



Tucson Community Supported Agriculture

Newsletter 66 ~ December 11, 2006 ~ Online at www.TucsonCSA.org

Winter '06-'07
Week 2 of 12

This Week's Harvest

Yukon Gold Potatoes
Navel Oranges
Meyer Lemons
Garlic
Nantes Carrots
Florida Broadleaf Mustard Greens
Watercress
Spring Salad Mix



Recipes

Scalloped Potatoes and Greens
Watercress Soup
Garlic Mashed Potatoes
Sautéed Carrots with Watercress
& Meyer Lemon
Steamed Carrots with Watercress

Nantes Carrots

Nantes, is an early, coreless French variety with smooth, cylindrical sides and a blunt tip. It has a rich, sweet flavor and a fine-grain texture. A high quality carrot for freezing or fresh eating, it also stores well.

Watercress

A member of the family of cruciferous vegetables—and thus a potential protector against cancer—watercress has a mustardlike bite and aroma but surprises the palate with a cooling, refreshing effect, rather than a fiery one. It's great on sandwiches, in salads and in soups. Watercress contains significant amounts of iron, calcium and folic acid, in addition to vitamins A and C. It also aids digestion and can eliminate toxins from the body.

Newsletter Editors:
Philippe Waterinckx
Neil Diamante

Are you on the Tucson CSA e-mail list?

If you haven't already, consider joining the Tucson CSA e-mail list. It is our most effective method to communicate with our members. Other than be a reminder of pickup day (useful for new members), the e-mails may also include announcements such as delivery of products, deadlines for membership renewals and last minute messages. You can subscribe to the e-mail list via our website.

Note: if you have a UofA email address you may not receive our e-mails as the UofA servers sometimes block Tucson CSA e-mails.

Testimonials: Tell us what you think!

We are looking for testimonials to add to the Tucson CSA and Crooked Sky Farms websites to help potential members get an idea of what it's like to be a CSA member. Testimonials can be posted on the "Comments" section of the Tucson CSA website.

Thank you for your input!

New Year's Day Pick-up

Frank has decided not to change the delivery date for the Monday, January 1, pick-up. We will thus have our regular pick-up hours on Monday (4 pm to 7 pm), and will be open all day Tuesday (7:30 am to 5 pm) to accommodate for the January 1st holiday.

Members at remote pickup locations should check with their pickup host to verify the remote pickup locations' days and time for that week.

Where's the Grass-fed Beef?

Our planned delivery of grass-fed beef from A Bar H Ranch has been delayed by a few days, which means that it will not be available by December 18th, which is the last pickup of the year. However, we have just received an unexpected delivery of grass-fed beef from Saguaro-Juniper Ranch. If you paid a deposit for a pack and wish to get it before the holidays, you are welcome to switch packs. Packs weigh 8 to 10 pounds and cost \$20 to \$40, in addition to your \$20 deposit.

Since this means that we will soon have extra grassfed-beef in stock, we are happy to take more deposits for the packs which will be available in early January.

NEW! Librarian's Choice

For more information on grass-fed beef:

Pasture Perfect: The Far-Reaching Benefits of Choosing Meat, Eggs, and Dairy Products from Grass-Fed Animals by Jo Robinson

Omnivore's Dilemma: A Natural History of Four Meals by Michael Pollan

Beyond Beef: The Rise and Fall of the Cattle Culture by Jeremy Rifkin

The Grassfed Gourmet Cookbook: Healthy Cooking and Good Living with pasture-Raised Foods by Shannon Hayes (2 used copies available at the CSA)

*We'd like to begin compiling a library of books & articles on various topics related to farming, food, and sustainability. Feel free to e-mail us your suggestions (our email address is at the bottom right corner of our website's home page)

Scalloped Potatoes with Greens

Philippe, TCSA Member

Cook's Note: This recipe is particularly suited for the creamy Yukon Golden potatoes in this week's share.

4 medium potatoes, thinly sliced
2 tablespoons butter
1 bunch green onions (or l'ittoi onions), sliced
1 bunch greens (mustards, watercress, kale or pak choi) sliced in ribbons
2 tablespoons flour
2 cups milk
1 dash nutmeg
1/4 teaspoon dry mustard
salt and pepper to taste

Heat oven to 350°. Lightly grease an 11x7-inch baking dish.

Melt butter in a medium saucepan. Add green onions and sauté for 1 minute. Stir in flour until smooth.

Add milk and stir until thick and bubbly. Add salt, pepper, mustard and nutmeg. Stir in greens. Pour mixture over potatoes and mix well, but gently. Pour the potato mixture into preparing baking dish. Cover with foil.

Bake for 45 minutes. Uncover and bake for about 15-20 minutes longer, or until potatoes are tender.

Watercress Soup

Philippe, TCSA Member

2 tablespoons butter
2 medium potatoes, chopped
1 medium onion, chopped
salt and pepper to taste
2 cups stock
2 cups milk
1 bunch or bag watercress, chopped

Melt butter in a saucepan. Add potatoes and onions and toss until well coated. Sprinkle with salt and pepper. Cover the pan and sweat the vegetables over low heat for 10 minutes.

Add stock and milk, bring to a boil and cook until the potatoes and onions are soft (about 20 minutes).

Add watercress and boil with the lid off for approximately 4 to 5 minutes until the watercress is cooked. It will taste soft and tender.

Do not overcook or the soup will lose its fresh green color.

Puree the soup in a blender or food processor. Taste and add a little more salt and pepper if necessary.

Sautéed Carrots with Watercress & Lemon

Neil Diamente, TCSA Member

1 bunch carrots, sliced into sticks
1 bunch watercress, washed and chopped
Meyer lemon (zest & juice)
Extra virgin olive oil
Sea salt

Sauté (or steam) carrots in oil. Wash and chop watercress. Toss with oil, lemon juice, zest & sea salt. Add to carrots and warm slightly in the pan. Adjust for taste.

Steamed Carrots with Watercress

Contributed by Maggie Newman, TCSA Member

3 carrots, medium sized peeled
1 tablespoon extra virgin olive oil
1/4 teaspoon chili flakes
1 teaspoon lemon zest
1/4 teaspoon paprika
1/4 teaspoon turmeric
1/2 teaspoon salt
2 tablespoons fresh lemon juice
1 bunch of watercress, washed, main stems removed

Sauté the carrots in oil until tender. Add the other ingredients toward the end.

Serves 4.

This recipe was originally found (in the early 90's) on AOL.com and was provided by TAVOLO. A recent Google search could not locate it on the web, so I typed it from my original printout.



Garlic Mashed Potatoes

Jill Hadap, TCSA Member

Cook's Note: Once again, the golden Yukon potatoes in this week's share are perfect for this recipe. All measurements are approximate.

4 –6 medium potatoes
1 medium head garlic
2 tablespoons butter
1/4 cup buttermilk (can substitute skim if you wish)
salt and pepper to taste

Heat oven to 400°. Wrap garlic in foil and roast in the oven for 40 minutes to 1 hour. The garlic is done when the individual cloves can be squeezed out of their skins easily and are a spreadable consistency.

Clean the potatoes and remove the eyes (removal of the skins is optional. I like to leave them on.) Boil the potatoes until a fork slides easily into the center.

Drain the potatoes and add the roasted garlic, butter, buttermilk, salt and pepper. Mash until creamy. Add more buttermilk to thin, stiffer potatoes.

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