



Tucson Community Supported Agriculture

Newsletter 226 ~ Feb 15, 2010 ~ Online at www.TucsonCSA.org

Winter '09 Week 10 of 11

Harvest list is online

Spring Subscriptions Status

The Tuesday pickup is now full but we still have availability for the Wednesday pickup. Registration closes on March 1 or when we fill up, whichever comes first.

Classes and Workshops

✦ **Backyard Chickens 101**, with Kim Fox

Keeping chickens is an easy and sustainable way to get your own delicious eggs, recycle your kitchen scraps, and provide good fun and responsibility for the kids. And if you end up with surplus of eggs, you can sell them to the CSA.

The workshop will cover designing and constructing a hen house, care and maintenance, and for those who wish to stay a little longer, butchering and dressing-out a chicken.

Sunday, Feb. 21, noon to 3:00 pm
Fee: \$20 RSVP Kim at 622-1917

✦ **Sonoran Spring Herbal Retreat at Aravaipa Canyon Ranch**

With veteran Tucson herbalists Pam Hyde-Nakai, Meg Keoppen and Martha Ames Burgess.

Learn about and meet local herbs and plants used for medicine and food. Hike, prepare herbal medicines, enjoy local organic and native foods, relax and rejuvenate in a supportive and inspirationally beautiful natural environment in the company of fellow plant lovers.

Sunday March 13 to Wednesday March 17

Fee: \$550 (deposit of \$150 required)
RSVP Pam at pamhn49@gmail.com

Newsletter Editor

Philippe Waterinckx

TO COOK OR NOT TO COOK FOR DOGS by Tania Messina, Tucson CSA member

Now that many of us have taken that extra step in re-educating ourselves toward a healthier diet so as to help ward off the innocuous diseases brought on by the industrialization of our food supply, some of us have begun to question what we feed our pets.

There is concern while witnessing human related illnesses now plaguing our beloved dogs and cats due to the same agribusiness takeover of pet foods that has been responsible for the decline in our food quality. But confusion persists due to the easy availability of too many products as well as an old mindset of cheap and easy feeding. "To Cook Or Not To Cook For Dogs" delves not only into the pros and cons of raw food vs. cooked, but focuses on the importance of the same basic, natural, organic foods for our favorite buddies that we ourselves consume.

From organic veggies and grass fed meat to high-quality holistic packaged foods, we can at least look forward to healthy, vibrant animal companions as opposed to those afflicted with constant illness.

For Tania's full article, go to our website, under Links > Media

RULE TO EAT BY: THE LATEST FROM MICHAEL POLLAN by Kim Eisele, Tucson CSA member

"If it came from a plant, eat it; if it was made in a plant, don't." –Michael Pollan

For us optimists out there, it's possible that the relationship between Americans and their food may be forever transforming thanks to the work of farmers and food activists, backyard gardens, CSAs, and the writing of Michael Pollan.

If you've read all of Pollan's previous books and consider yourself a healthy eater with a politically-conscious diet, his latest book, *Food Rules*, may not tell you anything new. But then again, it might. At the very least, it gathers together in one place all the reasons and rationales for eating healthy, locally, and less. And it very well could inspire you to rethink your diet. Again.

Like, this rule: eat less sugar. Not just high-fructose corn syrup, which many of us probably already avoid, albeit with difficulty, since its added to just about every store-bought food you can think of. But regular old sugar, which is often an unnecessary additive to processed foods. Also, avoid refined flour, which has virtually the same effect on the body once we eat it.

No surprise, Pollan also suggests cooking your own food, which is the best way to control what you eat and reclaim your diet from "the food scientists and food processors," he writes. Lucky for us, every week we get new recipes from Sara Jones and CSA members. Just flip this paper over!

Another tip is to eat mindfully. Meaning: when you're eating, eat. Don't read, watch TV, check your email, or work. Simply eat when you're eating. You'll pay more attention to flavor and quantity. He also reinforces the adage, "Stop eating before you're full."

My favorite rule, though, is the "S" rule. "No snacks, no seconds, no sweets—except on days that begin with the letter S."

For more information about *Food Rules* and other Michael Pollan books, visit www.michaelpollan.com.

