



# Tucson Community Supported Agriculture Newsletter

November 6, 2006 – Issue 61

Available online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

Fall 06  
Week 10 of 13

## This Week's Harvest

Apples  
Sweet potatoes  
Corn  
Spring mix  
Collards  
Daikon radishes  
Onions  
Garlic

## Recipes

Daikon and Chicken Soup  
Hearty Sweet Potato Casserole  
Salmon with Collard Greens

*If you still haven't used your pumpkins or cushaw squash (a cousin of the pumpkin), check out the many delicious pumpkin recipes on our Web site!*



CSA member Joe Silins has finished his splendid Sonoran pastoral landscape mural on the CSA walls! Stop inside and take a good, long view.

Newsletter Editor  
Christa Selig

[www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter Session Open for Registration

The winter session will run for 12 weeks, covering the months of December, January, and February, with no pickup on December 25-26. The pickup for January 1-2 will be rescheduled for Wednesday and Thursday of that week. **No cheese shares will be available over the winter**, as the does have bred and their lactation is low during this time of the year (see Newsletter No. 60). Goat cheese will be back in March.

- Subscribe by **Tuesday, November 21** to receive the early-bird rate of **\$204** for the full session.
- After November 21, subscriptions will be prorated at \$18 per week, or \$216 for the full session.

Make your check payable to **Tucson CSA**. No application/contract is required for renewal, unless you will be paying in monthly installments.

## Joe Silins Completes CSA Mural – Reception, 4-7 PM, Monday Nov. 6

We are mighty grateful to Joe Silins for transforming the bare walls of our CSA pick-up site into a work of art that reminds us all of the true origins of our produce. Joe, a Phoenix native, studied illustration at the UA and graduated in 2005. He is pursuing a career in environmental advocacy, and as you can tell from his mural, he has much to contribute to this field with his artistic gifts and insight. "Painting this mural has been both a great challenge and a great pleasure," says Joe. "It's about four times as large as the biggest painting I had done previously, and it's definitely taken me at least four times as long to paint! All the positive feedback I've received has been extremely encouraging."

## Composting and Fertilizing at Crooked Sky Farms

Given the recent spinach scare, Farmer Frank thought he would share with us his composting and fertilizing practices at Crooked Sky Farms. Farmer Frank buys pre-processed organic compost. His responsible composting methods, however, actually go beyond the USDA acceptable organic requirements. He also composts some of his own plant material, but he does not process himself any compost that contains manure.

The source of Farmer Frank's organic compost is Rovey's Dairy Farm in Glendale, Arizona. Rovey's composts its own dairy manure and plant material and processes and ages the compost for six to nine months, using standard organic composting methods, before it sells the compost for acceptable produce-farming use.

Farmer Frank spreads the compost on fallow, or unused, portions of the field, usually in early January. He tills it in 4-6 inches deep and irrigates it to initiate the dynamic soil-enrichment process. Three months later, at the end of March, these fields are ready to plant with above-ground produce such as corn, okra, eggplant, squash, and melons. Root and leafy vegetable crops, such as mustard, arugula, kale, turnips, and beets, are not planted until August through October. **Farmer Frank does not side-dress any of his growing crops with manure or compost, nor does he apply "manure tea," which is both a usual and acceptable practice elsewhere.** Instead, Farmer Frank uses "green manure," which is not really manure at all but rather the growth of nitrogen-fixing plants such as alfalfa, Hairy Vetch, and Sorghum, which are eventually plowed under to enhance soil fertility.

## Daikon Radish



The word *Daikon* (pronounced DI-kuhn or DI-kon) comes from two Japanese words: *dai* (“large”) and *kon* (“root”). Daikon is an extremely **versatile** vegetable that can be eaten raw in salads, grated for use as a condiment, or cut into

strips or chips for relish trays. It can also be stir-fried, grilled, baked, boiled, broiled, pickled, or simmered in a soup or other dish. Use Daikon as you would any other radish. Rich in vitamin C, Daikon contains active enzymes that aid digestion, particularly of starchy foods. And as usual, don’t discard the leaves! Use them as you would any other green. The leaves are rich in vitamin C, beta carotene, calcium and iron.

