



# Tucson Community Supported Agriculture

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## Spring '07 - Week 2 of 13

### This Week's Harvest

Valencia Oranges (6)  
Chioggia Beets (1 bunch)  
Carrots (1 bunch)  
Crystal Savoy Spinach (1 bag)  
Spring mix (1 bag)  
Frisee Lettuce (1 head)  
Cilantro or Dill (1 bunch)  
Farmer's choice (Potatoes/Kale)

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Chioggia Beets  
Red Risotto  
Beet Risotto with Tilapia Filets &  
Lemon Beurre Blanc



Dill (*Anethum graveolens*)

### Cilantro dressing

1 1/4 cups (packed) coarsely  
chopped fresh cilantro  
1 cup olive oil  
5 tablespoons white wine vinegar  
2 garlic cloves, peeled  
1 teaspoon ground cumin  
1 teaspoon minced seeded serrano  
chile

Combine all ingredients in processor. Blend until almost smooth. Season dressing with salt and pepper.

Can be made one day ahead. Cover; chill. Bring to room temperature; rewhisk before using.



### From the Field

Wildlife gets intense at Crooked Sky Farms in springtime. Insects, birds and small mammals abound in the fields, yet the vegetables remain surprisingly unscathed. Being an organic farmer, Farmer Frank doesn't use pesticides, herbicides or fertilizers. In fact, rather than killing insects, he welcomes them. He leaves sections of vegetable rows to grow to maturity to provide havens for insects such as ladybugs and lacewings, the larvae of which are ferocious predators of pests. "It's a healthy, balanced ecosystem,"



says Frank, "all the critters keep each other in check." This means that CSA members may occasionally stumble across a bug, most likely a ladybug larva (at left). If you find one, be kind to it and toss it on some greenery out of doors to give it a chance to survive and continue its good work.

### From the Table

#### **Eat, Train, and Run for the Cure! – by Heather Metcalf, Tucson CSA member**

As a busy grad student, cyclist, and marathon runner, the tasty and healthy produce from the CSA helps get me through hectic deadlines and hours of training sessions. Currently, I'm facing the challenge of finishing and defending my master's thesis while training for the Anchorage Marathon with Team in Training. I've set out to run 26.2 miles and fundraise \$5,000 for the Leukemia and Lymphoma Society in honor of the people in my life who have faced cancer. Tucson CSA helps keep me healthy so I can help others in their battles against cancer. To learn more about my mission and see my progress, please visit my website at: <http://www.active.com/donate/tntdms/hmetcalf>

*Share with us how YOU experience the CSA. Email your essay to [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org)*

### Parking at the CSA

To say that last week's parking situation was chaotic is an understatement. The good news is that last week was an exception: there was a large week-long yoga workshop taking place at The Historic Y. Luckily, such large events are rare. For those of you who drive to the CSA, here are some tips:

- 1-hour or open parking on south side of University, in front of Historic Y
- 15-minute parking in the loading bay in front of the courtyard
- open parking across University (permits required only outside of business hours)
- no parking restrictions on 5<sup>th</sup> Avenue north of University
- and there's always bicycling . . . .

Beware of parking tickets: one of our members got a \$150 fine for incorrect parking. Read the sign where you park carefully (including the fine print)!

### Herb Walk – Saturday, March 17, 8am to noon



Join us with herbalist John Slattery on an herb walk in the desert and mountains surrounding Tucson. Learn about the medicinal uses of native plants and their role in our lives as healing agents in modern times. Meet in front of the Born for Water Healing Center, 418 E. 7th St. (1 block east of 4<sup>th</sup> Ave.) We will carpool from there. \$15 per person. For more info call John at 520-275-2105.



The **Chioggia Beet** is an Italian heirloom beet with white and purple to pink to red rings of alternating color. They have a sweet peppery flavor and are smooth and mild tasting.

