



Tucson Community Supported Agriculture

Newsletter 244 ~ June 21, 2010 ~ Online at www.TucsonCSA.org

Summer '10 - Week 4 of 13

Harvest list is online

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Many more recipes on
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It's Goat Cheese Pickup Week

If you are subscribed to goat cheese shares, you pick up your cheese on even-numbered pickup weeks (week 2, 4, 6, etc.) This is week 2.

When you're not sure if it is an odd or an even week, look it up:

- at the top left of the newsletter
- on our website home page
- in the subject line of the weekly e-mail
- on the whiteboard at the CSA

On cheese pickup weeks, there is also a fake cheese log by the check-in sheet.

Happy Summer Solstice!



The Summer Solstice occurs in the northern hemisphere exactly when the Earth's axial tilt is most inclined towards the sun. Worldwide, interpretation of the event varies from culture to culture. Many celebrate it with holidays, festivals, dances and other rituals. In northern Europe, summer solstice is often referred to as Midsummer and it is often associated with the birth of St. John, which is celebrated on June 24.

Newsletter Editor

Philippe Waterinckx & Kimi Eisele

HEIRLOOM TOMATOES IN BULK



If you like to preserve tomatoes, i.e. by canning them, freezing them, sun-drying them, salting them, or making loads of salsa and pasta sauce, now is the time to do it. Farmer Frank has planted many tomatoes this year. Like last year, CSA members can buy them in bulk and at a very good price (\$1.75 per pound). You buy them by the flat (about 14 pounds of tomatoes per flat) at \$25 per flat.

How does it work?

1. Pre-pay (\$25 per flat) at the front desk.
 2. Pick up your flat(s) the following week. Bring your own container to transfer the tomatoes. If you take the farm's container, there is a \$10 refundable deposit.
- This offer will last until the end of the first tomato season, i.e. until the end of July.

FOSTERING A LOCAL FOODSHED (Part 1) by Kimi Eisele

Chances are, as a CSA member, you spend more time than most people thinking about where your food comes from. If you're like me, you probably feel a little righteous about it, too. *"Okay, I'm set. I get my food—or some of it, anyway—from a nearby farmer. Done deal."*

Fine. There's no problem with patting ourselves on the back for making the important choice to support a local, non-industrial food system. But in a place like Tucson, in the middle of the Sonoran Desert, what are the realistic limitations of truly eating locally?

As Philippe points out, "Our climate and geography make it impossible for the average person to eat strictly locally, meaning within, say, 20 miles. We have to be more pragmatic and not just apply a food-miles only criteria."

What might be more useful is to expand our definition of "local" to "regional," and embrace the idea of eating from our "food shed." The term "food shed" was first used in W.P. Hedden's 1929 book, *How Great Cities Are Fed*, to describe the food journey from producer to consumer. It has been reclaimed in recent decades by the local food movement.

Essentially, a food shed is considered the area of food flow within a region—farm to table and everything in between.

Technically, the U.S. food shed is global, given that so much of our food comes from all over the world. That's the ugly truth, given how long distances translate into high fossil-fuel consumption, lack of flavor and freshness in food, and an unhealthy disconnect between producers and consumers.

But embracing the idea of a *regional* food shed helps us expand our definition of local food, which is necessary in a place like Tucson where low-input agriculture is limited by the reality of little rainfall.

"In essence, you simply favor the closest source for a given food. You start with what's available locally, reaching out further but still as nearby as possible for foods that are not available locally," Philippe says.

Expanding the definition of "local" helps make the food we eat more affordable, more sustainable, and more regionally or culturally appropriate. We will expand on this next time. *(to be continued)*

Tomato Bruschetta

Lorraine Glazar, Tucson CSA

1 tablespoon finely minced onion, shallot or scallion
4 medium tomatoes
2 teaspoons finely minced parsley
Olive oil
Balsamic vinegar
Salt and freshly ground pepper
Four to six basil leaves, cut in a fine chiffonade
Prepared toast rounds or thin slices of baguette, toasted.

Cut the tomatoes into ¼ inch dice, including the juice and seeds. Combine with onion and parsley. Judiciously add olive oil, starting with one teaspoon. Add salt and pepper, then balsamic vinegar (also starting with a teaspoon). Adjust oil and vinegar if needed. It is there to blend the flavors, not as a salad dressing. Cover and let macerate for one hour or all day if desired, a step which intensifies the tomato flavor. Serve on small toasts, garnish with the finely sliced basil. Variation: Spread the bruschetta on toasts, top with a sprinkling of parmesan cheese, and warm in a 350 degree oven.

Cold Squash and Corn Chowder

Philippe, Tucson CSA

A very refreshing Southwestern soup, ideal for hot summer evenings. If you have summer squash that have grown out of proportion, here's how to put them to good use.

2 pounds or more of summer squash
Kernels of 2 ears of corn
1 onion, chopped
2 cloves garlic, minced
1 tablespoon oil
1 jalapeno
2 roasted chiles, fresh or roasted, or 1 tablespoon of chile powder
Salt to taste
Garnish:
1 tablespoon oregano
Some chile powder

Cube the squash. If the squash are large, scoop out the seeds first. Saute all ingredients in oil until the squash is tender (about 20 minutes). Add 4 cups cold water or vegetable stock. Blend. Add more water if necessary to achieve creamy texture.

Refrigerate for 4 hours. Serve in bowls and sprinkle some chile powder on each before serving. Garnish with some fresh oregano, basil or mint.

Squash and Grain Fritters

Sara Jones, Tucson CSA

2 cups grated summer squash
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice
1/2 small sweet onion, sliced thinly
1 egg

1 tablespoon flour
Salt and pepper to taste
Drain squash in a colander for 30 minutes. After draining squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. Mix again, adding more flour if mixture seems very loose. Heat a large skillet over medium heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cover fritter and cook until golden brown underneath, about 4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

Chocolate Zucchini Cupcakes

Sara Jones Tucson CSA

2 cups all purpose flour
1/2 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter, softened
3/4 cup brown sugar
3 eggs
1 teaspoon vanilla
2 cups zucchini, shredded
1 cup chocolate chips
1 cup walnuts

Preheat the oven to 360°F. Grease and flour muffin tin. In a large bowl, whisk together the flour, cocoa powder, baking soda, baking powder and salt. Combine the sugar and butter, and beat until fluffy. Add in the vanilla extract, then the eggs, one at a time, mixing thoroughly between each addition. Spoon in flour, mix well, then add zucchini, chocolate chips and walnuts. Drop batter into prepared tin, filling each cup about 3/4 full. Bake about 20 minutes until a toothpick comes out clean.

Grapefruit Basil Granita

Sara Jones, Tucson CSA

2 1/2 cups grapefruit juice, plus zest of one grapefruit
1 cup water
1/3 cup sugar
Basil, for garnish

Combine water and sugar in small pan, bring to a boil, and simmer for 10 minutes. Add chopped basil and zest and remove from heat. Strain cooled mixture into a large bowl and mix with juice. Pour liquid into a 13 by 9-inch baking pan. Freeze, stirring every hour, until frozen and chunky. To serve, scrape individual portions into bowls or wine glasses. Garnish with sprigs of fresh basil.