



Tucson Community Supported Agriculture

Newsletter 233 ~ April 5, 2010 ~ Online at www.TucsonCSA.org

Spring '10 - Week 6 of 13

Harvest list is online

The Back Page

Wheat Berries with Beets and Walnuts
Citrus Vinaigrette
Amish Turnips
Swiss Chard with Pine Nuts and Raisins
Turkish Hamburgers (Kofte)

More recipes on our online
recipe archive

Classes and Workshops

✦ Composting With Worms!

With Kim Fox. Workshop on the art of transforming kitchen waste into living healthy soil, care of red wigglers, use of worm castings and health of soil, plants, and people. Also, worm kits available for purchase.

Sunday, April 11, 12-2 pm
RSVP Kim at 622-1917.

Beef Shares Are Ready!

Grass-fed/grass-finished beef shares from Josh are ready for pickup. Prices range from \$20 to \$45 per share (in addition to your \$20 pre-paid deposit).

We Need More Volunteers For The CSA Stand At Cyclovia!!!

We are looking for volunteers to help Philippe and Sara staff the CSA stand on Sunday, April 18, 2010, between 9:00 AM and 3:00 PM. at the intersection of 4th Street & 4th Avenue. We'll need three to four people at the stand at any one time, in one-hour shifts. Do join us. It'll be fun!

If you'd like to volunteer (yes, yes!) one hour (or more) of your time, please contact Sara or Philippe at tucsoncsa@tucsoncsa.org or at 520-203-1010.

Second Payment Due This Week

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

Newsletter Editor

Philippe Waterinckx

VISIT YOUR FARM! SUNDAY, APRIL 18, 10:00 AM TO 1:00 PM



Come see where your CSA veggies are grown! Farmer Frank and the Crooked Sky Farms crew invite all Tucson CSA members and their families to visit their south Phoenix field. There will be a tour of the field led by Farmer Frank, followed by refreshments and fresh food. The event is free of charge.

It looks like this may be the only farm tour planned for this year. Don't miss it!

Location: near S.19th Ave. & I-17. The drive from Tucson to the farm takes just under two hours.

Driving directions from Tucson:

- take I-10 to Phoenix
- in Phoenix, take exit I-17 N/US 60 W
- take exit 197 for 19th Ave.
- turn left, go under the freeway, then turn left gain onto the access road (do not get back on the eastbound freeway).
- turn right on S.16th Ave.
- turn right on W. Watkins St.

The entrance to the farm will be to your right. You can park at the base of the big talus that's on the farm grounds.

For carpooling, meet in front of the CSA at 7:45 AM for an 8:00 AM departure.

WANT FRESH LOCAL MILK?



The CSA does not provide milk shares. However, we can put you in touch with those who do. For those looking for a weekly supply of cow's or goat's milk, HoofsnHorns Farm herd shares available now. HoofsnHorns is a small local mother-daughter farm and animal sanctuary located in northeast Tucson. Becoming a herd member at

HoofsnHorns not only gives you shares of fresh milk but also the satisfaction of supporting a small humane family farm that gives its animals a safe and happy home. Herd members can also purchase eggs, cheese and butter when available.

Herd members take turns picking up the milk at the farm and dropping it off at the CSA for other herd members. For more info, go to www.hoofsnhorns.com or email Shelby at shelby.hoofsnhorns@yahoo.com

EatRealGood: A NEW MEAL PLANNING TOOL

This brand new www.EatRealGood.com website, designed with CSA shares in mind, may help you use your weekly CSA shares more efficiently. One of its features is a **Meal Planner**: users can enter what produce they received in their weekly veggie share, and it shows relevant recipes for them to choose from. The search criteria can also be refined to match tags such as gluten-free, crock pot, dairy-free, vegetarian, vegan, low-carb, etc.

Wheat Berries with Beets and Walnuts-new

Sara Jones, Tucson CSA

Simple ingredients make a satisfying dish in this easy recipe. Pre-roast the beets and boil the wheat berries earlier in the week for a really quick meal. Add the beet greens if you like, or save them for another dish. Pasta works well in place of the wheat berries, if you prefer.

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

Mix together all ingredients, seasoning to taste. Let sit for at least 30 minutes to allow flavors to meld. Serve warm, or as a cold salad. Garnish with whole parsley leaves.

Amish Turnips

Philippe, Tucson CSA. Adapted from Phoenix CSA

2 medium to large turnips
2 cup bread crumbs
2 tablespoon sugar
Salt to taste
2 egg, beaten
2 cups milk
2 tablespoon butter

Scrub turnips and cut into chunks. Put the chunks in a large saucepan and cover with water. Add 1 teaspoon of the salt. Bring to a boil; reduce heat, cover, and simmer for about 25 to 30 minutes or until tender. Drain and let dry in a colander or in the pan with the top ajar. Mix with all remaining ingredients and only half of the bread crumbs. Place in greased casserole. Cover with the rest of the crumbs and bake 45 minutes at 350 degrees. Turnip haters like this dish.

Citrus Vinaigrette

Rachel Yaseen, Two Spoons

Use this vinaigrette for any salad, or you can use it to drizzle over roasted veggies, too.

1/4 cup juice of 1 orange (or half orange, half grapefruit)
1/8 cup each, juice of 1 lemon and lime
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil
2 tablespoon agave nectar
1 tablespoon chives, chopped
1/4 cup parsley, chopped
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving.

Dressing should keep well in fridge for one week.

Swiss Chard with Pine Nuts and Raisins

Sara Jones, Tucson CSA

Swiss chard is accompanied by raisins and pine nuts in a wide range of dishes. Here is the basic recipe, with much room for creativity (think quiche, pasta salad, lasagna, enchiladas...)

2 bunches Swiss chard, (you can substitute one of the bunches with spinach), chopped roughly, stems diced
1/3 cup pine nuts (or walnuts)
2 tablespoons oil
1 medium onion, finely chopped
1/4 cup golden raisins, finely chopped
Salt and pepper to taste

Heat oil over medium high heat, add onion, sauté for about 5 minutes then add chard, pine nuts, raisins and a splash of water. Cook, stirring often, until chard is well wilted. Season with salt and pepper and a dash of balsamic vinegar, if desired.

Frittata with Spring Greens-new

Sara Jones, Tucson CSA

We don't often get parsley, and it's a treat to get it in our shares. You can use large quantities of it in this delicious frittata for a really fresh taste.

5 eggs
1/4 cup milk
2 tablespoons flour
1/2 bunch baby leeks, thinly sliced
3-4 chard stems, diced
1 large handful chard or spinach greens, roughly chopped
1 handful parsley, roughly chopped
About 1 tablespoon olive oil
Salt and pepper to taste

Heat oil in a large skillet over medium high heat. Add leeks and chard stems. Cook about 5 minutes, then add greens. Continue cooking, briefly, until greens are wilted. Remove from heat. In a medium size bowl, whisk together eggs, flour and milk. Stir cooked vegetables and parsley into mixture and season with salt and pepper. Pour mixture into well greased pie pan and bake in a 350 degree oven for about 15-20 minutes, until eggs are set.

Turkish Hamburgers (Kofte)-new

Philippe, Tucson CSA

1 pound ground beef
1 egg
1/4 cup breadcrumbs, or cooked rice, or cooked bulgur
1 onion, grated or minced
1/4 cup fresh parsley, chopped
1/2 teaspoon cumin
1-2 garlic cloves, minced
Salt and pepper

Thoroughly mix all the ingredients with your hands. Divide in 6 to 8 portions and shape into patties. Grill or fry in the pan with some oil. Serve with French fries or French baguette, and with a salad with citrus vinaigrette