded).

So, we've come up with an idea: For \$1 per bag, we'll clean, winnow and grind your wheat berries for you. (We're not doing this to make money; the \$1 charge is the cost of paying someone a very modest wage to run a flour mill, and the amortized cost of the mill.)

Just write your name on your bag of wheat berries (Sharpie provided), leave it at the front desk, and place your money in the Milling Jar. Your flour will be ready the following week.



Newsletter Editors

Philippe Waterinckx

SPRING SUBSCRIPTIONS OPEN FEBRUARY 1

Subscriptions: Produce shares are \$247. The price hasn't gone up, we're simply back to a regular 13-week session (winter session was 11 weeks).

Contract forms are available at the CSA, or online under *Join > Subscriptions & Cost*. You can place your contract and payment in our drop-box at the CSA during pickup hours, slip them under our door whenever the courtyard is accessible but the CSA is closed, or mail them to us. We will e-mail you a confirmation when we process your subscription.

Current and former members: Registration is from February 1 to March 1 (or until we fill up, whichever comes first). We strongly recommend that current members subscribe before we open registration to the Invitation List on February 15. We usually fill up quickly after that.

New (prospective) members: Registration is from February 15 to March 1 (or until we fill up, whichever comes first). Prospective members who've put their name on our Invitation List will receive an invitation to subscribe in early February. We process new members' contracts starting February 15, in the order received.

Spring Harvests: To have an idea of what produce we are getting in the spring, check the "Harvests" archive on our website.

PICKUP DAY CHANGE FOR SPRING SESSION

Starting next session our pickup days will be on Tuesday and Wednesday instead of Tuesday and Friday. The reason for this change is that there is much more demand for a mid-week pickup than there is for a Friday pickup: we are unable to accommodate everyone who wants a Tuesday pickup, while the Friday pickup never fills up.

We realize that some of our members do prefer a Friday pickup, and we apologize for this change. We hope to offer a Friday pickup again as the CSA continues to grow. If you would like to be notified by e-mail if the Friday pickup is resumed, let us know by e-mail or at the front desk.

PUTTING YOUR WHEAT BERRIES ON THE MENU

If you find that your wheat berries are taking over your pantry, something can be done about it. One practical way to get them on your menu is to plan ahead a little. Soak them overnight, boil them the next day until they start popping, drain and cool them, and then freeze them in individual baggies. You can then use ready-to-go batches of them in various sweet or savory dishes. Our website's recipe archive features many recipes for wheat berries.

Last week I made an earthy wheat berry and beans soup. The perfect dish for the wet and cold weather we had. I happened to have some frozen cooked wheat berries left over from the last time I made Orange Wheat Berry Parfait, and I just dumped them in a pot with chunks of turnips and rutabagas, chopped onions, with some coriander, bay leaves, salt and pepper for seasoning. It made a simple and delicious soup which tasted not unlike barley soup.

So, you've tried the above suggestions, or ground it into flour, and you still can't use it? Freshly ground flour from organic, locally grown wheat is a pretty special thing. Just try to find it somewhere else in town! How about giving a bag as a gift?

Beet, Spinach and Frisée Salad

Lorraine Glazar, Tucson CSA

In this salad the slightly bitter frisée is tempered by the sweet tang of the dressing. Other mild greens, like purple streaks mizuna, work fine in place of, or in addition to, the spinach.

3 medium beets
Juice of one orange plus water to make one cup
1/3 cup sweetened dried cranberries
2 tablespoons raspberry vinegar
1 tablespoon minced f'itoi onion
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon walnut oil or olive oil
6-8 cups cleaned and dried mixed frisee and mild greens
2 ounces Mozzarella, diced in 1/2 inch dice, firm tofu or crumbled soft (log-style) goat cheese

Preheat oven to 400°.

Wrap each beet in aluminum foil. Bake at 400° for 1 hour or until tender. Discard foil; cool beets for 30 minutes. Trim off beet roots; rub off skins. Cut beets into 1/8-inch-thick slices. Combine orange juice, water, cranberries, and vinegar in a small saucepan. Bring to a boil; cook 11 minutes or until mixture thickens. Remove from heat. Stir in onions, salt, and pepper. Gradually add oil, stirring with a whisk. Combine lettuce, spinach and mint leaves (if using) in a large bowl. Add cranberry mixture; toss to coat. Add beets; toss gently to combine. Divide salad evenly among 6 plates. Top each salad with 4 teaspoons cheese.

Turnip and Potato Gratin

Sara Jones, Tucson CSA

This is an easy recipe to toss in the oven to bake while you prepare the rest of your meal. Depending on the other flavors in the meal, consider layering in a handful of chopped dill to the dish.

3 medium potatoes, thinly sliced
3 medium turnips, thinly sliced
1 onion, thinly sliced
1-2 tablespoons butter, melted
3/4 cup heavy cream (or use whole milk yogurt, thinned with water to make it pourable)
1/4 cup bread crumbs
1/4 cup crumbled or shredded cheese
Salt and Pepper
Dill, if desired

Sauté onions in a small amount of oil until lightly browned. Add butter and vegetables and cook for about 5 minutes. In a small casserole dish, make layers of veggie mixture, drizzling each layer with cream and sprinkling with a bit of salt and pepper. Top with bread crumbs and cheese, cover with foil, and bake in a 375 degree oven for about 40 minutes, until cooked through. Remove foil and cook about 10 more minutes until top is golden brown.

Balsamic Lemon Greens

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of braising greens. Serve sprinkled with grated parmesan or romano cheese for an extra layer of flavor.

1 bag braising greens or 1 bunch tatsoi, cleaned and roughly chopped
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. Sprinkle with cheese, if using, right before serving.

Roasted Winter Vegetables

Sara Jones, Tucson CSA

1 bunch baby carrots, scrubbed clean
1 bunch beets, scrubbed clean and sliced into wedges
1 bunch turnips, scrubbed clean and sliced into wedges
1 tablespoon oil
1 tablespoon balsamic vinegar
Salt and pepper to taste

Toss vegetables together with oil and vinegar and place in a baking pan. Sprinkle with salt and pepper. Roast vegetables in a 375 degree oven for about 30 minutes until they are all tender. (Test one of each vegetable, as they have slightly different cooking times.)

Roasted Winter Vegetable Salad

Sara Jones, Tucson CSA

If you have any roasted veggies left over, try making a salad with them. Cooked wheat berries make a hearty salad, but you can use whatever grains you have on hand. If the vegetable chunks are big, cut them into bite size pieces.

2 cups cooked wheat berries
Left over roasted vegetables, cut into bite size pieces
1/2 bunch cilantro, finely chopped
1/2 cup pecans, chopped
3-4 green onions, chopped
Salt and pepper to taste

Toss all ingredients together in a bowl. Drizzle with oil and vinegar if needed, to moisten the grains. Serve cold or hot.

