



Tucson Community Supported Agriculture

Newsletter 232 ~ March 29, 2010 ~ Online at www.TucsonCSA.org

Spring '10 Week 5 of 13

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Wheat Berries And Wheat Flour

Unlike other grains such as rice or corn kernels, wheat berries are not typically part of most people's regular diet. Yet they make wholesome and flavorful dishes (see our online recipe archive for some ideas).

However, if you prefer to have flour instead, you have three options:

- 1) if you have strong food processor, like a Vitamix, you can grind your wheat berries at home
- 2) you can grind them with the stone grinder that is available at the CSA on the last week of every month and also whenever we have wheat berries in our shares)
- 3) let us do the job: for \$1 per bag, we'll clean, winnow and grind them into flour for you. Write your name on your bags(s) of wheat berries and drop them off at the front desk. Your flour will be ready the following week.

Second Payments Due Next Week

If you paid for your produce share in two installments, your second payment (\$130 for most members) is due by the end of next week.

Newsletter Editor

Philippe Waterinckx

LADYBUG, LADYBUG, FLY AWAY HOME...

It's aphids time. Crooked Sky Farms has a remarkable record of providing us with mostly bug-free produce, thanks to their integrated pest management methods, without the use of any pesticides. However, every spring, rain or shine, the aphids show up. It is part of a natural cycle: some years are worse than others, but generally the cases are mild. Well, the aphids seem to have arrived. Tania, from the farm, has reported seeing some clusters. We don't know yet if this year is going to be a good year or a bad year. In any case, expect to find some aphids in your shares over the next few weeks.

Why does this happen? In organically-managed fields, aphids are naturally kept under control by beneficial insects such as ladybugs and lacewings. However, as the weather warms up each spring, the aphid population grows rapidly and it takes a few weeks for the ladybug and lacewing populations to catch up and get the aphids back under control. It's during this time that we can find aphids on our produce. Cauliflower, cabbage and kale are usually the most affected.

You likely do not wish to include aphids in your diet. If you do find them on your produce, do as follows: fill a bowl with water and add a few drops of dishwashing detergent to it (more for heavy infestations). Swish the produce around in the water until the aphids have floated to the surface. Finish by rinsing the produce in clean water. That should do the trick.

It has been told that in medieval England, when spring crops became infested with pests, farmers would send prayers to Our Lady the Virgin Mary, and soon enough, there came to the rescue this helpful little insect which became known as the poetic ladybug. In England it is known as the ladybird.

WE NEED VOLUNTEERS FOR CYCLOVIA

The Tucson CSA is excited to be participating in Tucson's first ever Cyclovia, on Sunday, April 18, 2010, from 10:00 AM to 2:00 PM.

We are looking for volunteers to help staff the CSA stand on that day, between 9:00 AM and 3:00 PM, at the intersection of 4th Street & 4th Avenue. Our theme will be "Bees & Honey" and we'll be featuring a beeswax candle making workshop and bee products. We'll need three to four people at the stand at any one time. It'll be fun! Please contact Philippe at tucsoncsa@tucsoncsa.org or at 520-203-1010 if you'd like to volunteer for one or more one-hour shifts.

Cyc'lo'via (sil kle' via) n. A Spanish word meaning temporary closure of a network of streets to cars, and open the streets to the people who bike, walk, skate and participate in fun, free activities.

Cyclovia will give Tucson folks the chance to enjoy our great April weather, meet neighbors, friends and new people, and get a little exercise – on city streets that will be closed to car traffic and open to walkers, joggers, cyclists, skaters and all other forms of natural movement. Cyclovia isn't a race, parade or competition. Instead, it's a chance to enjoy Tucson from a new perspective (outside of the car). Walk your dog, roller skate, blow bubbles...

For more info about Tucson's Cyclovia, go to www.cycloviatucson.org

Pastiera (Italian Wheat Berry Pie)-new

Sara Jones, Tucson CSA

This is a traditional Easter dish served in Naples. It's a great way to celebrate spring and citrus season. Most versions call for a special pie crust and fancy lattice work on top. This recipe is simplified to use a pre-made crust and forgo the lattice work. To simplify even further, try the Cuccia recipe in our online recipe archive.

