



Tucson Community Supported Agriculture Newsletter

June 20, 2006 – Issue 41

Summer 06
Week 3 of 13

This Week's Share

Bodacious yellow sweet corn
Heirloom tomatoes
Texas 1015Y sweet onions
Sugar Baby watermelon
Summer squash
Artichokes—last ones!
Pinto beans
Garlic

Recipes in this Issue

Summer Squash with Toasted
Garlic and Lime
Summer Vegetable Stock
Smoky Summer Ranch Beans
Watermelon, Orange, and
Watercress Salad



Field Day at Farmer Frank's!

Join us for a visit of Crooked Sky Farms this **Saturday, June 24**. Enjoy roasted corn, heirloom tomato samples, melons, and a tour of the field. Harvest your own produce, and see for yourself how organic farming works. This is the best time to see the field at its peak. Come by anytime between 7:00 am and noon, or show up Friday evening with a sleeping bag and spend the night at the farm after enjoying a bonfire and roasted corn. Hope you can make the visit!

Newsletter Editor

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Directions to Crooked Sky Farms (5835 North 83rd Avenue, Glendale)

It's approximately a **2-hour drive** to Crooked Sky Farms:

- Take I-10 to Phoenix.
- Stay on I-10 and follow directions to Los Angeles.
- Take the **83rd Avenue exit (exit 135)**.
- Turn **right** on 83rd Avenue.
- Go for approximately 3 miles, past Camelback Road and Missouri Avenue.
- After Missouri Avenue, there is a housing development on the right. Crooked Sky Farms starts where the development ends. There is no sign, just a large field.
- Turn right immediately after the field and follow the dirt road to the house.

Questions? Call Frank at (623) 363-9087 or Philippe at (520) 203-6500.

E-Mail List Successfully Migrated from Yahoo to TCSA Server

Last week, the Tucson CSA e-mail list was successfully migrated from Yahoo Groups to its own independent e-mail list (tcsa-list). If you were subscribed to our former Yahoo Groups e-mail list, your e-mail address was automatically transferred to the new tcsa-list and you should continue receiving our weekly e-mails as usual. Anyone not on the list can add him- or herself to it through our Web site.

The tcsa-list is a one-way means of communication used by the TCSA administrator to send weekly e-mails including the produce list, early open hours and subscription renewals. E-mails sent to the list by anyone else will not go through. If there is a need or a desire on the part of CSA members to communicate among themselves via an e-mail discussion forum, we will gladly create a separate e-mail list to that effect—just let us know.

The Real Dirt on Farmer John

This is a great film about a quirky, passionate organic farmer in rural Illinois who is also an artist. "To me, farming is poetry, drama," says Farmer John Peterson, the subject of the film. "It's a source of infinite fascination." Our fellow CSAs, including Mariquita Farm in Watsonville, California, report that they loved watching the movie. Now it's coming to Public Television, and it will be broadcast in Arizona on **June 20 at 10:00 pm**. Visit www.pbs.org/independentlens/realdirt for more info about the film. National Public Radio also ran a story about Farmer John that can be heard online at www.npr.org/templates/story/story.php?storyId=5175216.



Summer Squash with Toasted Garlic and Lime

Mariquita Farm, Watsonville, CA (www.mariquita.com)



- 1 lb. zucchini or yellow squash, cut in ½-inch cubes
- 1 scant teaspoon salt, plus more to season finished dish
- 2 tablespoons vegetable broth for sautéing
- 5 cloves garlic, thinly sliced
- 1 tablespoon freshly squeezed lime or lemon juice
- ¼ teaspoon freshly ground black pepper, or to taste
- ½ teaspoon dried or 2 teaspoons freshly chopped oregano
- 2 tablespoons chopped flat-leaf parsley

1. Toss the squash with the salt and let stand in a colander for 30 minutes over a dish or in the sink. Rinse and pat dry.
2. In a large skillet, sauté the garlic in the vegetable broth until soft, about 3 minutes. Remove garlic and set aside. Raise heat to medium-high.
3. Add squash to pan and sauté for 8-10 minutes, until tender but a little crunchy.
4. Stir in lime juice, oregano, parsley, pepper, roasted garlic, and salt to taste. Mix well.

