



Tucson Community Supported Agriculture

Newsletter 241 ~ May 31, 2010 ~ Online at www.TucsonCSA.org

Summer '10 - Week 1 of 13

Harvest list is online

The Back Page

Sautéed Potatoes with Mint and Coconut
Cooking Wheat Berries
Wheat Berry Parfait
Southwestern Wheat Berry Pilaf

Many more recipes on our online recipe archive

The Wheat Mill is Repaired!

One of our members took our malfunctioning wheat mill home and was able to fix it. It's back in shape, and we'll have it out in the courtyard, as usual, on the last week of each month, for DIY milling.

We also make the mill available on pickup days when we get wheat berries in our shares.

Before milling your wheat berries, make sure you have cleaned them of impurities such as stones and twigs. Stones, in particular, can permanently damage the mill.

A good way to clean your wheat berries is to pour them on a baking sheet and sort through them with your fingers, while periodically blowing on the sheet to blow away the chaff.

Most of the chaff will blow away, but some of it stays stuck to the berries. It's okay to leave some of chaff and the little foreign seeds (usually mallow or mustard seeds).



Newsletter Editor

Philippe Waterinckx

THE BOUNTIES OF SUMMER SESSION



Welcome to summer session. This is the quietest session at the CSA as many regular members leave town for part of the time. They don't know what they're missing, because summer is also our most vibrant session, when our senses get tantalized by the colors, aromas and flavors of sweet corn, summer squash, cucumbers, eggplant, green beans, okra, green chiles, jalapeños, bell peppers, verdolagas, quelites, tomatoes, tomatillos, basil, cilantro, mint, peaches, pears,

apricots, melons, watermelons, etc. We will also get some of the more regular crops such as onions, potatoes and wheat berries.

However, sadly, many of those crops are not quite ready yet, so this first week may be a bit disappointing to some of you. The Sonoran spring has been longer and cooler than usual this year, and the crops are a little late. But the heat the past week has helped and soon the bounty will come to us. This is what it's like to be part of a CSA: we share the risks and rewards of farming with the farmer. Right now, we are sharing the risks, but the rewards will come later.

SORREL

Sorrel is a green leaf vegetable native to Europe and is actually considered less a vegetable than an herb. In appearance it resembles spinach. In taste it is comparable to kiwifruit in young leaves and to rhubarb in older leaves. Sorrel's acidic taste comes from the presence of oxalic acid. Note that when eaten in large quantities, the oxalic acid contained in sorrel may aggravate the conditions of people with rheumatism, kidney or bladder stones. However, cooking sorrel neutralizes the oxalic acid.

Sorrel adds tang and flavor to any dish. Its leaves can be puréed in soups, stews and sauces, or they can be chopped and added to salads and sandwiches. It is also excellent when lightly cooked, which makes it taste like cooked chard or spinach.

Sorrel has high levels of vitamins A and C.

I'TOI ONIONS

In fall, winter and spring, I'Toi onions are verdant and juicy. In summer, we get them in their dried, bulby incarnations. They look like shallots and provide a bold and complex flavor to any dish. This Tohono O'Odham onion can also be planted: a true desert survivor, it requires very little water and yet produces seemingly endless bunches of offspring.

WHEAT BERRIES

Crooked Sky Farms grows durum wheat, and it has just been harvested. Once harvested, wheat can be stored for a long time, and the farm often gives us wheat berries in times of shortage of other crops. Our website has many recipes on how to use them, whether in sweet or in savory dishes. If you prefer wheat flour, feel free to use our DIY wheat mill. Or for \$1, we will clean and grind the wheat for you (drop your wheat berries off at the front desk and pick up your flour the following week). Where else would you get local, freshly ground flour?

Sautéed Potatoes with Mint and Coconut

Rachel Yaseen, Organic Kitchen

Rachel prepared this dish for a recent event and it was a real treat. She used kale in her dish, if you have some on hand, then by all means use it here. You can add some squash if you want to bulk it up.

