



Tucson Community Supported Agriculture Newsletter

May 16, 2006 – Issue 36

Spring 06
Week 11 of 13

This Week's Share

Artichokes or beets
Sweet onions
Grapefruit
Blue Lake green beans
Red La Soda potatoes
Salad mix
Mixed summer squash
Potted starts (sorrel, basil, or
lemon basil)

Recipes in this Issue

Summer Squash with Garlic and
Herbs
Pasta with Zucchini, Walnuts, and
Pesto
Lettuce Salad on a Bed of Beets
Grapefruit-Glazed Beets
Salade Niçoise
Green Beans Finished with
Balsamic and Basil
Creamy Stuffed Red Potatoes



Kidding season is almost over at Black Mesa Ranch, with only three more does due to give birth in early June. Jasmine (above) gave birth May 5 to 8.4-lb. Rush.

TCSA Contact

Philippe Waterinckx

Newsletter Editor

Christa Selig

www.tucsoncsa.org

Subscribe to Summer Session by May 31

Summer session runs 13 weeks from June 6 to August 29.

Produce shares are \$221.

Goat cheese shares are \$30 (single) and \$54 (double).

Monthly payments available.

We now also offer a **one-year subscription** for \$799. It runs for 47 weeks out of 51, giving you the opportunity to skip up to 4 pickups. Goat cheese shares are \$115 (single) and \$207 (double).

More details online.

What's New This Week: Blue Lake Green Beans

This week, we receive the first of our summer crop of Blue Lake green beans. Green beans are actually beans that are harvested while the pod is still very tender and the seeds inside quite immature. Green beans are also sometimes still called string beans, although most varieties grown today do not have tough strings along the margins of the pods that need to be pulled off. For years, Blue Lake has been considered the standard-setting pole bean. Although it has rather humble origins as a canning bean, many gardeners and growers now consider it a gourmet bean. Its succulent crunch and mild bean flavor are tough to beat.

In the early part of the last century, Blue Lake was the bean grown for canning in the Blue Lake District near Ukiah, California. In 1923, it arrived in Oregon, and by 1952, western Oregon grew 10,000 acres of the beans, where much of the bean research has since been done. Early on, Blue Lake beans were stringy, and some strains had colored seeds. Seed companies improved the bean, however, and released new strains, and by the 1950s, the only beans grown were stringless, white-seeded strains resistant to common bean mosaic. The current Blue Lake is descended from developments by Ferry-Morse Seed Company.

Blue Lake beans are dark green, round in the cross-section, stringless, firm, and straight. Its flavor is mild and sweet and the texture is tender-crisp, even when large (five or six inches, at which length other beans become tough and stringy). Blue Lake is also an extremely productive bean. The vines grow taller than 8 feet and produce for a long period, about two months.

Crooked Sky Farms Report

Farmer Frank told us today that tomatoes, tomatillos and sweet corn should be ready for harvest by May 30 and that we will plenty of it after that. And he is still planting new lettuce every week, under shade, which should provide us with a steady supply of salads throughout the summer, if all goes well.