1/2 cup wheat berries (about 1 cup cooked berries)
Zest from 2 oranges
1 pound ricotta, put through a sieve
2 large eggs at room temperature, lightly beaten
1/2 cup granulated sugar
1 tablespoon orange-flower water
1 teaspoon cinnamon
1/2 cup finely chopped candied orange peel (optional)
1 pie shell, defrosted, if frozen

Soak wheat berries overnight and drain. Place in a large sauce pan, cover in water and bring to a boil. Lower heat to a simmer and cook until tender. Drain cooked berries and set aside to cool. Mix the ricotta and sugar together. Stir in the eggs one at a time, then add the zest, orange flower water and orange peel. Stir in the cooled wheat kernels. Pour mixture into pie shell and sprinkle top with cinnamon. Bake in a pre-heated 350 degree oven for about 45 minutes, until filling is set.

Panade

Lorraine Glazar, Tucson CSA

1 ½ pounds onions, halved and thinly sliced (about 6 cups)
2 tablespoons olive oil (divided use)
Salt and pepper
1/2 teaspoon dried thyme or 1 tablespoon fresh
6 cloves garlic, slivered
1 pound kale or chard, stemmed and cut into wide ribbons
10 ounces stale, hard peasant type bread, torn or cut into one-inch chunks
2 cups cheese, shredded
3-4 cups vegetable stock

Heat one tablespoon olive oil in a sauté pan and slowly cook the onion until translucent and tender. Sprinkle with thyme while cooking and add salt and pepper. Remove the onions and add one more tablespoon of oil to the pan. Add the greens and the garlic and a sprinkle or two of salt and cook for three or four minutes, just until the greens soften a bit. In a 2-quart casserole with a lid, or a Dutch oven, begin layering the panade: first the onions, then a loose layer of bread cubes, then greens, and top with cheese. Continue this way until the ingredients are all used. Bring the vegetable stock to a simmer and add salt to taste. Add stock to the casserole up to 1 ½ inches below the rim of the dish (you can go a bit higher in a shallower casserole dish). Cover and bake in a 325 degree oven for 1 to 1 ½ hours, or until it is hot and bubbly and slightly brown around the edges. Then increase heat to 375, remove lid, and bake for 10-20 minutes or until top is evenly brown.

Whole Wheat Berries Pancakes

TammiesRecipes.com

If you didn't get a chance to grind your wheat berries, but don't want to use them whole, this is the recipe for you. Somehow, blending the wheat berries with milk makes a smooth batter.

Yield: enough pancakes for 2 very hungry people

1 cup milk
3/4 cup whole wheat berries
2 teaspoons baking powder
2 tablespoons brown sugar
2 eggs
Dash of salt
Fresh fruit or syrup, for serving

Using a glass blender (berries will scratch plastic), blend milk and wheat berries for 4 minutes on high. (Stop blender intermittently if you're concerned about over-working your blender.) Add baking powder, brown sugar, eggs, and salt to the blender. Replace lid and blend for 1 minute on low. Spoon batter onto a hot greased griddle

Flip pancakes once during cooking (pancakes are ready to flip when bubbles on top stay open). Cook pancakes for several minutes, until done. Serve with fresh fruit or syrup!

Rice Pilaf with Dill

Sara Jones, Tucson CSA

The bunches of dill we get at the CSA are sometimes huge! This recipe is a great way to use up a lot of this delicious herb. With a simple salad, this rice could make an easy meal.

1 ½ cups long grain white rice
2 tablespoons butter or oil
1 onion, diced
1 cup dill, chopped
1 large can (16 ounces) garbanzo beans
2 tablespoons capers
Juice from 1 lemon
Salt and pepper to taste
Feta to top, if desired

In a medium sauce pan over medium high heat, sauté onion in some oil until it begins to brown. Add butter and rice and cook about 3 minutes, stirring frequently, to toast rice. Add lemon juice, dill, beans, salt and pepper and 2 ¾ cups water. Bring to a boil. Cover rice, reduce heat to low, and cook for 20 minutes. Stir in capers and more salt and pepper and lemon juice to taste.

How To Clean Wheat Berries – Philippe's Method

Philippe, Tucson CSA

Your bag of wheat berries will usually include impurities such as small stones or dirt, some other seeds, and chaff.

I usually do this outside: I set up a fan on a table and pour the wheat berries from one bowl into another a few times in front of the fan. Then I manually remove the remaining impurities by hand. It takes just a few minutes. It's okay if some chaff remains (if it's a windy day, you can winnow the wheat berries the traditional way, by throwing them in the air).