



# Tucson Community Supported Agriculture

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## Winter 2014/15

### Harvest list is online

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#### APHIDS ON YOUR GREENS?

This is the time of year when you may find aphids on your greens, particularly on kale and collards. Aphids are tiny green translucent bugs that suck the sap out of the plants. They usually appear in early spring and when present can usually be found on the underside of leaves. It is a normal springtime occurrence in organically grown vegetable gardens.

Aphids only last a few weeks at Crooked Sky Farms: the farm's resident ladybugs soon eliminate them.

If you find aphids on your greens, just swish them vigorously in a bowl of water. If they persist, add a squirt of liquid dish detergent to the water and swish until the aphids let go.



## MEMBERS DAY AT CROOKED SKY FARMS, by Farmer Frank

Great news all! We're excited to have a date and time set for the next CSA Members' Day!

Where: Crooked Sky Farms, 2134 S. 16th Ave., Phoenix.

When: Sunday, March 8, 10:00 a.m. to 1:00 p.m.

Who: members and their immediate families.

RSVP by March. 4 at [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org) with the number of people in your party.

For those of you who do not know what CSA Members Day is, allow me to explain.

Members Day is an appreciation/thank you day for all of you who support our farm. We want to treat you to a nice brunch prepared by a professional chef with produce from the farm. It is also an occasion for you to meet my crew and me and see with your own eyes where your vegetables are grown. And of course it is an occasion for me to meet you.



Members gather at the farm at 10:00 a.m. for a tour of the farm followed by a brunch made from produce from our farm, served with non-alcoholic drinks. Bring a small bag if you'd like to harvest veggies yourself, but be sure to ask what you can and can't harvest, and also how to harvest it: harvesting the wrong way can cause damage to plants.

The event is free of charge. But please let us know by e-mail at [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org) if you plan to come and how many. This will help us plan for the amount of food to prepare.

Thank you all for supporting your farm. Good health to you and we hope to see you there.

**Directions to the farm:** The drive from Tucson to the farm takes just under 2 hours. The farm is located off I-17 and 19<sup>th</sup> Avenue in southwest part of Phoenix.

- 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. You will see fields to your right. The entrance is on 16<sup>th</sup> Ave.
- Park your car on the street and walk to and through the farm's entrance.

## CHEESE SHARES

If you are subscribed to a cheese share, know that it is the off-season for cheese at the moment because it is goat kidding season and most of the milk is reserved for the kids (baby goats). You will not be getting cheese shares and will not be charged for them either, until goat shares resume in early May. When cheese shares resume, you will automatically start receiving your cheese shares.

In the meantime, we do get a limited amount of Black Mesa Ranch goat cheese and it is available first-come, first served.

## **Beet and Walnut Dip**

Sara Jones, Tucson CSA

This is a great dip or spread for bread or pita. Top with fresh herbs and chopped olives, if you like.

1 bunch beets, roasted, peeled and roughly chopped  
3 cloves garlic  
1 cup walnuts  
2 tablespoons olive oil  
1/4 cup plain yogurt or sour cream  
Salt to taste

Process garlic and walnuts in a food processor or blender until finely ground. Add beets and olive oil and process until smooth. In a medium bowl, combine beet mixture with yogurt or sour cream. Salt to taste. Store in refrigerator covered with a layer of oil for up to one week.

## **Amish Turnips**

Philippe, Tucson CSA. Adapted from Phoenix CSA

2 medium to large turnips  
2 cup bread crumbs  
2 tablespoons sugar  
Salt to taste  
2 eggs, beaten  
2 cups milk  
2 tablespoons butter

Scrub turnips and cut into chunks. Put the chunks in a large saucepan and cover with water. Add 1 teaspoon of salt. Bring to a boil; reduce heat, cover, and simmer for about 25 to 30 minutes or until tender. Drain and let dry in a colander or in the pan with the top ajar.

Mix with all remaining ingredients and only half of the breadcrumbs. Place in greased casserole. Cover with the rest of the crumbs and bake 45 minutes at 350°.

Even turnip haters like this dish!

## **Sautéed Beet Greens with Sardines**

Dhanya Sullivan, Tucson CSA

Use any dark, leafy greens you like in this easy recipe. Serve over pasta, bread, rice or polenta.

1 can sardines in olive oil  
1 bunch beets or other CSA greens, cleaned and chopped  
Sea salt to taste  
Walnut halves (optional)

Open a can of sardines in olive oil. Pour oil into frying pan, add beet greens and sauté until cooked. Add sardines to warm them up and you're done! Add sea salt. Warm up some walnut halves and added them in when serving.

## **Roasted Beet and Carrot Salad**

Lorraine Glazar, Tucson CSA

8 ounces beets, peeled and cut into slices, and the wedges cut in half so that none are bigger than a matchbook.  
8 ounces carrots, cut into 1/4 inch slices on the bias (slanted)  
1 1/2 tablespoons olive oil  
Salt and pepper  
1 1/2 tablespoons minced green onion  
Pinch sugar  
1 tablespoons rice wine vinegar  
1/2 teaspoon honey  
1 head Romaine, cleaned and chopped

Preheat oven and cookie sheet to 500°. Toss beets and carrots with 1 tablespoon olive oil, two pinches salt and pepper. Add a pinch of sugar and put onto the cookie sheet in a single layer. Roast for 25 minutes or until vegetables are tender. Meanwhile, in the same bowl in which you tossed the beets and carrots, add remaining olive oil, honey, salt and pepper and green onion. When beets and carrots come out of the oven, toss them in the bowl. Let them cool 15-20 minutes and then toss with fresh greens.

## **Golden Pasta Carbonara**

Sara Jones, Tucson CSA

This is really a formula rather than a recipe and can be altered according to how rich you want the dish to be. Some recipes call for 3-4 eggs and over a cup and a half of cheese. This is a bit lighter and could be made lighter still, or richer if you like! If you eat bacon, cook a few slices and use the bacon fat instead of oil. Crumble cooked bacon over the top for garnish.

2-3 medium turnips, cleaned and diced small  
1 onion, diced small  
1 large or 2 small sweet potatoes, diced  
1 tablespoon oil  
2 tablespoons white wine or water  
1 package penne pasta  
1-2 tablespoons cream  
2 eggs, beaten  
1/4 cup grated parmesan  
1/4 cup crumbled feta or other soft fresh cheese  
Salt and pepper to taste

Sauté onions in a large skillet over medium high heat until golden brown. Add diced squash and turnips and sauté briefly. Add white wine or water, turn down to medium and cover. Cook until vegetables are tender, about 10 minutes. Add more wine or water as necessary to keep from sticking. In the meantime, boil pasta in well-salted water. Stir together cream, eggs and cheese. When vegetables are tender and pasta is al dente, drain pasta and toss with vegetables in hot skillet. Remove from heat and quickly toss with eggs and cheese mixture. It is important to do this step with hot pasta and vegetables so the eggs cook. Season with salt and pepper to taste.