



Tucson Community Supported Agriculture Newsletter

January 24, 2006 – Issue 20

Winter 05
Week 7 of 12

This Week's Share

Spinach
Cabbage
Beauregard sweet potatoes
Onions
Arugula
Broccoli
Salad mix
Oranges

Recipes in this Issue

Cabbage, Greens, and Goat Cheese
Salad
Japanese Savory Pancake
(*Okonomiyaki*)
Sweet Potato Pie



Beauregard Sweet Potatoes

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We welcome your suggestions,
contributions, and questions:

www.tucsoncsa.org

“Patate Douce” as they say in French

The sweet potato is actually not a potato at all, but rather, a rooted tuber, belonging to the same family of plants as the morning glory. The Latin species name, *Ipomoea batatas*, sounds remarkably like the existing Spanish word for potato, *patata*, at the time Columbus introduced it to Europe. Indeed, “potato” meant sweet potato in Europe until nearly a half-century later, when what we now call the potato, *Solanum tuberosum* (“papa” in its native Quechuan), landed there.

The plump and curvaceous sweet potatoes in our shares this week are **Beauregards**, which also happen to be the primary commercial type. Until 1970, Louisiana led the United States in sweet potato production. North Carolina, however, developed a new variety at that time called Jewel, which was high-yielding and well-adapted to North Carolina’s sandy soils. Jewel soon took over as the most popular sweet potato variety in the United States, and North Carolina became the market leader for sweet potatoes. As a result, sweet potato production in Louisiana plummeted from more than 100,000 acres in the 1940s to fewer than 20,000 acres by 1980. Louisiana fought back, however, by developing the Beauregard variety in 1987, named after General Pierre Beauregard, who fired the first shot in the Civil War in 1861. An extremely high-yielder; quick-maturing with good shape; resistant to cracking, pests, and rot; and with a longer storage life than Jewel, the Beauregard has been accepted by farmers everywhere, including small-scale farmers such as our own Farmer Frank. Frank particularly likes the Beauregard because it doesn’t grow too deep in the soil, making it easier to dig out at harvest time.

Although our sweet potatoes may sometimes look somewhat bruised and pitted, in no way does this affect its quality and flavor.

New Plans Afoot at Crooked Sky Farms

This summer, Frank will build a shade tunnel at the farm in Glendale, allowing him to grow summer crops such as tomatoes, year-round Swiss chard and Batavia lettuce, and others crops that don’t otherwise grow in the summer heat. Growing these crops in Glendale would allow Frank to quit his higher elevation Duncan field, four hours away.

The SUV in the Pantry

Why is it important to eat local? CSA supports small-scale farming, chemical-free agriculture, and putting money back into our own community, as well as promoting an awareness of where our food comes from, among numerous other values. A significant reason to eat local, however, relates to energy consumption. It takes about 10 fossil fuel calories to produce each food calorie in the average American diet. So if your daily food intake is 2,000 calories, then it took 20,000 calories to grow that food and get it to you. Most food on grocery store shelves has traveled an average of 1,500 miles, and some even more. Chilean grapes travel over 4,200 miles to reach us. Hawaiian pineapples are the most carbon-intensive food, requiring 40 pounds of CO₂ per pound of pineapple to reach our plates.

Read more at

http://www.sustainablebusiness.com/features/feature_template.cfm?ID=1275

Cabbage, Greens, and Goat Cheese Salad

Philippe

1 handful of arugula, sliced in ribbons
1 handful of spinach, sliced in ribbons
¼ cabbage, shredded
1 small onion, or 1 shallot, chopped
3 oz. goat cheese

Make a dressing by mixing:

Juice of 1 lemon
4 tablespoons olive oil
1 dash salt
1 dash ground black pepper

Mix all ingredients in a salad bowl and serve.

Japanese Savory Pancake (*Okonomiyaki*)

Philippe

The base of this delicious dish is essentially a pan-fried mixture of shredded cabbage, flour, and eggs, with various other ingredients used as toppings.

1 cup all-purpose flour
¾ cup vegetable stock or water
1 egg
¼ cabbage, shredded
2 tablespoons vegetable oil

For toppings: use any sliced greens (arugula, spinach, kale, etc.). Traditionally, the toppings are used as, well, toppings. I often prefer, however, to mix them directly into the rest of the mixture, and cook it all together.

Additional toppings may include pine nuts, grated cheese, olives, seaweed (shredded nori), corn, green onions, bean sprouts, grated radishes, or cooked tepary beans—the sky's the limit!

Beat an egg in a bowl and add stock or water. Mix in the flour, cabbage, and topping ingredients (unless you want to use them as actual toppings). Heat the oil in a pan. Pour the mixture into the pan and flatten it with a spatula to make a thick pancake. Cook on each side until golden brown, about 10 minutes on each side. It should be crunchy on the outside and soft on the inside.

Serve at once. Season with soy sauce.

Sweet Potato Pie

Cooks.com

1 1/2 cups of cooked and mashed sweet potatoes
1/2 cup of honey
3 eggs
1/2 teaspoon of salt
1 teaspoon of vanilla extract
3/4 cup of sugar
1 cup of pecans
1 pie shell, unbaked

Mix honey and salt in sweet potatoes. Beat eggs, then add them, sugar, vanilla and pecans to mixture. Place in unbaked pie shell and bake at 350 degrees for 1 hour.