



Tucson Community Supported Agriculture

Newsletter 478 ~ March 9, 2015 ~ Online at www.TucsonCSA.org

Winter 2014/15

Harvest list is online

THE BACK PAGE

Carrot and Sweet Potato Coconut Velouté
Pickled Beets
Spring Greens Frittata
Panade

Many more recipes on our website

TRADING TABLE INSTRUCTIONS

- REMINDER

It's easy to get the TRADING wrong, so here are the instructions:

1. Place a full portion of a vegetable from your produce in an empty basket
2. Take a full portion of another vegetable from a full basket.

The trading table should always have 9 baskets: 8 full ones and 1 empty one.

Produce portions exchanged must match the produce portions of that week's share. So if one of the produce items is 3 potatoes, for example, you may only exchange 3 potatoes, not 1 or 2.

Please do not place an unwanted bunch of something in a basket on the trading table without taking from another basket. It messes things up.

If you don't want an item and there's nothing you want to trade it for, put that item on the SURPLUS bench.

LAMB SHARES

We are now taking lamb share orders, in time for Easter (April 5). For info on lamb shares, check our web page at Products > Meats

CROOKED SKY FARM NEWS – THE MARCH OF URBANIZATION

Members Day at Crooked Sky Farms was this past Sunday. We gathered around tables to eat bean tacos and salad and then we set out across the fields. Chi, one of the farm crew, gave us all bags to harvest beets, carrots, lettuce of various colors, and artichokes. I came back with two beautiful heads of red lettuce.

It is always a special experience to walk on Frank's farm, looking at the downtown Phoenix skyline from fields abuzz with bees and other pollinators. I feel grateful for those few remaining patches of open organic farmland in the city. They are the remnants of the once uninterrupted rich and fertile agricultural corridor formed by the alluvial plain of the Salt River that has been farmed for thousands of years. Most of that land has been paved over and now lies below Phoenix. Our best, most fertile land. Land that feeds us. Yet the paving-over continues. Frank leases the land he cultivates from Sky Harbor international airport and he told me yesterday that the airport is considering taking over part of the land for its own business use. Frank does have contingency plans, and the CSA, of course, will continue. But this is yet another example of the loss of food-producing land to asphalt and development.

And so goes another part of the earth that nourishes us. As Farmer Frank often says: "Once a piece of land gets paved over, it never sees the light again."

JOSH'S EGGS

Josh's hens are in full production now and we have removed the limit of "one dozen per account." This does not mean that we won't occasionally run out of eggs. It takes us a while to assess demand and match it with the appropriate supply. And of course, there will continue to be fluctuations in supply and demand. However, we hope to have enough eggs for everyone most of the time until the days get shorter again next winter.

PARKING AROUND THE Y

The City of Tucson's Park Tucson department (formerly ParkWise) is in the process of installing parking meters along 4th Avenue. While we anticipate this to affect parking around The Historic Y, we don't know what the effects will be. If there is evidence that "refugees" from 4th Avenue start parking around The Historic Y and prevent tenants and visitors to park there, Park Tucson suggested they also install a mix of park meters on University Blvd. in front of The Historic Y along with some 15-minute parking and some shared use resident parking.

We ask that you be patient during the few weeks it may take to observe the new parking patterns and come up with solutions.

If you do experience parking difficulties, remember that there is open parking along 5th Street west of 5th Avenue and also on 6th Avenue which is one block away. Also, it is easier to park after 5:00 PM.

Please do not park along the north side of University across from The Historic Y. That is a 24-hour resident-only parking zone for the two houses on that block. Parking tickets have been issued and are hefty.

Carrot and Sweet Potato Coconut Velouté

By Kusuma Rao, www.Ruchikala.com

This creamy vegetable soup is a warming treat. It can also be served chilled.

