



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**

Beef Shares and Pork Cuts

The grass-fed beef shares are in and ready to be picked up. This time, we have quite a few extra shares, so you can get a beef share even if you didn't put down a deposit. (But that won't always be the case in the future.) And we still have a number of pork cuts and sausages for individual sale. Stop by the front desk, and help us move this delicious meat from our freezer to yours!

Science Friday – “From Rooftops and Abandoned Lots, an Urban Harvest”

Did you know? – If the trucks that supply our cities with food were to suddenly stop running, a typical city would run out of food in about three days!

The NPR program, Science Friday, ran a 39-minute segment this past Friday, May 18, about urban agriculture and foraging.

Among the guests was Jennifer Cockrill-King, author of a just-published book, *Food and the City: Urban Agriculture and the New Food Revolution*. Also on the show were Mary Seton Corboy, a Philadelphia urban farmer, and Tama Matsuoka Wong, who forages for Restaurant Daniel in New York City.

To listen, go to Science Friday's website, www.sciencefriday.com, and click on “Audio” in the menu bar near the top.

FINAL WEEK AT MY TABLE

I really shouldn't have picked up my share today. I'm leaving soon for a summer of motorcycling and fluting, and I won't be back in Tucson until the end of August. I am supposed to be emptying my kitchen, not filling it up. I meant to offer my share to a friend, or make other arrangements, I really did. I guess I just didn't have the culinary heart for it, because I stalled right up until pick-up time. To complicate the situation, I need to have my pantry and freezer fairly emptied out as well, since I'll be subletting my living space. So this time of year, I find myself matching up all the odds and ends remaining in the kitchen. Some years, I end up eating some odd culinary combinations, but this year was downright easy. Here was my plan of attack:

Artichokes, I'itoi Onion bulbs, Yukon Gold Potatoes: Steam the artichokes. Pull off one leaf at a time, dipping the precious little nub of flesh at their base in mayonnaise mixed with the mashed head of the onions in a variation of aioli sauce. Delight in the decadent bites of the heart once the leaves have been eaten, and the choke scraped away. Voila! The little bit of olive oil left in the house is preserved for necessary sautéing and grilling. Reserve a steamed artichoke heart or two (if you have the discipline), stir an egg under the broiler right on top of it, and serve the whole works over a crispy cake made of grated Yukon Gold potatoes.

La Soda Potatoes and Sweet Potatoes (cooked, mashed, and combined): Having recently run out of pasta, and reluctant to buy another box, it's sweet potato gnocchi to the rescue! Top with pesto from the freezer.

Grapefruit: No problem here – with breakfast, for a cooling snack, for anything. Straight up. I wish I had more. In fact, I've been known to pack bags of them to bring to my summer job residence in UT.

Summer Squash, Black Beans, I'itoi Onion Tops – Enchiladas! Fill a freezer-rescued tortilla with black beans and grilled squash, and top with the red chile sauce (previously made with dried CSA chiles) also unearthed from the arctic. Garnish with a side of drained unsweetened yogurt (my usual sour cream stand-in) and chopped onion tops.

Sweet Reward! In all my rummaging, I found a lone slice of chocolate beet cake at the back of the freezer.

SUMMER CARROTS VS. WINTER CARROTS



We get two crops of carrots at the Tucson CSA – one about now (summer carrots), and one in January (winter carrots). The winter carrots are sweeter, and are excellent eaten raw. The summer carrots are less sweet and are best used for cooking.

Carrots are rich in alpha-carotene and beta-carotene (which our bodies convert to vitamin A) and they provide fiber, anti-aging and disease-fighting phytonutrients, potassium and even a bit of calcium and magnesium. Cooking carrots actually makes these nutrients more bioavailable. (Source for this paragraph: www.cleancuisineandmore.com.)