Serves 2-4.

Summer Vegetable Stock

Don't throw out those corn cobs! Corn cobs make a flavorful addition to homemade vegetable stock, which adds body and depth of flavor to homemade soups and other dishes. You can freeze the corn cobs until you're ready to make stock, and you can freeze the stock, in turn, until you're ready to use it as well. And unlike meat stock, vegetable stock doesn't require hours of cooking.

- 1 large onion
- 2 large carrots
- 2 celery ribs, including a few leaves
- 1 bunch scallions, including half of the greens

2 corn cobs

- 1 tablespoon olive or vegetable oil
- 1 tablespoon nutritional yeast (optional)
- 8 garlic cloves**, peeled and smashed
- 8 parsley branches
- 6 thyme sprigs or ½ teaspoon dried
- 2 bay leaves
- Salt

Scrub the vegetables and chop them roughly into 1-inch chunks (except the corn cobs). Heat the oil in a soup pot. Add the vegetables, yeast, garlic, and herbs and cook over high heat for 5 to 10 minutes, stirring frequently. The more color they get, the richer the flavor of the stock. Add 2 teaspoons salt and 2 quarts cold water or bean broth and bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes. Strain.

Smoky Summer Ranch Beans

Heidi DeCosmo, TCSA member

This is an easy recipe for Independence Day: let the crockpot do all the work. For vegetarian beans, omit the bacon and add ¼ teaspoon liquid smoke for more flavor.

- 1 pound dried pinto beans
- 4 strips bacon, cooked and chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- Sea salt to taste

Place the beans on the baking sheet to sort and remove small stones, lumps of dirt, and defective beans. Rinse the beans several times. Place beans in crockpot and cover with 8 cups of water. Add the bacon, onion, and garlic. Soak overnight **without** heat.

In the morning, heat the crockpot on HIGH for 2-1/2 hours. The beans should always be covered with water, so if needed, add more hot water to cover, especially if you want more bean broth. Check the beans periodically, as they may need as much as 2 more hours to become tender. When the beans are tender, season them with salt to taste and chili powder. Then let the beans sit and absorb the flavors for awhile. Serves 8.

Watermelon, Orange, and Watercress Salad

Heidi DeCosmo, TCSA member

- 5 cups watermelon (about ½ watermelon), cut into 1-inch pieces
- 2 oranges, cut into segments
- ¼ cup chopped green onion
- 1 cup watercress
- ½ teaspoon paprika
- ¼ cup honey
- 2 tablespoons lemon juice
- 2 tablespoons lime juice
- ¼ teaspoon sea salt

In a mixing bowl, combine watermelon, oranges, green onion, and watercress. In a separate bowl, mix together remaining ingredients. Drizzle dressing over the watermelon mixture. Toss gently and serve.

Onion- and Garlic-Stuffed Artichokes

Philippe (repeat from Issue 34)

- 2 artichokes
- 1 onion
- 2 garlic cloves
- Oil, vinegar, salt, pepper, herbs



Using a sharp knife, cut off the top third of the artichoke as well as the stem, so that the artichoke can sit flat in a pan (see accompanying photo).

Peel an onion, cut it in half, and slice it into fairly thick strips. Similarly, peel two cloves of garlic and cut them into 4 to 6 slices each. Insert the onion and garlic strips in between the leaves (pack as much in as you can for maximum flavor).

Set the artichoke on its stem in a small saucepan. Fill the saucepan with water halfway up the height of the artichoke. Pour ¼ cup oil and ¼ cup vinegar over the top of the artichoke so that they penetrate the artichoke. Sprinkle the artichoke with salt, pepper, and thyme, Italian herbs, or Herbes de Provence. Cover saucepan with lid, bring liquid to a boil, and simmer for 1 to 1-1/2 hours. Delicious with a garlic-butter dip.