



Tucson Community Supported Agriculture

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Spring 2011

Harvest list is online

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Where's the Beef (and the lamb, and the pork)?

We're taking deposits for beef and lamb now. The beef should arrive mid-April and the lamb should arrive just before the beef. The lamb will be limited in quantity; half as many shares as usual. We'll get more lamb this summer. In a few weeks, we'll start taking deposits for pork shares for delivery sometime in May.

There are some individual cuts of beef and pork in stock, as well as Josh's chickens. Check at the front desk.

In *Why Grass-fed is Best!* author Jo Johnson says grass-fed meat is a healthier choice. As compared to corn-fed animals raised in feedlots, grass-fed meats generally are:

- Lower in fat
- Lower in calories
- Higher in Omega 3-fatty acids and "conjugated linoleic acid" or CLA, both of which help reduce the risk of cancer
- Higher in vitamin E, which is linked with a lower risk of heart disease and cancer.



Newsletter Editors

Kimi Eisele & Paul Durham

GRAPEFRUITS FOR GOOD

These days you might find some glowing golden grapefruits at the CSA with a contribution jar nearby. They're all hand-picked by members of the Iskash*taa (pronounced: Ish-ka-shee-tah) Refugee Harvesting Network, a Tucson-based, grassroots organization that provides opportunities for refugee families and helps glean all the lovely fruits that grow on Tucson's trees.



Iskash*taa's mission is to empower refugees by creating opportunities to use their knowledge and skills to help their families and their community and to better integrate with the larger Tucson community while gaining life skills that serve them in America. The organization began in 2003 with a youth project called the Tucson Youth Fruit Mapping and Gleaning Project. Refugee students were recruited to identify fruit tree locations, harvest, and redistribute locally grown food resources (fruits and vegetables), many of which were going to waste. The success of that effort led to additional youth programs and eventually to the start of Iskash*taa, which unites refugee communities through agriculture, tailoring, and crafts. Their flagship activity is harvesting backyard fruit and gleaning from local farms.

The organization originally worked with Somali Bantu people, but is now increasingly working with other refugee populations from Afghanistan, Bhutan, Burma, Burundi, Democratic Republic of Congo, Iraq, Rwanda, other groups from Somalia, and Sudan.

In celebration of her work, the organization's director, Barbara Eiswerth, has been nominated for the Mrs. Green's World "Who's the Greenest of Them All" Contest. To support Barbara and the incredible work of Iskash*taa, you can vote once a day everyday through March 31 by visiting: www.mrsgreensworld.com/contest/. Spread the word! Support the gleaners!

For more about Iskash*taa, go to www.fruitmappers.com. Note that every Tuesday, the CSA sends produce that has not been picked up by members to Iskash*taa families.

VACATION HOLDS: WHAT IS "EXCESSIVE"?

As you know, the new vacation hold feature of our subscription system is self-managed: you schedule your own vacation holds online. The feature is popular, and that's no surprise because it provides tremendous flexibility. We limit vacation holds to one on the schedule at a time, and four weeks in length. We also reserve the right to restrict the use of vacation holds by anyone who uses the feature "excessively".

Several members have asked us what we consider to be "excessive" use? The real answer is that we'll be continuing to refine the definition as we gain experience with the new system, and that our only real concern is that share numbers not fluctuate from week to week so much that it causes a problem for Farmer Frank. But we can give some guidance. Several members are using vacation holds to create an alternating week subscription for themselves. That's OK, and in fact, we encourage it as a way to get a half share without the other hassles. Beyond that, consider one rule of thumb – if your share is on hold more than it's not on hold, that's probably excessive use. Use vacation holds for true vacations, and maybe occasionally when the refrigerator is just too full (or to create your own alternating week share as described above).

Beet and Carrot Cake

Sara Jones, Tucson CSA

If you use the finer holes on your grater or food processor to process the carrots and beets, you will end up with a cake that is a bit more delicate.

2 cups grated carrots and beets, mixed
1/3 cup granulated sugar
2/3 cup packed dark brown sugar
2/3 cup vegetable oil
2 large eggs
1/4 cup yogurt
2 1/2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon salt

Streusel topping:

2/3 cup oats
2/3 cups pecans or walnuts
1/4 cup butter
1/2 cup brown sugar

Preheat oven to 350 degrees. Make topping by mixing streusel ingredients together in blender, pulsing, until well-mixed. Combine the granulated sugar, brown sugar, oil, eggs and yogurt in a large bowl; beat with a mixer on medium speed until well blended. Add beets and carrots; beat well. Combine flour and spices in a large bowl. Add to wet mixture and mix well. Pour batter into a greased and floured 9x13" cake pan. Sprinkle evenly with streusel mixture. Bake at 350° for 30 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan.

Shredded Carrot Marinara

Sara Jones, Tucson CSA

This recipe will help use up an abundant carrot harvest. You can use beets as well. The trick is to slowly caramelize the carrots with the onions. You will be amazed at the results! This is great served over spaghetti, but is also an excellent base for a soup or chili. Add ground beef for a delicious meat sauce that could be used for pasta, or as a stuffing for cabbage or chard rolls.

2 tablespoons olive oil
4 carrots, shredded
1 onion, diced
3 cloves garlic or equivalent amount of green garlic, minced
1 large can diced tomatoes
2 tablespoons tomato paste
1 teaspoon dried thyme
1 teaspoon dried oregano
Red pepper flakes, to taste
Salt to taste

Use a large pan or pot with a heavy base, to distribute heat evenly. Over medium heat, cook carrots and onions in olive oil, stirring occasionally, for about 20 minutes. The vegetables should be soft and browning. Add garlic, herbs and spices and tomato paste and cook an additional 5 minutes. Add diced tomatoes and cook about 10 minutes. Salt to taste. Toss with cooked spaghetti, or use for soup or chili.

Citrus Sorbet

Paul Durham, Tucson CSA

1 quart citrus juice (approx. 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 agave nectar*
1/4 cup vodka (optional)

Simmer zests in agave nectar for a couple minutes and let it sit. Juice citrus and add juice to nectar. 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.

* As an alternative to using agave nectar, 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.

Eggs Florentine

Lorraine Glazar, Tucson CSA

This Italian dish makes greens into a breakfast or brunch dish. This also makes a great light supper.

1 bunch CSA greens (depending on bunch size, one might serve two people)
2 eggs
Olive oil or butter
Garlic to taste
1-2 tablespoons parmesan cheese

Heat oven to 350 degrees. Prepare the greens. If young and tender (braising greens, beet greens, chard, shingizu, etc) just wash and cut into one inch pieces, possibly eliminating stems. If tougher or stronger in flavor (collards, dandelion) wash, cut out stems, cut into wide ribbons and parboil. 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.