



Tucson Community Supported Agriculture

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Spring '07 - Week 6 of 13

This Week's Harvest

Valencia Oranges
Red La Soda Potatoes
Nantes Carrots
Red Russian Kale
Dandelion Greens
Baby Rainbow Swiss Chard
Herbs (Dill, Oregano or Parsley)

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Scenes from the CSA



Lori's famed Sweet Potato Cupcakes (left), here with Lori herself (center) and CSA member Sue Watt (right)



Garrick on the go with greens.

Countdown!

One more week to the first goat cheese shares

Bulky Greens Do Boil Down to Manageable Portions

Walking away from the CSA with so many greens that you can barely wrap your arms around them or fit them in your fridge can be overwhelming. Don't be intimidated. These bulky greens may seem voluminous, and they are, but they really boil down to nothing once you cook them. Do you have some left overs from last week? **Put them into your soups, stews, or better, sauté or steam them and incorporate them into an omelette or your favorite vegetable lasagna.** They really do melt away!

Now, having said all this, we will be getting fewer greens from now on, as the weather warms up. No more spinach or frisée for example (I can already hear both sighs of disappointment and relief!). On the other hand, we are about to start getting fresh new crops of potatoes and onions, straight out of the ground and ooooh soooo sweeeet! And some cabbages and cauliflowers too!!! Sadly, I just found out from Farmer Frank that we won't be getting broccoli this spring. They just didn't do well at all (as opposed to last year we had so many they were coming out of our ears).

Explosive discovery! Biological weapons found at the farm

Over the last few months you have seen Crooked Sky Farms' beets grow from small pencil-shaped bulblets to the size of medieval weapons. When CSA member Kevin Bonine picked up his share of beets last week, he aptly described them as **weapons of mass nutrition!**

Despite their impressive and unwieldy proportions, these humongous beets are as tender and sweet as ever. They just feed more of you. If you still have some left over, check our many beet recipes online.



Meredith casually holding the weapons

Stimulating news! Our "Zapatista" coffee now ground finer

Many of you love our "Café Para la Vida Digna" coffee. Grown in Chiapas, Mexico by an autonomous Zapatista municipio, and roasted in Agua Prieta, on the Arizona-Sonora border, this fair trade, organic, shade-grown coffee has been a big hit since it hit our shelves. That is, the whole bean coffee. Members who bought the ground coffee said it was ground too coarsely. Well, it is now ground finer. Let us know what you think...

Hot Topic! Farmer Frank buys greenhouses

Farmer Frank has just bought three medium-sized greenhouses in New River, north Phoenix, from some farmer friends of his who are packing up and moving to Oklahoma. Those greenhouses were used to grow hydroponic organic tomatoes for Whole Foods. Frank has always liked the idea of experimenting with greenhouses. This may be Frank's new adventure for now, but as a perennial long-term planner, Frank is also expanding his farming options in a world where tight water restrictions, galloping urban development and creeping climate change are making small sustainable agriculture harder every year. At this point, Frank hasn't decided whether or not to keep the hydroponic component of the greenhouses, but his long term plan is to use the controlled environment of the greenhouses as an option to continue growing some crops in the face of water restrictions and rising temperatures. More on this in future issues...

Double B Nips

From the kitchen of Char Green, Tucson CSA member

1 bunch beautiful beets
1 bunch beautiful turnips
1 handsome onion
1 lovely clove garlic
triple S (serious salubrious splash) of olive oil
triple S of seasoned rice vinegar
sea salt TYT (to your taste)
1/2 stick butter

Cut tops off beets and turnips, set aside.

Peel and slice thinly and in bite-size pieces the beets, turnips and onions. Dice the garlic and throw all into a heavy pan with the olive oil. Sauté until onions are translucent. Rinse the greens and slice into one inch swaths and toss into the pan. Add the rice vinegar and salt and toss all until greens are coated and mixed thoroughly. Keep turning until the greens have cooked down a bit but aren't quite done. Pat the butter and distribute evenly over the top. Put on heavy lid and turn off the heat. Wait a few minutes for the butter to melt and the greens to finish cooking. Toss and serve.

Sweet Potato Cupcakes w/ Cream Cheese Frosting

Lori Adkison, Tucson CSA member

Several members requested this recipe after sampling the to-die-for cupcakes Lori had made for the CSA sample table on March 5th. This recipe is also online.

Makes 12 regular-size cupcakes (or 24 mini cupcakes)

1/3 cup currants
1/4 cup vegetable oil
1/3 cup unsulfured molasses
1/2 cup packed brown sugar
1 cup mashed cooked sweet potato
2 eggs
1/4-cup maple yogurt thinned with 1/4-cup water (plain or vanilla yogurt will work also)
1 1/2 cups all-purpose flour
1 teaspoon grated nutmeg
1 1/2 teaspoons baking soda

Preheat the oven to 375. Mix together the wet ingredients until smooth. Add the currants. In a separate bowl, mix the dry ingredients. Combine the two mixtures until well blended. Put cupcake liners in a muffin tin and spoon the batter into the cups. Fill each cup two-thirds full. Bake for 20 minutes. If using mini muffin pans, check cupcakes after 10 minutes.

After cupcakes have cooled, frost with a standard cream cheese frosting. I topped these cupcakes with a piece of candied citrus and a calendula petal.

Swiss Chard with Raisins and Pine Nuts

Claire Zugmeyer, Tucson CSA member

1/4 cup extra virgin olive oil, divided
1/2 cup thinly sliced onion
1 clove garlic, minced
1 1/2 - 2 pounds Swiss chard, rinsed, coarsely chopped
1/3 cup raisins
1/4 pine nuts, toasted
1 tablespoon freshly squeezed lemon juice
salt
freshly ground pepper black pepper

Heat 3 tablespoons oil in large skillet over medium-high heat. Add the onion; cook, stirring occasionally, until golden, about 15 min. Stir in garlic and cook for 1 min more.

Add the chard in batches, adding more as each batch wilts (the only water you will need is the water clinging to the leaves from rinsing), and keep the pan covered between batches. When all the chard is added and the leaves are wilted, stir in raisins, pine nuts, lemon juice, and remaining 1 tablespoon oil. Season with salt and pepper to taste.

Iron Chef's Sautéed Dish of the Week

Philippe, Tucson CSA

2 tablespoons oil
1 onion, thinly sliced
2 cloves garlic, minced
2 potatoes, cubed
1 bunch Swiss chard
1 bunch dandelion greens
1 tablespoon soy sauce
1 good dash black pepper
1/2 cup chopped herb (dill, oregano or parsley)

In a large covered skillet, sauté onion and potatoes over medium heat until potatoes are soft (10-15 minutes). Add garlic and greens. Cover. Stir occasionally until greens are wilted (about 5 minutes). Before serving, incorporate soy sauce, herbs and pepper.

Serve on a bed of rice.

Cook's note on Substituting Greens

Have leftover, wilted greens from last week? Don't hesitate to substitute greens for one another. Although the resulting flavors will vary according to the greens used, the cooking principles remain the same.

Dandelion Greens recipes

Check for tantalizing dandelion greens recipes on the Mariquita Farm CSA website:

<http://www.mariquita.com/recipes/dandelion.html>