



Tucson Community Supported Agriculture

Newsletter 588 ~ May 15, 2017 ~ Online at www.TucsonCSA.org

Spring 2017

**Harvest lists are
online**

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**Many more recipes
on our website**

MOVIE TIME

SEED: The Untold Story

Award winning
documentary on the
disappearance of seed
varieties and the fight to
preserve what's left.

With Q&A hosted by
Master Gardeners & Food
Activists from Avalon
Organic Gardens &
EcoVillage

**Saturday, May 20, 2017
@ 7:30 PM**

**At The Sea Of Glass
Center For The Arts**

330 East 7th St., Tucson

"A call to action to tackle
the increasingly worrying
lack of diversity in our
crops."

"A call to arms about the
need for seed diversity..."

Takes audiences on a
gorgeously filmed and
creatively animated
adventure...seen through
the eyes of a colorful cast
of characters."

To find out more and to
buy tickets (\$10) go to:

[http://theseaofglass.org/
events/460/film-seed-
the-untold-story](http://theseaofglass.org/events/460/film-seed-the-untold-story)

Where Have All The Seeds Gone?

Did you know that in the last century 94% of the world's seed varieties have disappeared? Few things on Earth are as miraculous and vital as seeds. They have been worshiped and treasured since the dawn of humankind. And yet, few are left.

A single seed can produce hundreds of thousands more seeds during its life cycle. Talk about a return on investment! If only our bank accounts would yield such a return. It is no surprise that biotech chemical companies have wanted to harvest that return for themselves. In the process they have cut farmers out of the seed propagation cycle and are now controlling the majority of our seeds. Countless heirloom seed varieties have disappeared and our food system now relies on fewer and fewer varieties, mostly hybrid varieties which cannot be propagated naturally, forcing farmers to buy new seeds every season instead of being able to propagate them themselves as farmers have done for thousands of years.

Yet, as the world climate changes and as mass produced crops are increasingly at risk of failing, we depend on heirloom seeds' greater adaptability to changing environments to help provide the crops of our future. More than ever before, we depend on farmers, scientists, lawyers, indigenous seed keepers and seed banks to fight a David and Goliath battle to defend the future of our food.

In a harrowing and heartening story, these reluctant heroes rekindle a lost connection to our most treasured resource and revive a culture connected to seeds. SEED features Vandana Shiva, Dr. Jane Goodall, Andrew Kimbrell, Winona Laduke, Raj Patel, as well as local food activist heroes, Gary Nabhan and Native Seeds/SEARCH.

Want to know more? Come see **SEED: The Untold Story**.

See details in left margin.

Farms Working Together

The beauty of having two farms supplying each of our two pickup days is that both farms can work together for their own benefit and that of CSA members by compensating each other's shortages and surpluses. For example, Crooked Sky Farms is currently having an over abundance of summer squash, potatoes and, soon, tomatoes. Sleeping Frog Farms, being in a cooler climate zone, won't get those crops ready until a bit later in the season. So, Crooked Sky Farms is filling some of Sleeping Frog Farms's shares with summer squash and potatoes this week. Soon Crooked Sky Farms will likely provide tomatoes to the Wednesday shares also!

Tomatoes in bulk



It's canning time! We are starting to take orders for Crooked Sky Farms tomatoes in bulk.

We sell them by the flat, \$25 for ~15 pounds. You can order them at the front desk. All orders are pre-paid.

Right now, only Yellow Taxi tomatoes are available, but soon there will be varieties of red tomatoes and also plum tomatoes. We'll keep you posted as they become available at Crooked Sky Farms.

Bulk orders will be available until late June, early July, depending on weather and availability.

Parmesan Breaded Zucchini (or Summer Squash)

Shelby Thompson, ediblebajaarizona.com

Easy and delicious, you could also prepare your squash blossoms this way.