Easy Minestrone Soup-new

Sara Jones, Tucson CSA

This soup is perfect for winter vegetables. Rutabagas give the soup a nice sweet flavor, but you can use potatoes or turnips, too. Almost any greens will do nicely in here, but remember they will shrink a lot. One whole bunch isn't too much. And remember that different greens will add different textures, so try adding a few varieties.

2 large rutabagas, peeled and diced
2 handfuls broccoli or cauliflower, chopped
1-2 bunches greens, cleaned and chopped
2 carrots, diced
1 sweet yellow onion, diced
3 cloves garlic or 1/2 bunch green garlic
1 tablespoon tomato paste
1 can diced tomatoes
1 can beans, drained
1 large handful small pasta
1 teaspoon oregano
1 teaspoon thyme
1-2 tablespoons oil
Salt and pepper to taste

In a large saucepan, sauté onion in oil over medium high heat until beginning to brown. Push onion to one side and add tomato paste to pan. Cook, stirring continuously, until paste has darkened a shade or two. Add garlic, herbs, canned tomatoes and about 2 cans of water. Stir in remaining veggies, except greens. Bring to a simmer and cook for about 15 minutes, until rutabaga is mostly tender. Add beans, pasta and greens and continue cooking until pasta is ready. Season to taste with salt and pepper and a drizzle of balsamic vinegar, if desired. Serve garnished with shredded parmesan and croutons.

Rutabaga Fries-new

Sara Jones, Tucson CSA

Like other root vegetables, rutabaga is great baked. Try making fries with your share and you won't be disappointed. These fries will be more like sweet potato fries, in that they will never get perfectly crisp like a potato. To help them crisp better, switch them to broil right when they are almost tender. That will give them more color and a better texture than just baking.

1 share rutabaga, peeled and cut into French fry strips
2 teaspoons oil
Salt and pepper

Curry powder, paprika, cayenne or any other spice mix you like
Preheat oven to 375 degrees. Toss rutabaga with oil, salt and pepper and spices. Spread in a single layer on a baking sheet and place in over. Cook about 10-20 minutes (depending on the thickness of your slice). Once almost tender, switch oven to broil and cook until nicely browned. Serve immediately.

Green Garlic

Green garlic is wonderfully fresh and potent. Just chop it finely, greens and all, and use it like regular garlic.

Wheat Berry Muffins

Lori Adkison, Tucson CSA

2 Eggs
2/3 cup plain yogurt
1/3 cup vegetable oil
2/3 cup cooked wheat berries
3/4 cup all purpose flour
3/4 cup whole wheat flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Beat together eggs, yogurt and oil until well blended. Stir in wheat berries. Mix together dry ingredients and stir into wet ingredients. Fill muffin tins 2/3 full and bake for 20 minutes or until they test done. When muffins are cool, drizzle orange glaze.

Orange Glaze:

1/2 cup powdered sugar
1 tablespoon orange juice

Whisk juice and sugar together until smooth.

Onion Mustard Crackers-new

Felice Gaia, Tucson CSA

Can't figure out what to do with your mustard greens? These crackers make a surprisingly wonderful, and healthy, snack. The mustard takes a back seat and is so mild. I hope a few members may get motivated and enjoy. This is a raw recipe that uses a food dehydrator, but you should be able to bake the crackers on a very low oven setting, if you need to.

1 bunch mustard greens, well cleaned
1/2 large yellow sweet onions
About 1 cup of almonds (preferably sprouted)
3/4 cup of golden flax seed
About 1 teaspoon turmeric, to taste
Himalayan salt to taste

Puree mustard greens in a blender. In large bowl add mustard greens to the flax seeds. The moisture from the greens will start to 'gel' with the flax seeds. Puree the onions and add them too. Allow to sit for at least one hour. Grind sprouted almonds in food processor. Add to mixture. Add seasonings with your clean loving hands so ingredients get mixed thoroughly. Let sit for another hour, until the mixture gets a firm pliable texture. Spread on dehydrator sheets to cracker thickness. Dry at 105 degrees for up to 18 hours. Or, spread on a baking sheet lined with parchment paper and bake at 250, checking every 30 minutes or so until cracker is mostly dry and firm.

Wheat Milling - Reminder

The CSA wheat mill is available in the courtyard for milling your wheat berries on the last week of every month and whenever we have wheat berries in our shares. Make sure you clean them first! If you don't feel like doing it yourself, 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.)