They are beautiful in a salad. Try roasting them and using them in a salad with feta. Some say they won't bleed if you roast or bake them whole. Then slice crosswise to show off the rings of color. Use them raw for best color contrast.

### Red Risotto

4 medium beets, trimmed  
3 tablespoons unsalted butter  
1 tablespoon olive oil  
1 medium onion, finely chopped  
2 cups medium-grain Arborio rice  
1/2 cup dry white wine  
About 5 cups hot chicken broth  
Salt and freshly ground black pepper  
1/2 cup freshly grated Parmesan

Preheat oven to 450 degrees.

Scrub the beets and place them on a sheet of aluminum foil. Fold up the edges of the foil to seal in the beets. Place the package on a baking sheet. Bake for 45 to 60 minutes, or until the beets are tender when pierced with a knife. Let cool.

Peel the beets and chop them. The beets can be prepared a day or two ahead and refrigerated.

In a wide saucepan, melt two tablespoons of the butter with the olive oil over very low heat. Add the onion and cook until tender and golden, 10 to 20 minutes. Do not let it brown.

Add the rice to the onion and stir for 2 minutes, or until hot. Add the wine and cook and stir until the liquid is absorbed. Add the beets and cook for 1 minute. Add about 1/2 cup of the hot broth and cook, stirring constantly, until the broth is absorbed. Continue adding broth 1/2 cup at a time, stirring after each addition. After about 10 minutes, stir in salt and pepper to taste. Continue to add broth and stir until the rice is tender but still firm to the bite. If you run out of broth, use hot water.

Remove the pan from the heat and stir in another 1/2 cup of broth. The risotto should be creamy and moist, not dry. Stir in the remaining 1 tablespoon butter until melted. Serve immediately.

Tip: If you have leftover risotto, mix it with an egg and shape it into little pancakes. Fry the cakes in olive oil or butter until they are crusty and serve them as a side dish or starter.

### Beet Risotto with Tilapia Filets & Lemon Beurre Blanc

Dave Allen, Tucson CSA member

1 bunch small red beets  
Zest from 1/2 orange  
1 bay leaf  
3/4 cup plus 2 tablespoons Champagne  
Salt & pepper

2 tablespoons butter  
2 tablespoons extra-virgin olive oil  
1 large shallot, minced  
1 1/2 cups Arborio rice  
6 cups chicken stock, simmering  
2 tablespoons grated lemon zest

8 tilapia filets  
Lemon beurre blanc  
Minced parsley (or cilantro or dill - editor's note)

Wrap the beets, zest and bay leaf in aluminum foil and roast in a 400-degree oven until beets are tender – about 1 hour. Slip beets from skins and put into the bowl of a food processor. Add 2 tablespoons of the Champagne and purée. Salt and pepper to taste. Sauté shallot in butter and oil until clear. Add the rice and stir to coat – sauté until opaque. Add the remaining Champagne and cook until absorbed. Add the chicken stock one ladlefull at a time and cook until it is almost absorbed. Continue for 15 minutes and add the beet purée and lemon zest. Continue adding broth until mixture is creamy and broth has been used up – an additional 10 minutes. Salt & pepper to taste and divide among 4 shallow bowls. Top with sautéed tilapia filets and spoon lemon beurre blanc around the edges. Top with minced parsley (*editor's note* - or cilantro or dill).

### Tilapia Filets

1/2 cup flour  
Salt & pepper  
2 to 3 tablespoons butter

Mix flour, salt and pepper on a dinner plate. Dredge filets in flour and sauté in butter until golden. Keep warm on a platter.

### Lemon Beurre Blanc

1/4 cup white wine  
1/4 cup lemon juice plus additional for finishing  
1 tablespoon minced shallot  
Salt & pepper  
6 ounces butter, chilled

Boil the wine, juice and shallots salt & pepper until reduced to 1 1/2 tablespoons. Whisk in 2 tablespoons chilled butter at a time over low heat until creamy and ivory-colored. Season again with salt, pepper and lemon juice.