Spanish Tortilla

Lissa Gibbs, Tucson CSA, from Chester Aaron's *Garlic is Life: A Memoir with Recipes*

2 tablespoons of olive oil
1 medium sized onion, peeled, halved, and thinly sliced crosswise
2 pounds thin-skinned potatoes (their feelings are hurt easily), peeled and sliced into 1/8-inch thick rounds
3/4 teaspoon of salt
1/2 teaspoon of pepper
1/3 cup of water
5 large organic and humanely produced eggs

Heat olive oil over medium high heat in 10 to 12 inch nonstick ovenproof frying pan. Add onion and stir often until limp (5 mins). Add potatoes, 1/2 teaspoon salt and 1/4 teaspoon pepper. Add water and bring to boil; reduce heat to medium, cover, and cook until potatoes are tender (10 mins). If any liquid remains, boil off uncovered. Meanwhile, in a large bowl, beat eggs with 1/4 teaspoon salt and 1/4 teaspoon pepper to blend. Add potato mixture and coat gently. Place unwashed frying pan over medium high heat and pour egg/potato mixture into it. Reduce heat to medium-low and cook until eggs begin to set and bottom is lightly browned (5-8 mins). Transfer pan to oven and broil the "tortilla" about 6 inches from heat until top is set (3-5 mins). Run a spatula between the tortilla and pan to loosen and invert tortilla onto plate. Cut into wedges and serve warm or at room temperature.

Potato Tacos

Sara Jones, Tucson CSA

Cook up a huge batch of potatoes early in the week and make these with the leftovers. These are really nice garnished with shredded cabbage or lettuce, slices of cucumber and onion. Use roasted chiles if you have them, if not add some red chile flakes for flavor. Making the tacos is a kind of delicate operation, be patient and don't be frustrated if your first attempts end up a bit ugly – they'll still taste fine.

About 1 1/2 cups cooked potatoes, lightly mashed
1 teaspoon ground cumin
2 cloves garlic, minced
Salt and pepper to taste
2-4 roasted chiles, peeled, seeded and diced
About 8 corn tortillas
2-4 tablespoons vegetable oil
Salsa and garnish for tacos

Mix together potatoes, chiles, cumin, garlic and salt and pepper. In a heavy skillet, heat 1 tablespoon of oil over medium heat. Place one tortilla into oil and flip after one or two seconds (this makes the tortilla pliable enough to fold in half without breaking). Place 1 heaping tablespoon of potato mixture on the half of the tortilla closest to you. Gently fold the other half over the filling, towards you. Press the tortilla closed for a few seconds to seal, then move the taco to one

side to make room for more tacos. Repeat with remaining tortillas. Add more oil as needed to keep skillet covered in a thin layer. Flip tacos when beginning to brown on bottom side. When cooked on both sides, place on an old newspaper to drain.

Minty Squash Pasta Salad

Sara Jones, Tucson CSA

This is great hot or cold. Try using basil instead of mint and parsley for a nice change.

1 box penne or bowtie pasta
About 2 teaspoons olive oil
About 2 medium summer squash, cut into half moons
2 cloves garlic, minced
1 handful mint, chopped finely
1 handful parsley, chopped finely
Zest of two limes
Juice from one lime
2 teaspoons walnut or hazelnut oil (optional)
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook stirring occasionally until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture herbs, lime zest and juice. Drizzle with nut oil and salt to taste.

Creamy Carrot Ginger Soup

Lorraine Glazar, Tucson CSA

6 large carrots (about 1 pound)
2 stalks celery, including leaves
1 cup thinly sliced onion
1/4 cup crystallized (candied) ginger, chopped
7 cups vegetable or chicken broth
1/2 cup cooked white rice
Salt and pepper to taste
1/2 cup half and half or vegan alternative (almond milk is nice)
Mint or watercress for garnish (optional)

Slice carrots and celery crosswise and place in a heavy pot with onion, ginger and broth. Bring a boil, then simmer until vegetables are very tender (about 20 minutes). Remove from heat and add rice. Season with salt and pepper and allow to cool for 15 minutes. Puree in small batches in a blender until smooth. Return to the pot and stir in half and half or your choice of a vegan alternative. Heat soup through but do not boil. Garnish and serve.