



# *Tucson Community Supported Agriculture*

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## Spring 2012

Harvest list is online

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**Many more recipes in  
our online recipe archive**

### Grass-Fed Beef shares

The grass-fed beef shares should technically be ready to pick up next week, but we don't have quite enough room in our freezers to bring them in because we still have quite a few pork cuts.

So, if you were contemplating buying some pork, consider doing it this week rather than later to help us make some room and bring those beef shares in.

### Yukon Gold Potatoes

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. They have a sumptuous buttery flavor and creamy texture.

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!

## **ALMOST THE END OF THE TRANSITION SEASON**

As many of you know, April and May are crop transition months at the farm. Many of the cold weather crops reach the end of their growing cycle and the warm weather crops don't know that they are supposed to step in instantly. Depending on the weather conditions, there is a lag of several weeks between the two types of crops. So, in the absence of a fuller range of fresh veggies, we frequently get back-up crops at this time: potatoes, sweet potatoes, dry beans, etc., which have been harvested earlier in the year and are now called out of storage to provide us with our weekly share.

But the warm weather crops are now gradually kicking in. We are starting to get summer squash, and sweet corn, cucumbers, eggplant and tomatoes, among others, are waiting in the wings.



Of course, during this transition we have also been getting fresh crops that grow just at this time of year, like nopalitos and artichokes. The artichoke season lasts about 8 weeks and we're almost at the end of it. If you get a chance, and you will get one, try out the artichoke pie featured on the back page. It was Best In Show at this year's Tucson Annual Pie Party which was held a few weeks ago, and its baker was none other than our very own Lori Adkison, who volunteers at the CSA produce line on Tuesdays. And if you haven't discovered it yet, check out Lori and Sara's blog "...And Be Merry" (<http://andbemerry.wordpress.com/>) for the full story behind that winning pie.

## **NEW E-MAIL REMINDER**

A few weeks ago we implemented a new automatic email to help you stay on top of your periodic CSA payments. This email is sent when your CSA credit balance reaches \$35 or less. Depending on the number of shares you are subscribed to, this gives you 1 or 2 weeks advance warning that your account may be low on funds.

Remember that we report the number of shares needed every Saturday, to Crooked Sky Farms (for produce shares), Barrio Bread (for bread shares) and Black Mesa Ranch (for cheese shares). The numbers we report are based on the numbers of members who have enough money on their account, as of midnight Friday, for the following week. Members who don't have enough money in their account to pay for the following week's pickup are deactivated.

So, when your credit balance is low, make sure to recharge your account by midnight Friday to avoid deactivation. All you have to do is log on to your CSA account and initiate a check or e-check payment. Of course, if you plan to let your subscription expire, there is no need to do anything. It will expire automatically.

### Artichoke Pie Recipe –new

Lori Adkison, Tucson CSA adapted from “365 Ways to Cook Vegetarian

This was the winning pie at the Pie Party this year. Prep the artichokes a day or two in advance for best results.

1 double crust pie dough  
3/4 cups marinated artichoke hearts, coarsely chopped  
1/2 pound of mushrooms, coarsely chopped  
2 garlic cloves, minced  
1 tablespoon finely diced sun-dried tomatoes (*or chipotles*)  
4 eggs  
2 cups shredded sharp provolone cheese)  
1/8 teaspoon cayenne

To prep marinated artichokes - The goal here is to whittle the vegetable down to its completely edible core. With this recipe, the easiest way to do this is to cut the veggies in half lengthwise so you can see what you are dealing with. Feel the choke (the part right above the heart in the center of the artichoke); if it is tender and fuzzy you can leave it, if it is prickly you need to take the tip of a spoon to scoop it out. Next, feel the central leaves above the choke: where they become hard and pokey is the line where you need to cut and discard the top of the artichoke. Now begin discarding the outer leaves, you need to get down to leaves that are mostly a very pale green and snap easily when bent in half. You probably need to remove at least 3 layers of leaves, possibly several more, before you get to the tender central leaves. Rub the cut parts of the artichoke with citrus juice and finish prepping the rest of the veggies. In a large pot of salted water, boil the prepped artichokes for about 10-20 minutes, until almost tender. Drain, then toss with the olive oil, citrus juice, thyme, salt and pepper. For best results let marinate overnight. Preheat oven to 400F. Roll out half of the pie dough to fit pie plate. In a large frying pan, cook marinated artichoke hearts, mushrooms and garlic over medium heat until mushrooms are barely tender, 2 to 3 minutes. Stir in sun-dried tomatoes. In a large bowl, beat eggs lightly. Mix in provolone cheese and cayenne. Stir in artichoke mixture. Pour filling into reserved pie shell. Cover with rolled out second shell. Crimp edges of pie to seal. With a sharp knife, make 4 slits in center of top shell. Bake 40 to 45 minutes, until crust is golden. Serve hot or at room temperature.

### Stewed Spring Veggies

Sara Jones, Tucson CSA

3-5 baby artichokes, trimmed and quartered lengthwise  
1/2 bag green beans, chopped (if available)  
1 medium squash, chopped  
2-3 new potatoes, chopped  
1 sweet onion, diced  
4 cloves garlic, minced  
1 large can (28 ounce) chopped tomatoes  
1 teaspoon thyme  
1 teaspoon oregano or marjoram  
Drizzle balsamic vinegar

Salt and pepper to taste

Prep artichokes as described in previous recipe. Prepare other veggies and combine all ingredients together in a large soup pot. Bring to a slow simmer and cook over medium low heat for about 35 minutes until all ingredients are tender. Drizzle with vinegar and add salt and pepper to taste. Serve over rice or pasta or polenta.

### 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.

### Citrus Vinaigrette

Rachel Yaseen, Organic Kitchen

1/4 cup juice of 1 orange (or half orange, half grapefruit)  
1/8 cup each, juice of 1 lemon and lime  
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil  
2 tablespoon agave nectar  
1 tablespoon chives, chopped  
1/4 cup parsley, chopped  
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.

### Grapefruit Seltzer

Sara Jones, Tucson CSA

If you don't have the ingredients to make this now, squeeze and freeze your grapefruit for a treat later on.

1 part grapefruit  
1 part sparkling water  
Agave nectar, to taste

Stir together juice and agave nectar, about 2 teaspoons nectar per cup of juice. Add sparkling water and taste for sweetness, adding more nectar if desired. Serve over ice.