2-3 small to medium zucchini, cut lengthwise into ¼” wedges
1 egg, beaten
¼ cup olive oil
1 cup cubed bread
2 tablespoons grated Parmesan
1 tablespoon chopped parsley, or use ½ teaspoon dried Italian herb mix
¼ teaspoon salt and pepper

Place bread, Parmesan, parsley, sea salt, and pepper in a food processor or blender. Pulse the ingredients until they become fine breadcrumbs. Place the breadcrumbs in a shallow bowl. Coat a zucchini wedge in the beaten egg, then gently roll it in the breadcrumbs until it is evenly coated on all sides. Place the breaded zucchini wedge on a large plate. Repeat until all zucchini wedges are breaded. Heat the olive oil in a medium-sized skillet over medium heat. Once the olive oil is sizzling hot, use tongs to place a few pieces of the breaded zucchini in the pan. (Be sure not to crowd the zucchini. You may have to fry it in two batches.) Fry the zucchini for 1-2 minutes on each side, or until the breadcrumbs are golden brown. Once the zucchini is done, place it on a plate lined with a paper towel. Place the zucchini on a plate and sprinkle it with additional sea salt and freshly grated Parmesan. Serve immediately.

Pasta Salad with Tomatoes and Feta

Philippe, Tucson CSA

An easy and delicious pasta salad which you can serve warm or cold.

1 lb pasta (e.g. rotelli, fusilli)
1 medium onion
2 clove garlic
¼ cup olive oil
3-4 tomatoes, diced
¼+ cup basil, finely chopped
1 cup arugula or tatsoi, finely chopped (optional)
½+ lb feta, crumbled
Salt and pepper to taste

Boil and drain pasta according to pack instructions. Mix crumbled feta to warm pasta, so that the feta melts a little.

Salad dressing: in a small food processor, or chopper, purée or finely chop the onion and the garlic in the olive oil. Mix pasta, salad dressing and remaining ingredients. Don't add too much salt as feta is already salty.

Mexican Potato Salad

Doremy Tong, Tucson CSA. Adapted from www.recipe4living.com

4 medium potatoes, cut in 1” inch dice
2 tablespoon Dijon mustard
8 large Sicilian style green olives, coarsely chopped
2 pickled jalapenos (I used pepperoncini and many more of them)
12 radishes, thinly sliced in rounds
4 scallions, minced
¼ cup cilantro
2 tablespoons cider vinegar
2 tablespoons olive oil
½ teaspoon each salt and black pepper

Place potatoes in a medium pot, add water and bring to a boil. Cook until soft all the way through but not disintegrating – about 7 minutes. Drain and set aside to dry about 15-20 minutes.

Transfer potatoes to a bowl and add mustard. Add the rest of the ingredients and mix. Serve immediately... Ok, so I don't serve immediately and it seems to be okay. I have refrigerated and brought to room temperature later. I also use many more potatoes and decide how many radishes, olives and pepperoncini I want.

Spanakopita

This recipe is a great way to use up a backlog of greens, as it requires a few bunches. You can vary this recipe according to your own taste. Add in things like cooked ground beef, chopped nuts, hard-boiled eggs or even raisins. If you don't eat cheese leave it out or substitute crumbled tofu. I use pre-made puff pastry sheets because phyllo can be really fussy. If phyllo is all you can find, just follow the direction on the package for assembly. This filling is also great in a pastry crust, either baked in a pie tin or made into individual hand held pastries.

2 large bunches greens, cleaned and roughly chopped
1 onion, sliced
1 tablespoon olive oil
1 handful feta cheese
About ¼ teaspoon grated nutmeg
Salt and pepper to taste
2 puff pastry sheets, thawed

In a large skillet, cook onion in oil, over medium high heat. Cook until onion begins to brown then add greens and nutmeg. Stir well and cover, cooking for a few minutes until greens are wilted. Add salt and pepper to taste then transfer mixture to a colander to drain.

Prepare puff pastry by lining a large rectangular baking dish with one sheet. Squeeze greens filling to remove excess moisture then mix in feta and any other additions. Spread filling over pastry sheet. Top with another pastry sheet, tucking pastry down around the edges. Bake according to direction on pastry box.