



# Tucson Community Supported Agriculture

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## Spring '10 - Week 8 of 13

Harvest list is online

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Many more recipes on our online recipe archive

### Visit to Crooked Sky Farms

Sara and Philippe couldn't make it to the open day at the farm because they had to stay in Tucson to staff the CSA booth at Cyclovia (which turned out to be a wonderful and successful event).

However, we heard wonderful reports of how it went. This is one of our members' account of some of her favorite moments at the farm:

*"The red winged blackbirds displaying in the artichoke field (see photo); the duck swimming in the irrigation water into the crops; the bright spring green of the fennel; shaking [Farmer]Frank's hand and his genuine care; to be reminded that it is a farm - dirt, plants, people, sun and water...with lots of knowledge and work."*

Janet Bardwell, Tucson CSA member



Photo courtesy of Janet Bardwell

### Newsletter Editor

Philippe Waterinckx

## HOW THE TRADING AND SURPLUS BASKETS WORK

Sometimes there may be an item in your produce share which you don't want to take home. If such is the case, please don't leave the item in the crates at the produce line. Either exchange it for another item at the trading table, or, if there is nothing at the trading table that you want to trade for, put the item in one of the surplus baskets (on the bench, next to the trading table).

When you leave an undesired item in the crate at the produce line, you basically add it to the leftover produce that is donated to charity at the end of the pickup day. That in itself is not bad, since it doesn't get wasted and goes to a good cause. However, by doing so, you also reduce the number of items that are made available to other CSA members. If you place an unwanted item in a surplus basket instead, you give other CSA members an opportunity to take it home. While we like to support charities, our first obligation is to our members.

For example, this is what happened last week: at the end of the pickups we were left with a large number of extra nopales (prickly pear pads) which members had not taken from the crate in the produce line and which ended up going to charity. If those unwanted nopales had been placed in the surplus baskets instead, they would have gone to members who would have rejoiced at the opportunity to take a few extra nopales home.



So, don't leave the horn of plenty empty. Remember to replenish it instead of leaving items at the produce line.

Note: not all the produce in the surplus baskets comes from members' unwanted items. The surplus baskets may also include surplus less perishable items from the previous pickup day or produce from members' gardens or citrus trees.

## SO, WHERE DOES LEFTOVER PRODUCE GO TO?



At the end of every Tuesday pickup, leftover produce is donated to the non-profit *Iskashitaa Refugee Harvesting Network*. Iskashitaa refugees go around Tucson harvesting surplus fruit and vegetables from people's gardens. These either go directly to refugees for their food, or are turned into delicious marmalades, jams and other preserves which are then sold to help support other Iskashitaa projects aimed at rehabilitating refugees. (Iskashitaa sometimes offers their surplus fruit to CSA members, requesting donations.)

For more information about Iskashitaa, or if you wish to donate surplus fruit from your garden, go to [www.iskashitaa.org](http://www.iskashitaa.org)



At the end of every Wednesday pickup, leftover produce is donated to the non-profit *Comin' Home*, an organization aimed at providing housing and services for homeless veterans in Tucson and Pima County.

For more information about Comin' Home, go to [www.cominhome.org](http://www.cominhome.org)

**Beet and Walnut Dip-new**

Sara Jones, Tucson CSA

This is a great dip or spread for bread or pita. Top with fresh herbs and chopped olives, if you like.

1 bunch beets, roasted, peeled and roughly chopped  
3 cloves garlic  
1 cup walnuts  
2 tablespoons olive oil  
1/4 cup plain yogurt or sour cream  
Salt to taste

Process garlic and walnuts in a food processor or blender until finely ground. Add beets and olive oil and process until smooth. In a medium bowl, combine beet mixture with yogurt or sour cream. Salt to taste. Store in refrigerator covered with a layer of oil for up to one week.

**Radish Potato Salad**

Sara Jones, Tucson CSA

Radishes add a refreshing crunch to a creamy potato salad.

