



Tucson Community Supported Agriculture

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Spring 2011

Harvest list is online

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our online recipe archive

Daikon Radish

Daikons have a pleasant, sweet and zesty flavor with a spicy after bite. They can be eaten raw, grated in salad or cut into strips or chips for relish trays. They can be pickled, grilled, boiled, broiled, stir-fried, or simmered in soups and stews. They can also be preserved by salting, like sauerkraut.

To prepare daikons, scrub the skin as you would a carrot and cut for whatever style your recipe idea calls for. Daikon leaves are rich in vitamin C, beta-carotene, calcium, and iron, so they are worth using instead of discarding. Leaves can be cooked like any leafy greens. For short-term storage, the root and leaves can be refrigerated in a plastic bag. For longer periods of up to several months, the roots only can be kept in a cool location such as a root cellar.



Farm Tour: Mark Your Calendars

Want to meet your farmer and see where your CSA vegetables grow?

Crooked Sky Farm will have an open day on Sunday, June 5th, 10:00 a.m. to 2:00 p.m.

Details in next newsletter. Stay tuned!

SUBSCRIPTION RENEWALS – CHECK YOUR CREDIT BALANCE!

Remember that the CSA no longer operates by sessions as it used to before we moved to the current online system. Instead of purchasing fixed 3-month sessions that start and end at the same time for all, members can now subscribe at any time for 6 or 12 pickups and they can also place vacation holds, which in essence extends the duration of their subscriptions. This means that each member is now on his or her own schedule. If you want to keep your subscription going, remember to make payments in time to prevent your balance from going to zero. To help you keep track of your subscription status and time left, starting this week, **each weekly e-mail will now show your personal CSA credit balance.**

If, like most members, you had subscribed for 12 pickups starting the first week of March and you took no vacation holds, this week will be your last pickup. You must extend your CSA subscription by 2:00 a.m. this coming Saturday if you want it to continue. Go to your online CSA account to make a payment and choose a 6- or 12-pickup extension. If you pay by cash or check (and we prefer this to avoid bank fees), we must receive your payment by 7:00 p.m. this Wednesday. You can bring your payment with you to the CSA this week, mail a check if you're sure we'll get it in time, or slip your cash or check in an envelope under our door. If you are paying electronically, you can do so online right up until the 2:00 a.m. Saturday deadline.

If you don't want to extend your subscription, do nothing. Your subscription will be de-activated once your credit balance gets too low for you to pickup up another share.

Here's how it works from our end: Every Saturday at 2:00 a.m., our online system creates a record of the members who will be picking up the following week. On Saturday morning, we relay those numbers to our farm and bakery. If the balance in a member's CSA account at 2:00 a.m. Saturday is below the cost of that member's weekly share, they're not included in the order for the following week and their subscription is de-activated. (That also explains why you need to place a vacation hold by 2:00 a.m. Saturday if you want it to take effect the following week.)

THE YUKON GOLD POTATO

It's got such a potent name. The Yukon Gold. Burly, brawny, capable and of course, golden. Yukon Golds fall somewhere between Idaho potatoes and red potatoes in terms of texture. They are lower in starch content than La Sodas, Idahos or russets. Hearty and golden, this all-purpose spud is good for any potato dish.

Yukon Golds actually do come from the North Country. They owe their existence to the potato-breeding program at Canada's University of Guelph, in Ontario, where a team of researchers crossbred a North American white potato (Norglean) with a wild, South American yellow potato. The result was the Yukon Gold. It was officially licensed in 1980 and then exported to the United States and beyond.

Yukon Golds are identified by their thin, light gold skin and yellow "meat." The yellow color comes from anthoxanthins, which are a type of flavonoid also found in onions, apples and cauliflower. Yukon Golds are slightly higher in sugar than other potatoes, which means they do not store as well as other potatoes. Keep them in a paper bag or perforated plastic bag in the fridge and use within a week. Wash and scrub before using. They don't need to be peeled: being organically grown, their skin is safely edible and delicious, as it concentrates a lot of the flavors.

Because Yukon Golds, unlike Red La Sodas, don't preserve very long, we only get them right after they have been harvested. So, enjoy them while they last!

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, orange or grapefruit

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 or grapefruit juice.

Serves 6

Arugula and Grapefruit Salad

Sara Jones, Tucson CSA

Another recipe inspired by our farm visit, peppery arugula and sweet/sour grapefruit go together perfectly in this simple recipe. The hardest part of this recipe is segmenting the grapefruit. To do this, just peel the grapefruit with a knife, cutting away the peel as well as the pith. Remove the individual segments by cutting between segments in a V-shape toward the center of the fruit.

1 bunch arugula, washed and dried (chop roughly if using large leaves)
1 grapefruit, cut into segments
1 small handful thinly sliced onion
2 teaspoons olive oil
2 teaspoons balsamic vinegar
Salt and freshly ground pepper
Chopped pecans or walnuts
Crumbled feta or blue cheese

In a small saucepan heat oil, vinegar and grapefruit over medium high heat. Stir for a few minutes until grapefruit has released some juice.

Season mixture with salt and pepper. Pour over arugula, tossing to coat. Garnish with nuts and cheese. Serve immediately.

Caramelized Onions

Sara Jones, Tucson CSA

Caramelizing onions makes them incredibly sweet and delicious. Crooked Sky Farms' yellow sweet onions are particularly suited for caramelizing because of their higher sugar content. It is also a great way to use up a backlog of onions, as they reduce in size greatly. Use the onions to top burgers, casseroles or pasta.

About 3 cups thinly sliced onions
2 tablespoons oil
1 teaspoon salt

Heat oil over medium heat and add onions, stirring well to coat. Once onions begin to brown, reduce heat to medium low and cook, stirring often, until onions are nicely browned. Add salt and a splash of balsamic vinegar if desired.

Grapefruit Avocado Salad

Sara Jones, Tucson CSA

If you still have fennel stuck in the back of your fridge, slice it thinly and add it to this recipe. You will need to segment your grapefruit for this recipe. To do that, take a sharp knife and peel away skin and pith. Then remove each fleshy segment from the membrane holding it by cutting down in a V-shape toward the center of the grapefruit.

1 grapefruit, segmented, any juice reserved
1 ripe (but not soft) avocado, diced
1/2 small sweet onion, thinly sliced
1 teaspoon honey or agave nectar
1 tablespoon olive oil
Salt and pepper to taste

Toss grapefruit, avocado and onion together in a medium bowl. In a small bowl, whisk together reserved grapefruit juice, honey, oil and salt and pepper. Drizzle over salad and serve immediately.