



Tucson Community Supported Agriculture

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Spring 2015

Harvest list is online

THE BACK PAGE

Arugula Pasta
Chocolate Beet Brownies
Chicken Salad with Beet and Celery -new
Carrot & Celery Soup

**Many more recipes
on our website**

Goat Cheese Shares

Black Mesa Ranch cheese shares will start again in May. If you're already subscribed to a cheese share (check your CSA account), you will receive your first cheese share of the year on Tuesday, May 5 or Wednesday, May 6, and then every other week after that. Remember to ask for your cheese share at the front desk! If you are not subscribed to a cheese share and would like one, you can add it to your current subscription at any time. But remember, you can only add (or remove) shares and share options from your subscription between the day after your pickup day and midnight Friday.

Until cheese shares start, we will continue to carry a small selection of cheeses. Our inventory varies but usually includes fresh logs (chèvre), feta and boules (French mozzarella). Aged cheese (Blue Goat, Dutchess and Ementhraller) will start appearing again later this spring.

Cheese shares consist of fresh chèvre logs. Feta, boules and aged cheeses can only be bought retail because they vary in weight and are therefore hard to price as shares.

THE AMAZING STORY OF I'TOI ONIONS



If you've been with the CSA for a while, you are familiar with them as we get them in our shares periodically. If you're not familiar with them, you're about to learn their remarkable story.

Here is what your farmer, Frank Martin from Crooked Sky Farms, has to say about those amazing, pretty, and drought-resistant little onions.

The year 1699 marked the introduction of a most prized onion, the I'toi, when Spaniards introduced it to the Tohono O'Odham people. They named it after their deity I'toi, which resides at the top of the Baboquivari Peak, the sacred mountain of the O'Odham people, near Ajo, Arizona.

While the I'toi onion is not a true native of the southwest, it has existed, endured and thrived here in less than ideal conditions for more than 300 years. If I could only speak of two vegetables in the whole world, they would be the tepary bean (another story for another day) and the I'toi onion.

I was given my first I'toi onions by a staff member of the county extension service in 1993 who in turn had received them from Native Seed Search in Tucson. Tucked away in a drawer, the staff member was naturally worried about their condition. Being the hopeful farmer I am, I do what farmers do: I plant. Five precious (all shriveled and meek) bulbs was all it took.

Those humble beginnings ignited a flame of I'tois into hundreds of thousands. I'tois are gentle giants that can multiply and almost tend to themselves. A single bulb can turn into over 100 at the end of a single year.

Their taste is something between a green onion and a shallot. Upon harvest their bulbs feature a beautiful bronze skin. Don't be too hasty though: before eating that last bite, plant one bulb back in the ground. Repeat this process year after year for an endless supply.

Re-growth begins again in July, with the monsoons, and they then prosper for about 10-11 months. As a hardy onion, they seem to require about a third less water than most, and they seldom get water more than twice a month here on the farm. My recommendations are: plant 12 inches apart and about 2 inches deep.

When they are young (green onions) they should be dug up with a spade or garden fork and not pulled like regular onions. Fibrous roots dig into the ground about six inches, which is why many end up pulling off the tops, leaving the bulbs intact in the earth.

The I'toi goes through a cycle as it develops and multiplies under and above ground. One onion becomes two, two becomes four and so on multiplying like rabbits. While the I'toi is difficult to harvest during its green stage, as the tops start to dry later in the season the fibrous roots decay and the earth surrenders them with ease.

Arugula Pasta

Sara Jones, Tucson CSA

Arugula goes really well with a hearty, whole wheat pasta. You can add more ingredients to this simple recipe, or leave it as is. I like mine best with garbanzo beans or pecans mixed in, plus parmesan on top.

1-2 bunches Arugula or other green, washed and chopped
½ onion, diced
2 cloves garlic, minced
1 tablespoon olive oil
Cooked whole wheat pasta for 2-4 people, plus ¼ cup reserved pasta water
Salt and pepper to taste

Cook onion in oil over medium heat, stirring often, until brown and caramelized. Stir in garlic and cook briefly, then add greens, cooked pasta and the reserved water. Season with salt and pepper and cook until water is mostly evaporated and greens are wilted.

Chocolate Beet Brownies

Chef Stephanie Green, RDN – www.GreensCookery.com

Prep Time: 20 minutes

Cook Time: 35 minutes

Yield: 24 brownies

1 pound beets
4 sticks unsalted butter (2 cups), plus additional (see below)
3 cups extra dark unsweetened baking chocolate (1 pound)
6 large eggs
2 teaspoons vanilla extract
2 cups packed brown sugar
2 cups white granulated sugar
2 ½ cups all purpose flour
1 teaspoon baking powder
½ teaspoon salt

Cut leaves and stems off of beets and discard. Scrub beets and cut away any dark brown areas. Slice beets into 1/2-inch thick pieces.

Place beets in a microwave steamer and cook on high for 5 to 6 minutes or until tender when pierced with a fork. Transfer cooled beets to food processor and pulse until finely minced.

Preheat oven to 350°. Prepare the 13 x 18 inch half-sheet pan by adding a dab of butter to the center of the pan to anchor the parchment paper. Line with parchment paper and grease thoroughly with additional butter including the sides of the pan.

Slice butter into tablespoon-size pieces, add chocolate and cook on low setting in microwave until chocolate begins to melt. Stir gently until chocolate and melted butter are smooth. Let cool.

Fit stand mixer with a paddle and beat eggs for 30 seconds on low speed. Add vanilla and brown sugar and mix on medium-high until light and airy (about 2 minutes). Add minced beets and melted chocolate. Mix for 30 seconds on low until just combined. Whisk flour, baking powder and salt in a medium size mixing bowl. Add to batter and mix on low for 30 seconds or until just combined.

Spread batter evenly into prepared pan. Bake 30 minutes or until a wooden skewer inserted into the center comes out clean. Allow brownies to cool completely before transferring to a cutting board and slicing into squares. Cut into 24 squares and serve. Refrigerate or freeze leftovers.

Cook's Note: Beets can be cooked in a saucepan in 1/2 inch of water. Bring water to a boil, reduce heat and simmer for 20 minutes or until tender.

Chicken Salad with Beet and Celery-new

Sara Jones, Tucson CSA

If you don't eat meat, sautéed tempeh and cashews make a great substitute for chicken, or use chopped hard boiled eggs.

2 cups cooked chicken, chopped into bite size pieces
2 medium or 1 large beet, cooked and diced into bite size pieces
Large handful celery leaves and stems, finely chopped
3 green onions, finely chopped
¼ cup mayonnaise
1 tablespoon apple cider or red wine vinegar
2 teaspoons Dijon mustard
Salt and pepper to taste

In a large bowl mix together mayo, vinegar and mustard, add remaining ingredients and season to taste with salt and pepper. Store in the refrigerator for up to five days.

Carrot & Celery Soup

1 tablespoons olive oil
1 to 2 lbs carrots, roughly chopped
2 garlic cloves, crushed
1 liter (4 cups) vegetable stock
About ¼ cup celery leaves, chopped

Heat the oil in a large saucepan over a medium heat. Add the carrots and garlic and cook, stirring often, for 3-4 minutes or until the garlic is light golden. Add the stock and 2 cups water. Bring to the boil. Reduce heat and simmer, partially covered, for 20-25 minutes or until the carrots are very tender. Remove the pan from the heat and stir in the celery leaves. Set aside for 15 minutes to cool slightly. In batches, process in a food processor until almost smooth.