



Tucson Community Supported Agriculture Newsletter

July 25, 2006 – Issue 46

Summer 06
Week 8 of 13

This Week's Share

Cantaloupe
Trucker's Delight white corn
Heirloom tomatoes
Armenian cucumbers
Red La Soda potatoes
Beauregard sweet potatoes
Spaghetti squash
Jalapenos

Recipes in this Issue

Cucumber-Apple Shake
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What's happening to the walls at the CSA??? Over the next couple of months, mural artist and CSA member Joe Silins, a graduate from the UA College of Fine Arts, will be creating a mural at the CSA. Joe will work on it during weekends and, as the weeks go by, you'll be able to witness the gradual unfolding of the scenery he is creating.

TCSA Organizer
Philippe Waterinckx

Newsletter Editor
Christa Selig

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Heat and Drought Taking Its Toll on Crooked Sky Farm

Over the last month, Crooked Sky Farm has suffered from uninterrupted and record temperature highs and a total absence of rain. The farm's water allocation has also been cut by one-third. Such conditions are, naturally, hard on the operation of the farm. Crops such as lettuce and other greens have been lost to the heat and drought. Others, such as some of the cornfields, have had to be cut down and ploughed back into the earth in order to save water. Most of the other crops, however, seem to be holding up.

The **tomatoes** have been hanging in there as best as they could. However, this week's tomatoes will be the last ones for a while. The continued extreme heat of the last month has prevented tomato flowers from turning into more fruit. With the exception of the smaller cherry varieties, tomatoes will take a rest until they pick up again in late August.

However, starting next week, we should be getting the second and much anticipated wave of summer crops, including **bell peppers, chile peppers, eggplant**, and up to eight different varieties of **melons**. (Editor's note: If you're new to the CSA, you're in for a treat! It was the melons that sold me a year ago when I joined the CSA!—Christa)

Start Your Day with Native American Botanic Yerba Mansa/Guarana Blend

New at the CSA and made in Tucson: Yerba Mansa/Guarana-Blend herbal tea by Native American Botanics. This mildly caffeinated (less than 7 percent) herbal tea blend brings together a special plant from Native people of the Southwestern United States and Northwestern Mexico with another from our brothers and sisters in the Amazon basin. Yerba Mansa, grown hydroponically in Tucson, is the Southwestern version of goldenseal. It combines an aromatic earthy flavor with insulin-rich roasted chicory root, another European import adopted by Native people. The South American Guarana vines offer seeds that the Amazonian people have enjoyed as a tea for many centuries. In addition, small quantities of peppermint leaf and the dietary supplement sweetener, Stevia Leaf, contribute toward creating an overall satisfying coffee substitute.



Tips for Cooking Grassfed Meat

Grassfed meat is lower in fat and more flavorful than commercially sold meat; keep the following tips in mind, therefore, when cooking:

- Cook grassfed meat **low and slow** (lower temperature, longer cooking time) to prevent it from drying out.
- Ease up on seasoning and sauces—let the flavor of grassfed meat speak for itself.

For more tips on how to prepare grassfed meat, we encourage you to browse through the CSA's copy of Shannon Hayes' *The Grassfed Gourmet* during your next visit.

Cucumber-Apple Shake

Jessica Weinberg, TCSA member

1/3 cup plain unsweetened soy milk
1/2 large Armenian cucumber
2 small cored Anna apples, cut up into pieces
8 ounces plain nonfat yogurt
1/2 (approx.) cube of fresh peeled ginger
1 tablespoon lime juice
1/2 teaspoon orange-flavored liquid Stevia (herbal sweetener)

Pour soy milk into blender, then add remaining ingredients. Blend until smooth. Makes enough for 1-2 people.

Gisela's Cucumber-Carrot Dish

Stefanie Herrmann, TCSA friend

A round golden grain that resembles couscous, **millet** remains the primary grain in much of Asia and parts of Africa. Americans know it mostly as birdseed, yet it deserves a place at our tables for its light, pleasant taste. Millet is a rich source of B vitamins, surpassing even brown rice and whole wheat. It doesn't cook into even, separate grains, however: some grains will be soft, like mashed potatoes, while others are still crunchy. The textural variations, however, are part of millet's appeal.

2 cups diced Armenian cucumber
2 cups diced carrot
1/2 onion, chopped
1 cup crumbled feta or goat cheese
1/2 cup millet
Salt and pepper to taste

Dressing: mix 1 cup yogurt, 2 tablespoons chopped dill and some salt. (Alternative: use tzatziki as dressing, see Issue 43.)

- Sauté onion, cucumbers and carrots in oil for about 20 minutes.
- Boil millet in 1 cup of water in a covered saucepan until water is absorbed, about 30 minutes.
- While the cucumbers, carrots, and millet are cooking, stir the dill into the yogurt and set aside.
- Stir the millet and cheese into the cucumber-and-carrot mixture.
- Add salt and pepper to taste.
- Serve hot, topped with a dollop of the yogurt-and-dill dressing.

Jalapeño Pepper Tip

Philippe

Jalapeños can be substituted for black pepper to give any dish a Southwestern accent. If you can't immediately use all the jalapeños in your share this week, use the following technique to preserve them for future use: cut each jalapeño in half and remove the seeds and membranes. (Editor's note: I do this using a small teaspoon to scrape them out and to protect my fingers—especially important for contact-lens wearers!) Place two halves in a plastic sandwich bag or ziplock snack bag and freeze. You can then take them out one by one and use them at your convenience.

Melon Sorbet

Philippe

1 melon (cantaloupe or honeydew), peeled, seeded and cubed
3 tablespoons lemon or lime juice
2 tablespoons vodka (optional)
1/2 cup sugar dissolved in 1/4 cup warm water

Place all ingredients in a food processor and process until smooth. Refrigerate until chilled. Pour the chilled mixture into an ice cream maker and process according to manufacturer's directions. Transfer sorbet to an airtight container and freeze 3 to 4 hours before serving.

Polish Potatoes and Buttermilk

Lorraine Glazar, TCSA member

This recipe comes from my father's Polish side. These folks survived the Great Depression, and this dish, which came out of it, was served as the main meal in our household, often on meatless Friday nights. Like all humble, honest food that kept people from hunger, the flavors are clear and simple and the ingredients are few.—Lorraine

Editor's note: This may have kept people from hunger in the past, but I definitely find it to be comfort food in the present!
--Christa

1 onion for every 2-3 servings (our sweet onions taste great with this dish)
3 medium Red La Soda potatoes
Butter or oil for cooking the onions
1 quart buttermilk

- Place the buttermilk in the freezer while you make the rest of the recipe.
- Slice the onion(s) thinly and sauté in butter or oil until soft but not browned.
- Cut the potatoes into chunks and boil until softened, about 10 minutes.
- Combine the onions with the hot potatoes in individual serving bowls.
- Pour buttermilk over to taste.
- Add salt and ground black pepper to taste.

Spaghetti Squash

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1 spaghetti squash
4 tablespoons butter
1-2 teaspoons minced garlic
1/2 cup grated Parmesan (optional)
1 teaspoon chopped fresh basil or 1/2 teaspoon dried
Salt and pepper to taste

Cut squash in half lengthwise and scoop out seeds. Place half the butter and garlic in each squash half and set in a pan with 1 inch of water. Cover tightly with foil and bake in a 400° oven for about 1 hour or until pulp is soft. Using a fork, scrape pulp from sides and bottom. Toss pulp with cheese, basil, salt and pepper, and serve.