



Tucson Community Supported Agriculture

Newsletter 275 ~ February 7, 2011 ~ Online at www.TucsonCSA.org

Winter 2010/2011 - Week 9 of 11

Harvest list is online

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*Many more recipes on
our online recipe archive*

Frost at Crooked Sky Farms

The unprecedented frost at the farm (low 20s) has caused some damage to the crops. All the pea plants have died and have to be replanted. The broccoli suffered damage on the florets but new ones will grow back. Many of the leafy greens also suffered some frost damage but they grow so quickly that they will recover in a matter of days.

Iskashitaa needs your help!

Iskashitaa is a wonderful local organization which gleans unused fruits from gardens for the benefit of refugee communities in Tucson. We also donate unclaimed produce to them.

The severe frost of last week has damaged many but not all citrus fruits, depending on the severity of the frost in the part Tucson they were in. Iskashitaa needs your help to map which parts of Tucson still has undamaged citrus fruits. If you have citrus trees and fruits, please email Iskashitaa and let them know if your fruits are still edible. The way to know is to dunk the fruits in a bucket full of water: the fruits that sink are still ok. Those that float have been frost damaged.

Please email Iskashitaa at: harvest@fruitmappers.org and specify what kind of citrus you have and your street address or nearest major intersection.

This is not a request to harvest your trees, but to help map which parts of Tucson still has undamaged citrus.

SUBSCRIPTIONS FOR NEXT SESSIONS ARE OPEN ONLINE

Starting in March 2011, we will use a new "rolling subscription" system. There will no longer be fixed three-month sessions. Members will be able to subscribe at any time for either six or twelve weeks at a time and make various other changes to their subscription without having to wait for the next session.

This new system provides several advantages:

- you will be able to subscribe at any time, not just quarterly;
- you will be able to put your subscription on hold, such as for a vacation, business trip, illness or any reason at all;
- you will be able to change from one pickup day to another;
- so long as you maintain at least one produce subscription, you will be able to add or subtract additional items such as additional produce shares or bread or cheese shares at any time they're available; and
- there will no longer be an additional charge for paying in two installments – former two-installment members will simply subscribe for six-week blocks.

(All of this is subject to some conditions, like availability and sufficient notice. Details below.)

When you first subscribe to the CSA under this new system, you will pay for exactly what you choose to subscribe to (e.g., one produce share and one bread share, for six or twelve weeks). When your six- or twelve-week block is up, you can then simply add funds to your CSA account in increments of \$120 or \$240. (Don't add more than you'll use, because this credit, like current subscription payments, is nonrefundable.) As long as you have sufficient credit in your CSA account, your subscription will continue. You can add money at any time. When your credit gets low, the system will send you an automatic e-mail to remind you to add money to your CSA account if you wish to continue your membership. Don't ignore this notice – if you show up on a pickup day without sufficient credit to pay for that pickup, you will be turned away because we will not have received a share for you from the farm for that day. Of course, you can also check your online CSA account at any time to see how much credit you have.

At any time during your subscription, you can go to your online CSA account to:

1. Change your subscription: You can change your pickup day as long as there is space on the pickup day you want to switch to. You can add or remove produce and/or bread shares (note that you must remain subscribed to at least one produce share to subscribe to additional items). If you add a bread share, for example, you won't have to pay anything additional at the time you add it. Its cost will simply be taken out of your credit so long as you have enough credit.
2. Add money: You can add money to your CSA account at any time, in increments of \$120 or \$240, to maintain your credit and extend your subscription.
3. Put your subscription on hold: You can put your entire subscription on hold, for whatever amount of time you specify, so long as you go online to start the hold by Friday of the week before it takes effect. (Note that this feature won't be implemented until February 24th.)

Important: Subscription changes (such as adding or subtracting produce or bread shares or changing your pickup day) may be done only on Thursday and Friday of the week before you want the changes to take effect. Putting a share on hold can be done at any time, unless you want the hold to start the following week, in which case you must implement the hold by midnight Friday of the week before it is to take effect. All of these changes must be done by you online (but we'll have a web-connected computer at the CSA during pickup hours for those changes that can be done then, and we'll be happy to help you).

