



Tucson Community Supported Agriculture

Newsletter 237 ~ May 3, 2010 ~ Online at www.TucsonCSA.org

Spring '11 - Week 10 of 13

Harvest list is online

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Many more recipes on our online recipe archive

Now taking Summer Subscriptions

Summer session runs June, July and August.

Produce shares: \$247
Goat cheese shares: \$40

Current members: Registration is from May 1 to May 28 (or until we fill up, whichever comes first), with priority registration until May 15. We strongly recommend that current members re-subscribe before May 15 when we open registration to former and new members.

Former and new members:

Registration is from May 15 to May 28 (or until we fill up, whichever comes first). Former and new members may send their registrations in now, but we'll hold them until processing begins on the 15th.

Contract forms are available at the CSA, or online under [Join > Subscriptions & Cost](#).

We process contracts in the order received - except between May 1 and May 15 when we process current members' contracts only.

We will e-mail you a confirmation when we process your subscription.



Newsletter Editor

Philippe Waterinckx & Kimi Eisele



OF HEARTS AND FLOWERS ... THE LOVELY ARTICHOKE!

It's springtime. The time of year to eat hearts and flowers. Hearts? Yes, the inside of an artichoke! Flowers? Yes, the artichoke itself is actually an edible flower.

Artichokes are believed to have originated in North Africa. They spread to the Mediterranean by the 9th century and then to the rest of Europe. In the 19th century they arrived in the United States, in Louisiana via French immigrants and in California via Spanish immigrants. Today, almost all the commercial U.S.

artichoke crop is grown in California, specifically in Castroville, called the "Artichoke Center of the World."

Considered an aphrodisiac and a delicacy, the artichoke holds some interesting properties. The ancient Greeks believed it influenced the gender of babies—more specifically leading to the birth of baby boys. And in 1576, Dr. Barolomeo Boldo wrote in the "Book of Nature," that the artichoke "*has the virtue of . . . provoking Venus for both men and women; for women making them more desirable, and helping the men who are in these matters rather tardy.*" Ooo la la!

Artichokes are also good for your health. The fleshy part of their leaves contain cynarin, which increases the flow of bile in the body, aiding digestion and strengthening the liver and gall bladder. By raising HDL/LDL ratios, it also helps reduce cholesterol levels.

So they're pretty and they're useful, perhaps, but how the heck do you eat an artichoke? Here are some simple directions:

- 1) **Cut and trim leaves.** Since many have thorns on the end of the leaves, cut off tips. It makes them prettier and safer! Also cut off 1/2 to 3/4 of an inch of the top. Pull off small leaves near the stem and cut any excess stem, which tends to be bitter.
- 2) **Steam** artichokes leaf-side down 25 to 45 minutes (depending on the size).
- 3) **Eat the leaves:** Pull off outer leaves and dip white fleshy part into your favorite sauce (butter, lemon, mayonnaise, balsamic vinegar, etc.). Scrape off this soft, pulpy part with your teeth and discard the rest of the petal.
- 4) **Eat the heart:** With a spoon, scrape out the fuzzy choke, which is hard to digest, exposing the smooth flower base or the heart. Dip or soak in the sauce and eat. Yum! For a special after-artichoke treat, drink some water. Notice how sweet your water becomes, enhanced by the artichoke flavor?

A FEW WORDS ABOUT APHIDS

Oh fiddle, aphids again! You'll probably notice them on this week's cabbage. It's all part of being intimately tied to your food production! Better aphids than pesticides! Aphids come from the Aphidoidea superfamily and are among the most destructive agricultural pests. Aphids are often monophagous, which means that they eat only one kind of plant. It certainly won't kill you to eat the aphids, but if you're bugged by these little bugs, **rinse your greens in hot water** (not hot enough to cook the green, though!) **or salty water**. Both help remove the aphids.

Stewed Spring Veggies

Sara Jones, Tucson CSA

3-5 baby artichokes, trimmed and quartered lengthwise
2 cups green beans, chopped
2-3 new potatoes, chopped
1 sweet onion, diced
4 cloves garlic, minced
1 large can (28 oz) chopped tomatoes
1 teaspoon thyme
1 teaspoon oregano or marjoram
Drizzle balsamic vinegar
Salt and pepper to taste

To trim artichokes, cut stems from base, remove tough outer leaves and trim off top 1/2 inch of vegetable. Cut each choke into quarters and place in water until ready to use. Prepare other veggies and combine all ingredients together in a large soup pot. Bring to a slow simmer and cook over medium low heat for about 35 minutes until all ingredients are tender. Drizzle with vinegar and add salt and pepper to taste. Serve over rice or pasta or polenta.

Citrus Seltzer

Sara Jones, Tucson CSA

This is an incredibly refreshing drink in the summer heat. If you don't have the ingredients to make it now, squeeze and freeze your grapefruit for a treat later on.

1 part grapefruit or orange juice
1 part sparkling water
Agave nectar (or other readily soluble sweetener), to taste

Stir together juice and agave nectar, about 2 teaspoons per cup of juice for grapefruit, less for orange juice. Add sparkling water and taste for sweetness, adding more nectar if desired. Serve over ice.

Sweet Potato Biscuits

Lorraine Glazar, TCSA

2 cups all purpose flour (about 9 ounces)
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon salt
5 tablespoons chilled unsalted butter, cut into small pieces
1 cup pureed cooked sweet potatoes, cooled
1/3 cup fat free milk
Cooking spray

Preheat oven to 400 degrees. Lightly spoon flour into a measuring cup, level with a knife. Combine flour, sugar, baking powder and salt in a bowl. Cut in butter with a pastry blender or two knives until mixture resembles coarse meal.

Combine sweet potato and milk in a small bowl; add potato mixture to flour, stirring just until moist. Turn dough out onto a lightly floured surface and knead lightly 5 times. Roll dough to a 1/4-inch thickness and cut with a 2 inch biscuit cutter into 10 biscuits. Place biscuits on a baking sheet sprayed with cooking spray. Gather remaining dough. Roll to a 1/4-inch thickness. Cut with a 2-inch biscuit cutter into 6 biscuits. Place the biscuits on prepared baking sheet and discard any remaining dough. Bake at 400 degrees for 15 minutes or until lightly browned. Remove from baking sheet and cool 5 minutes on wire rack. Serve warm or at room temperature.

Kickin' Collard (or Cabbage) Greens

1 tablespoon olive oil
3 slices bacon
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon pepper
3 cups chicken broth
1 pinch red pepper flakes
1 pound fresh collard greens, cut into 2-inch pieces

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt. Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.

Greek Lemon Potatoes

Paula Borchardt, Tucson CSA

8 Red La Soda potatoes
1/4 cup lemon juice
2 teaspoons lemon zest
1 tablespoon olive oil
1 and 1/2 tablespoons fresh oregano, or 1 teaspoon dry
3 cloves garlic, minced
2/3 cup crumbled feta cheese
1 cup hot water

Slice potatoes into 1/4-inch thick pieces and combine in a mixing bowl with the lemon juice, lemon zest, olive oil, oregano, and garlic. Place all in a buttered 13x9x2 baking pan. Pour 1 cup hot water over all and bake uncovered at 450° for 30 minutes. Sprinkle the feta cheese on top and bake for an additional 15 minutes.