1 pound red potatoes, cooked and roughly chopped  
4-5 green onions, chopped  
1/2 bunch radishes, sliced  
2 hard-boiled eggs, chopped  
About 1/2 cup mayonnaise  
2 tablespoons white vinegar

Stir together all ingredients. For the best flavor, let the salad sit in the fridge for an hour or so.

**Citrus Sorbet**

Paul Durham, Tucson CSA

1 quart citrus juice (at least 4 grapefruit or 8 oranges)  
1 rounded tablespoon zest, finely grated (option: increase the amount of zest for more citrusy flavor and tartness)  
1/2 cup simple syrup\*  
1/2 cup vodka (optional)

Simmer zest in simple syrup for a couple minutes and let it sit. Juice citrus and add juice to syrup. Add vodka. Refrigerate until cold. Stir thoroughly, then pour into an ice cream maker and freeze according to the manufacturer's instructions. Transfer to a container and freeze until firm. Serve in martini glasses and garnish with sprigs of mint or fennel.

If you do not have an ice cream maker: pour into 9-inch square metal baking pan; cover and freeze, stirring occasionally, until partially frozen, about 4 hours. In a food processor with knife blade attached, process sorbet until smooth but still frozen.

\* Simple syrup: Mix together 1/2 cup sugar, 1/2 cup water and the zest in a saucepan. Heat gradually, stirring until the sugar has dissolved, then boil the mixture gently for 5 minutes to make a syrup. Combine with the other ingredients as described above.

**Spanish Tortilla**

From Chester Aaron's *Garlic is Life: A Memoir*.  
Contributed by Lissa Gibbs, Tucson CSA

Prep and cook time: 30 minutes Serves 4

2 tablespoons of olive oil  
1 medium sized onion, peeled, halved, and thinly sliced crosswise  
2 lbs thin-skinned potatoes (their feelings are hurt easily), peeled and sliced into 1/8 inch thick rounds  
3/4 teaspoon of salt  
1/2 teaspoon of pepper  
1/3 cup of water  
5 large organic and humanely produced eggs

Heat olive oil over medium high heat in 10-12 inch nonstick ovenproof frying pan. Add onion and stir often until limp (5 mins). Add potatoes, 1/2 tsp salt and 1/4 tsp pepper. Add water and bring to boil; reduce heat to medium, cover, and cook until potatoes are tender (10 mins). If any liquid remains, boil off uncovered. Meanwhile, in a large bowl, beat eggs with 1/4 tsp salt and 1/4 tsp pepper to blend. Add potato mixture and coat gently. Place unwashed frying pan over medium high heat and pour egg/potato mixture into it. Reduce heat to medium-low and cook until eggs begin to set and bottom is lightly browned (5-8 mins). Transfer pan to oven and broil the "tortilla" about 6 inches from heat until top is set (3-5 mins). Run a spatula between the tortilla and pan to loosen and invert tortilla onto plate. Cut into wedges and serve warm or at room temperature.

**Radish and Yogurt Spread**

Philippe, Tucson CSA

Belgium's equivalent of tzatziki. Amazingly refreshing!

1/2 bunch radishes, cut in slices  
1 cup Greek yogurt  
a few stalks of green onions, chopped  
salt and pepper  
sliced bread

Mix together radishes and yogurt. Spread on bread slices. Sprinkle with green onions, salt and pepper.

**Eggs Florentine**

Lorraine Glazar, Tucson CSA

1/2 bunch chard (with stems), roughly chopped  
2 eggs  
Olive oil or butter  
Garlic to taste  
1-2 tablespoons Parmesan cheese

Heat an oven to 350 degrees. Heat olive oil in a sauté pan and brown the garlic. Add the greens, toss to coat with oil, and steam with the lid on. Butter or oil a small oven-safe dish. Place the sautéed greens in the dish. Crack eggs and place atop the greens. Bake for 10 minutes or until the eggs are done to your liking. Top with Parmesan cheese.