8 small potatoes
3 tablespoons olive oil or butter
1/2 onion, or 3-4 P'itoni onions, diced smallish
1/2 jalapeno pepper, finely chopped
1-2 cloves of garlic, finely chopped
1/4 cup shredded dried coconut
1/4 cup mint
1/8 cup basil (optional)
Pinch of cayenne
Salt to taste (1/2-1 tsp.)

Boil the potatoes until pretty soft. Meanwhile, sauté the onion in the olive oil or butter on high heat for a couple minutes, then lower the heat and cook until the onions are very soft and a little browned (15 minutes). Add the garlic and jalapeno pepper (and diced squash, if using). Cook for 4-6 minutes longer. When the potatoes are soft, discard the water and add the potatoes, kale, and coconut to the onion mixture. Sauté for 5 more minutes. Then add the mint, basil, cayenne, and salt.

Cooking Wheat Berries

Sara Jones, Tucson CSA

Wheat berries take a bit of patience and planning to cook, but the cooked berries store well, so I like to make a big batch for easy use later in the week. If you can remember to soak them overnight, it will reduce their long cooking time. Also, see our website recipe archive for information on sprouting wheat berries, which some people prefer to do before cooking, as well. You can simmer your berries with herbs or spices to give them a deeper flavor, if you like.

- To clean wheat berries, sort through them to remove any stones. Then place in a large bowl with lots of water and swish berries around to allow chaff and twigs to rise to top of the water. Remove as much chaff as you can, then drain water. Repeat once more
- Place cleaned and soaked, sprouted or dry wheat berries in a medium pot with lots of water, like you were cooking pasta.
- Bring water to a boil, then lower heat to a simmer.
- Cook until wheat berries are al dente (they will still be slightly chewy) and drain. This could take anywhere from 45 minutes to an hour and 15 minutes!
- Cool berries then store in the refrigerator for up to 5 days.
- You can also cook wheat berries in a crock pot, as you would beans. I've found they take about 4-6 hours on the lowest setting.

Wheat Berry Parfait

Sara Jones, Tucson CSA

Layer this parfait into individual tall glass cups, or into a medium glass bowl and garnish with fruit slices. Or just mix it all together and serve it as a simple breakfast or dessert. This recipe originally called for oranges as the fresh fruit. Depending on the season and what is available, you can substitute other fruits. This week, peaches or grapefruit would both work well.

2 cups cooked wheat berries
1/2 cup, chopped, mixed dried fruit
3/4 cup orange or apple juice
2 tablespoons honey
2 cups plain Greek yogurt
1-2 grapefruit, segmented and roughly chopped, or 3-4 peaches, diced
Nuts to garnish (optional)

In a saucepan over medium heat, cook wheat berries, dried fruit, juice, honey and zest, together with about 1/2 cup water. Cook, stirring occasionally, until fruit is softened, and most of the moisture has evaporated out. Remove from heat. Assemble parfait by alternating layers of wheat berry mixture, fresh oranges and yogurt. Top with chopped nuts, if using, and a fruit slice.

Southwestern Wheat Berry Pilaf

Adapted from www.cookinglight.com

You won't find sorrel in many southwestern recipes, but it adds a lemony freshness that is perfect for this dish.

1 tablespoon vegetable oil (for sautéing)
1 1/2 cups summer squash, diced
3/4 cup minced P'itoni onions
2 1/2 cups cooked wheat berries
1/3 cup minced fresh cilantro
1 handful sorrel, finely chopped
2 tablespoons fresh lime juice
1 tablespoon olive oil
1/2 teaspoon salt
2 garlic cloves, minced
1 teaspoon ground cumin
Red chile flakes, to taste
1 (15-ounce) can black beans, rinsed and drained
Cilantro sprigs (optional)
Feta cheese (optional)

Sauté onions and squash in a skillet over high heat, just until squash is beginning to brown. Stir in cumin and chile flakes and remove from heat. Combine with the rest of the ingredients (except feta cheese and cilantro sprigs) in a large bowl; stir well. Serve chilled or at room temperature. Garnish with cilantro sprigs and feta cheese before serving if desired.