



Tucson Community Supported Agriculture

Newsletter 291 ~ May 30, 2011 ~ Online at www.TucsonCSA.org

Spring 2011

Harvest list is online

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Many more recipes in
our online recipe archive

DIRECTIONS TO FARM

The drive from Tucson to the farm
takes just under 2 hours.

- Take I-10 to Phoenix
- In Phoenix, take exit to I-17 N/US-60 W (signs for Flagstaff/I-10 West Truck Route)
- Take exit 197 for 19th Ave.
- Turn left on 19th Ave., go under the freeway, then left again onto the access road (do not get back on the eastbound freeway)
- Turn right on S. 16th Ave.
- Turn right on W. Watkins St.

The entrance to the farm will be to your right. You can park at the base of the big talus that's on the farm grounds.



COME TO THE FARM THIS SUNDAY, JUNE 5, 10:00 AM TO 1:00 PM

Farmer Frank and the Crooked Sky Farms crew invite CSA members and their families to the farm this Sunday to see for themselves where and how their food is grown. Bring a dish to share (avoid dishes with mayonnaise or eggs and those that require refrigeration, or plan accordingly to keep food safe from heat). The farm will provide drinks and some more food, utensils and tables.

Thanks so much for all your support throughout the year!

RSVP YES with the number in your party and what dish you are bringing to: Jennifer Woods at Crooked Sky Farms: farmerfrank@crookedskyfarms.com

Where: Crooked Sky Farms, S. 16th Ave. and W. Watkins St., Phoenix

Directions: see left side

NO BREAD NEXT WEEK!

Don from Barrio Bread Bakery will be out of town next week, so there will be no bread on Tuesday June 7 and Wednesday June 8. Your credit balance will not be debited for bread pickup that week.

THE EGG DILEMMA

If you regularly buy Josh's eggs, you know how amazing they are. Their firm texture, dark orange yolks and amazing flavor are a testimony to how Josh raises and feeds his hens. Indeed, they roam free on his farm's large pastures. Now, that's free-range!

Now, here is the dilemma: we buy fewer eggs from Josh in the summer, while in the winter we can't get enough of them. This is because hens lay fewer eggs in winter when the days are shorter, but also because winter is a time when people typically use more eggs. In summer, when eggs are abundant, people generally eat less of them.

This is a good example of an issue that arises when the seasonality of local foods conflicts with people's eating habits. It is also a good opportunity for us to adjust to this seasonality and help our local suppliers. How can we do this in this case? By buying more eggs from Josh during the summer so he can provide us with enough of them during the winter.

We will do our part to help Josh and our backyard egg suppliers by charging less for eggs. While supply is high, we will decrease the price of all eggs sold at the CSA by 50 cents.

GOAT CHEESE SHARES FROM BLACK MESA RANCH: AVAILABLE ONLINE!

Goat cheese shares will begin June 14 and 15, and every other week after that until late November. You can sign up for one (or more) cheese shares via your online account using the **Change Subscription** button. Remember that you can only make changes to your subscription on Wednesdays, Thursdays and Fridays (for Tuesday members) and Thursdays and Fridays (for Wednesday members), basically from the day after your pickup until the Saturday, 2:00 a.m. cut-off.

You won't have to pay when you add a cheese share to your existing subscription(s). Instead, the cost of the cheese share will simply be deducted from your credit balance. However, if your credit balance is low, remember to prevent your subscription from expiring by replenishing your balance before it becomes less than the value of your weekly subscription.

Carrots en Escabeche (pickled carrots)

Amy Schwemm, Tucson CSA

Fresh carrots, cross-cut in 1/3-inch segments
Onions, thinly sliced
Garlic, minced
Vinegar, cider or distilled
Salt, non-iodized
Onion
Garlic
Mexican oregano

Mix onion, garlic and carrot in a non-reactive pot (e.g. stainless steel). Mix vinegar and water in equal parts, making enough brine to cover the mix. Add 1 teaspoon salt for each 4 cups of brine. Bring to a boil and cook for 1 to 3 minutes. Remove from heat and let cool. Put in jars, making sure the mixture stays submerged in brine, and refrigerate. They will keep up to a year.

Roasted Carrots and Potatoes

Sara Jones, Tucson CSA

Any leftovers of this dish could be roughly mashed, patted into small discs and pan fried for a delicious potato pancake.

About 4 medium potatoes, chopped into large chunks
2-3 carrots, chopped into large chunks
1 tablespoon mustard seeds
2 teaspoons cumin seeds
1 teaspoon coriander seeds, crushed
2 tablespoons butter, or oil
2 tablespoon balsamic vinegar
2 teaspoon soy sauce

In a medium skillet, toast seeds, stirring constantly, for about two minutes. Add the remaining ingredients and stir well to coat. Remove from heat and transfer veggies to a well-oiled baking sheet. Roast in a 450 degree oven for about 30 minutes or until veggies are tender.

Greek Lemon Potatoes

Paula Borchardt, Tucson CSA

8 Red La Soda potatoes
¼ cup lemon juice
2 teaspoons lemon zest
1 tablespoon olive oil
1 ½ tablespoons oregano
3 cloves garlic, minced
2/3 cup crumbled feta cheese
1 cup hot water

Slice potatoes into ¼" thick pieces and combine in a mixing bowl with the lemon juice, lemon zest, olive oil, oregano, and garlic. Place all in a buttered 13×9×2 baking pan. Pour 1 cup hot water over all and bake uncovered at 450° for 30 minutes. Sprinkle the feta cheese on top and bake for an additional 15 minutes.

Grapefruit Avocado Salad

Sara Jones, Tucson CSA

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.

Summer Squash with Toasted Garlic and Lime

(Mariquita Farm, Watsonville, CA – www.mariquita.com)

1 lb. zucchini or any summer squash, cut in ½-inch cubes
1 scant teaspoon salt, plus more to season finished dish
2 tablespoons vegetable broth for sautéing
5 cloves garlic, thinly sliced
1 tablespoon freshly squeezed lime or lemon juice
¼ teaspoon freshly ground black pepper, or to taste
½ teaspoon dried or 2 teaspoons freshly chopped oregano
2 tablespoons chopped flat-leaf parsley

1. Toss the squash with the salt and let stand in a colander for 30 minutes over a dish or in the sink. Rinse and pat dry.
2. In a large skillet, sauté the garlic in the vegetable broth until soft, about 3 minutes. Remove garlic and set aside. Raise heat to medium-high.
3. Add squash to pan and sauté for 8-10 minutes, until tender but a little crunchy.
4. Stir in lime juice, oregano, parsley, pepper, roasted garlic, and salt to taste. Mix well.