2 tablespoons olive oil
1 pound of carrots (diced)
1 pound sweet potatoes (peeled and chopped)
1 quart of vegetable stock
1 large sweet onion (minced)
2 teaspoons salt
1 bay leaf
4 cloves garlic, smashed
2 tablespoons ginger grated
½ – 1 whole habanero (to your heat tolerance, remove seeds and veins if sensitive to heat), chopped
½ teaspoon turmeric
1 teaspoon coriander power
1 teaspoon cumin powder
1 teaspoon garam masala
1 cup coconut milk
3 tablespoons brown sugar

In a large sauté pan set to medium high heat, fry the onions and bay leaf with the olive oil until it just starts to lightly brown. Bring down to medium heat adding garlic and ginger with the habanero, sauté for 2 additional minutes. Add turmeric, sauté for 10 seconds. Add carrots and sweet potatoes, as well as all the remaining spices, with the vegetable stock. Simmer for 15-20 minutes, until vegetables are soft and tender. Pull the bay leaf from the pot. Blend soup thoroughly using an immersion blender. If you don't have an immersion blender, carefully transfer soup to a blender a few cups at a time. Secure lid and place thick folded kitchen towel held tightly over the top in case you get any splash back. Return to stove on low heat, add coconut milk and brown sugar. If desired, add another ½ teaspoon of garam masala. Season with salt and brown sugar to taste.

Pickled Beets

Sara Jones, Tucson CSA

1 bunch beet roots
2 cups vinegar
1 cup water
½ cup sugar
1 teaspoon to 1 tablespoon total of all selected spices, to taste.
(Spice flavor develops more over time)

Spice suggestions (use whole spices, not ground): Coriander – Allspice – Cardamom – Cloves – Mustard Seeds – Cinnamon Sticks.

Prepare beets by roasting or boiling. Peel beets and cut or dice in preferred serving sizes.
Bring water, vinegar and sugar to boil until the sugar is dissolved. Add spices and reduce heat. Simmer to let spices develop flavor and steep. (Approx. 15 minutes.)
Place beets in glass jar and cover with vinegar mixture. Store in refrigerator. Will keep for two to three months. Pickled beets can also be canned and stored in the pantry if canning is in your skill

repertoire. Any vinegar mixture left over when the beets are gone can be used as a base for marinades or dressings.

Spring Greens Frittata

Sara Jones, Tucson CSA

5 eggs
1/4 cup milk
2 tablespoons flour
1/2 onion, thinly sliced
3-4 chard stems, diced
2 large handfuls chard collards, roughly chopped
About 1 tablespoon olive oil
Salt and pepper to taste

Heat oil in a large skillet over medium high heat. Add onions and chard stems. Cook about 5 minutes, then add greens. Continue cooking, briefly, until greens are wilted. Remove from heat. In a medium size bowl, whisk together eggs, flour and milk. Stir cooked vegetables into mixture and season with salt pepper. Pour mixture into well-greased pie pan and bake in a 350° oven for about 15-20 minutes, until eggs are set.

Panade

Lorraine Glazar, Tucson CSA

1 ½ pounds onions, halved and thinly sliced (about 6 cups)
2 tablespoons olive oil (divided use)
Salt and pepper
1/2 teaspoon dried thyme or 1 tablespoon fresh
6 cloves garlic, slivered
1 pound collards or chard, stemmed and cut into wide ribbons
10 ounces stale, hard peasant type bread, torn or cut into one-inch chunks
2 cups cheese, shredded
3-4 cups vegetable stock

Heat one tablespoon olive oil in a sauté pan and slowly cook the onion until translucent and tender. Sprinkle with thyme while cooking and add salt and pepper. Remove the onions and add one more tablespoon of oil to the pan. Add the greens and the garlic and a sprinkle or two of salt and cook for three or four minutes, just until the greens soften a bit. In a 2-quart casserole with a lid, or a Dutch oven, begin layering the panade: first the onions, then a loose layer of bread cubes, then greens, and top with cheese. Continue this way until the ingredients are all used. Bring the vegetable stock to a simmer and add salt to taste. Add stock to the casserole up to 1 ½ inches below the rim of the dish (you can go a bit higher in a shallower casserole dish). Cover and bake in a 325° oven for 1 to 1 ½ hours, or until it is hot and bubbly and slightly brown around the edges.