### Daikon and Chicken Soup

Lorraine Glazar, TCSA member, adapted from CookingLight.com

- 1 roasted chile, stemmed and seeded, if desired
- 3 tablespoons rice vinegar
- 5 cups no-salt-added chicken or vegetable broth or stock
- 2 cups thinly sliced Daikon radish (about ½ pound)
- 1 pound skinned and boned chicken breasts, thinly sliced, or seitan
- 2 tablespoons fish sauce
- 1 tablespoon fresh lime juice
- 1/8 teaspoon sugar
- 2 cups hot cooked long-grain rice
- Chopped fresh cilantro or Daikon greens

Combine chile and vinegar in blender and process until smooth; set aside. Bring broth to a simmer in a large saucepan; add radish, and cook 5 minutes. Add chile mixture, chicken, and next 3 ingredients; simmer 5 minutes or until chicken is done. Stir in rice and garnish with greens.

### Hearty Sweet Potato Casserole

Lorraine Glazar, TCSA member

- 3 sweet potatoes, mashed
- 3 bananas, mashed
- ¾ teaspoon curry powder
- 1/3 cup low-fat sour cream
- Salt and pepper to taste
- 1 egg, beaten

Preheat oven to 350°. Lightly grease a casserole dish. Place all ingredients in a blender or food processor and mix or process until all ingredients are fluffy. Spoon into the prepared casserole dish and bake for 20 minutes or until brown.

## Collard Greens



Collards are members of the cabbage family and close relatives to kale. They have a taste similar to kale, but milder. Lorraine (below) has found that adding something acidic improves the taste of collards. She sautés them with olive oil and garlic and then finishes them off with a splash of vinegar or lemon juice, and she typically uses them as a bed for salmon or other rich, oily fish. She’s

also found them to be a great accompaniment to any food served in teriyaki sauce or any sweet/savory kind of sauce such as peanut satay sauce. Lorraine has used collards as a bed for peanut satay chicken skewers, Portobello mushrooms, and salmon glazed with teriyaki sauce.

### Salmon Medallions with Collard Greens

Lorraine Glazar, TCSA member

This recipe takes only 10 minutes! I usually steam some red potatoes to serve alongside.

- 1-1/2 pounds salmon, cut into medallions (see below)
- 1 teaspoon Dijon mustard
- 1 tablespoon olive oil
- 1-1/2 teaspoons lemon juice
- Salt and pepper to taste
- 2 to 3 small mushrooms, thinly sliced
- 1 small yellow onion, thinly sliced
- 1 bunch collard or other braising greens, such as mustard, well rinsed, cut into bite-size pieces

Cut the salmon into 2-inch rounds with a cookie cutter or simply into 2-inch squares. Keeping the pieces the same size ensures that all the pieces cook evenly. You should get about six pieces. They look wonderful in rounds, and you can microwave the leftover pieces in the marinade and serve them on top of a salad the next day.

Mix together in a rectangular or oval 11 x 8 x 2-inch microwave-safe dish the mustard, olive oil, lemon juice, salt and pepper. Dip both sides of the medallions into the mixture and marinate for 15 minutes.

Arrange the medallions along the short ends of the dish, and in the middle place the mustard and onions, tossing in the leftover marinade to coat. Cover with microwave-safe plastic wrap, but do not vent—make it a tight seal. Microwave at full power for 3 to 4 minutes, checking after 3 minutes to make sure the fish doesn’t overcook. Remove the fish from the dish to a serving platter.

Add the collard greens in a circle around the other vegetables. Cover with plastic and microwave at full power for 2 minutes. Serve the fish on the bed of vegetables.