Sorry for the repetition, but please remember that Thursday and Friday are the days on which you will make most changes to your subscription for the following week. Holds can be placed any time, but not later than midnight Friday for the following week, and of course you can go online any time this month until midnight, Friday February 25th to start your new subscription for the first week of March.

Daikon Radish Kimchi

Sara Jones, Tucson CSA

This makes an excellent side dish served with rice. Since daikon stimulates the digestion, this kimchi would also be good served with deep fried foods or fatty cuts of meat. It will keep well in the refrigerator after the initial preparation.

1 bunch daikon, greens separated, cleaned and roughly chopped, roots scrubbed clean and diced

About 1-2 inches fresh ginger, grated

4 cloves garlic, minced

1 + teaspoons of red chile flakes, to taste

1 teaspoon sugar (optional)

Salt

Place prepared daikon roots and greens into a bowl and sprinkle liberally with salt (about 1 tablespoon per bunch). Cover and let sit in a cool place for at least 4 hours or overnight. Prepare a spice paste by mashing together garlic, ginger, chile and sugar. Rinse and drain daikon then mix together with the spice mix, using hands to mix well. Put into a jar and refrigerate. Will taste best after sitting for at least one day.

Zesty Daikon Salad

From Phoenix CSA

2 cups peeled and thinly sliced daikon

1/2 cup thinly sliced mild onion

1 cup peeled and chopped apple

juice of one lime

Mix all ingredients together and enjoy.

This is incredibly clean and fresh tasting, and is a great accompaniment to more earthy foods. For a sweeter taste, replace the lime juice with orange juice.

Balsamic Lemon Greens

Sara Jones, Tucson CSA

Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

1 bag braising greens

2 teaspoons oil

1 squeeze of lemon juice

Dash balsamic vinegar to taste

Dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

Chipotle Mashed Sweet Potatoes

Chad Weiler, Tucson CSA

4 medium sized sweet potatoes or 2 large cut into cubes

4 oz of plain goat cheese

1-2 chipotle chiles in adobo chopped finely (depends on your heat needs)

2 tsp of the adobo sauce

Approx. 2 tbsp butter

1/4 cup of milk

Boil the potatoes in salted water until fork tender and drain.* Place potatoes and all of the ingredients in a bowl and mash with a potato masher or electric mixer. Season with salt and pepper and add more milk if consistency is not to what you desire. The sweetness of the potatoes, the heat/smokiness from the chiles, and the tang from the goat cheese are wonderful. I usually leave the potato skins on. Variations: Instead of using plain goat cheese and the chipotle chiles, you can substitute the chipotle goat cheese.

Mashed Potato Tip: To avoid runny mashed potatoes after you drain them, return them to the pot over high heat and boil off any excess water. Of course you must be vigilant because you could scorch your potatoes. You will know the water is gone when you here the hissing stop. Usually takes 2-5 minutes.

African Greens with Peanut Butter

Kristina Bishop, Tucson CSA

This is a recipe that was commonly eaten in rural South Africa where I was a Peace Corps volunteer. It is widely eaten across Southern Africa. There they use either spinach or wild greens the people gather.

1 bunch spinach or other greens

1 onion chopped

1 tomato chopped (I have used canned or frozen or left it out if I don't have a tomato)

1/2 cup peanut butter (natural style is best)

Salt and pepper to taste

Wash and de-stem the greens and roughly chop. In a medium saucepan, bring to a boil enough water to cover the greens. Add the greens to the boiling water. Cook for about 10 minutes. Drain most of the water. Reserve about 1/2 cup for later use. Add the onions and tomatoes to greens and cook for another 10 minutes. Meanwhile in a small bowl combine peanut butter with reserved water by adding one tablespoon at a time. Mix well until the sauce is thick but pourable. Drain the rest of the liquid from the cooked spinach. Combine spinach with peanut butter sauce. Add salt and pepper to taste. I hope you enjoy!