



Fall 05
Week 10 of 10

Recipes in this Issue

Herbed Tepary Bean Dip
Vinegared Beets Nested in
Their Greens



Chris Richards for The New York Times

For the Tohono O'odham Indians of southern Arizona, these tepary beans, grown by Noland Johnson on tribal farmland, symbolize a return to traditional foods and farming methods.

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We welcome your suggestions, comments, contributions, and questions:

www.tucsoncsa.org

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Subscription Payment Deadline December 2

12-week winter session (Dec. 6–Feb. 28; no delivery on Dec. 27)

Please pay by this **Friday, December 2**:



- Your single \$204 payment, or
- Your first \$104 half-payment, or
- Your first of three \$70 monthly payments

Your timely payment is very much appreciated! Early payments allow the CSA to operate more effectively and to the greatest benefit for all members. Please help each other out by writing Philippe a check today to renew your subscription! Farmer Frank and all of your fellow members thank you for your support of CSA.

5 Published Recipes = 1 Week of Free Produce

Please share your recipes with us and with each other! We'll give you a free week of produce for every five recipes of yours that we publish.

The Future of Food Playing at the Loft Cinema—This Week Only!

The Future of Food is playing daily at 5:15 pm for this week only at the Loft Cinema, 3233 East Speedway (just east of Country Club, across from Wild Oats). Admission is only \$5. Shot on location in the US, Canada, and Mexico, this 90-minute documentary examines the implications of unlabeled, genetically engineered corn and canola that have slipped quietly into over half the food on US grocery shelves over the past decade.

Why Pay \$5 for a 6-oz. Log of Black Mesa Ranch Goat Cheese?

So what exactly is “farmstead artisan” goat cheese? Is it just a fancy name? In winemaking, the term “estate bottled” indicates that the wine was made from grapes grown, harvested, crushed, fermented, and bottled all on the same property, or “estate.” In cheesemaking, the term “farmstead” describes a similar process. Every geographical location, every farm, and every animal produces a distinct set of flavors in cheese. At BMR, every drop of milk comes from their own small herd of free-range goats. Their does are born, bottle-fed, and raised on the premises. The cheese is aged in their own climate-controlled “cave” right around the corner from their own cheese kitchen and packaged for sale all in the same building. They never work on more than 14 gallons of milk at a time, which allows them to pay close attention to every detail of the process.

The Heiningers participate in a 4,000-year-old artisanal tradition. They have names. By contrast, most commercially available goat cheese is manufactured by BC-USA and Betin, Inc. You have a question? You can look David Heininger in the eye and ask him. Even more importantly, David must look you right in the eye and tell you.

In the movie *It's a Wonderful Life*, George Bailey says during the run on the Savings and Loan, “The money's not here ... Your money's in Joe's house ... and in the Kennedy house, and Mrs. Macklin's house and a hundred others.” Where's your money? Who's “Trader Joe”?

Tepary Beans

The tepary bean is the most drought-adapted annual legume in the world, able to mature on a single irrigation or thunderstorm downpour. It has a rich cultural history, stretching back more than six thousand years in the arid landscape of Mexico and the southern United States. Tepary beans are one the most effective slow-release foods, capable of reducing blood-sugar levels among diabetic Native Americans who became vulnerable to this disease when fast foods hit their communities after World War II. Tepary beans are also high in protein (23-25%, higher than soybeans). In the 1930s, about 1.3 million pounds of tepary beans were produced on the Tohono O'odham reservation. By 2001, however, only 100 pounds were harvested. In the tepary bean, says Terrol Dew Johnson, a Tohono O'odham native, "You're seeing the whole culture. That bean holds our language, our songs, our history." Read more about our own native tepary beans in the Nov. 23 NY Times (see www.nytimes.com/2005/11/23/dining/23nati.html). Your CSA subscription promotes the cultivation and preservation of local foods such as the tepary bean.

Herbed Tepary Bean Dip

Cynthia Bower; contributed by member Mary Ann Clark, from her recipe compilation (along with Shannon Scott), From Furrow to Fire: Recipes from the Native Seeds/SEARCH Community (2005)

¾ cup dried tepary beans
1 tablespoon fresh lemon juice
1 large clove garlic, finely chopped
1 teaspoon olive oil
½ teaspoon ground cumin
¼ teaspoon dried oregano
pinch dried red pepper
additional pinch dried oregano

Sort and rinse beans and place in one quart of cold water in a lidded pot. Soak in refrigerator for 12 hours or overnight. After soaking, drain beans and place in lidded pot with another quart of water. Simmer, covered, one to two hours or until tender. Drain excess liquid from beans and refrigerate overnight.

Puree beans, lemon juice, garlic, olive oil, cumin, and oregano until smooth. Transfer mixture to a serving bowl and sprinkle with dried red pepper and additional oregano. Serve with crackers, crudités, or pita chips. Makes about 1-1/4 cups.

Beets

The beet is a wonderful vegetable, but people often resist it, partly because of its sweetness. When beets are treated to the acidic nip of vinegar and lemon or the warmth of spices, however, many take to them with enthusiasm. Beets are available year-round but are best from summer to fall, when they're truly in season. Our beets come with their greens, which are uncommonly lush and fresh. Even though they may look tough, they cook quickly to tenderness. Their flavor is mild and sweet.

Vinegared Beets Nested in Their Greens

Adapted from Deborah Madison's Vegetarian Cooking for Everyone (Broadway Books, 1997)

Perfect for small garden beets about an inch across with fresh tender tops.

Small beets with their greens
1 teaspoon butter or olive oil
Salt and freshly milled pepper
1 teaspoon balsamic or sherry vinegar

Remove the greens, scrub the beets, and steam them until tender, 15 to 30 minutes. Peel and set aside. Discard any greens that don't look up to snuff, along with the stems. Steam the greens until tender, about 5 minutes, then toss with half the butter and season with salt and pepper. Arrange them in a nest on a plate. In another pan, heat the beets with the remaining butter. Add the vinegar and shake the pan until it evaporates. Spoon the beets into the center of the greens and serve.



"If you're truthful, you don't have to advertise it."

Connie Hatfield, co-founder of Country Natural Beef co-op of ranch families