



Tucson Community Supported Agriculture

Newsletter 86 ~ May 14, 2007 ~ Online at www.TucsonCSA.org

Spring '07 - Week 11 of 13

Planned Harvest

Note: actual harvest may differ.

New Red La Soda Potatoes
Detroit Red Beets
Nantes Carrots
Onions
Open Heart Treviso Radicchio
Baby Kale
Basil Start
Farmer's Choice

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Green plastic tomato trays

You are welcome to return the farm's green plastic tomato trays. Some members have even been picking up their tomato shares and leaving the plastic carton at the CSA. Returning the plastic cartons saves Frank money as well as reduces waste.



Aphid Time

In Spring, some of Crooked Sky Farms' produce suffers from aphid (greenfly) attacks. It is organic produce after all. After a few weeks, the ladybugs and lacewings, which are avid aphid consumers, get the situation under control. Until then, just swish your aphid-affected produce thoroughly in a bucket of water to get rid of any aphids.

Reminder: Subscribe to Summer Session by June 1st



CURRENT MEMBERS HAVE PRIORITY RENEWAL UNTIL MAY 15
AFTER MAY 15 SUBSCRIPTIONS WILL BE OPEN TO ALL
PRODUCE SHARE: \$221 CHEESE SHARE: \$30

Wanting to renew for part of the summer session?

Several members have asked us if they could subscribe for the early part of the summer only. Unfortunately, CSAs don't work that way. Members must commit to their share until the end of a session. However, that doesn't mean that members cannot arrange among themselves to split the timing of a share. We suggest that members who wish to subscribe for a part of the session try to find another member with a different away-from-CSA time slot to take over their share. There will be a new Bulletin Board at the pickup where members can post ads. Let the community communicate...

Pasture-raised free-range roasting chickens, anyone?

Josh Koehn is an outstanding young farmer who raises free-range roasting chickens on his farm in Cochise county. The hens are raised in great conditions, similar to those at Polyface Farm described by Michael Pollan in his book *The Omnivore's Dilemma*, where hens and grass-fed cows are rotated on pastures. Pastures provide poultry with the best possible diet and lifestyle. The hens also receive supplemental GMO-free grain. Josh would like to feed his hens organic grain, but such grain cannot be found locally, so he currently makes his own grain mix from conventionally-grown grain bought from neighboring farms. If the CSA proves to be a stable outlet for him in the future, Josh would consider switching to organic feed (although that would increase the price of chickens, as organic feed is twice as expensive as conventional feed and would have to come from out-of-state). However, until then, we would have access to high quality, pasture-raised, true free-range chickens.

Chickens would be available frozen and cost approx. \$5 per pound. If you are interested, let us know at the front desk. At this point we are simply trying to gauge demand, so there is no obligation to buy and no deposit required. If there is enough demand we will place an order at the end of the week and have the chickens available in early June.

Heritage Lilac Turkeys

Tucson CSA member Mary Leuchtenberger raises heritage turkeys of the very rare Lilac variety. She hatches and sells Lilac poults to people interested in raising their own turkeys. The heritage breeds are much healthier than the broad breasted types raised by commercial growers. They take longer to mature, they breed naturally, and they can fly if their wing feathers are not clipped. Mary is offering poults to CSA members for \$7.00 each (a \$1.00 discount off the usual price).

If you are interested, contact Mary at 321-0277 during business hours. Arrangements will have to be made individually for pickup/delivery since the poults will be 1-2 weeks old and still need to be under a heat lamp or brooder for a few weeks.



Simple Beet Soup, Hot or Cold

Lorraine Glazar, Tucson CSA

1 bunch baby beets with their greens, or mature beets weighing a total of 8-10 ounces
½ teaspoon salt
2 tablespoons lemon juice (or orange juice)
1 cup vegetable stock
2 to 4 tablespoons fresh dill or fresh mint or fennel leaves (to your taste)
Pepper
Sugar (optional)
Red balsamic or red wine vinegar (optional)
Rye bread or pumpernickel croutons (optional)

Cook the beets (including greens if applicable) in just enough water to cover, adding ½ teaspoon salt to the cooking water. Cook until beets are tender; the timing will vary with size. Reserving the cooking water, cool the beets under cool water and rub off skins. Finely chop the beets. If you are planning on serving the soup hot, and have time, julienne the beets into neat sticks.

To serve cool: Put beets, lemon or orange juice, and stock into the food processor or blender. Puree the ingredients, adding the reserved cooking water to achieve your preferred texture. Taste the soup and add a touch of sugar or vinegar to get that fine sweet and sour balance. Add finely chopped fresh herbs and garnish, if desired, with a dollop of sour cream.

To serve hot: Put beets, lemon or orange juice, and stock into the cooking pot and heat. Add reserved cooking water to achieve your preferred texture. Taste the soup and add a touch of sugar or vinegar to get that fine sweet and sour balance. Add finely chopped fresh herbs and serve, garnished with croutons.

Brilliant Beet Dip (as at the CSA sample table)

Lori Adkison, Tucson CSA

2 pounds beets
¼ cup olive oil
¼ tofutti (vegan sour cream)
2 tablespoons red wine vinegar
2 cloves of minced garlic
Salt and pepper to taste
Chives

Preheat oven to 400°.

Wrap beets in aluminum foil and bake until tender, approximately 1 hour. Let cool.

In a food processor mix beets, olive oil, tofutti, vinegar, garlic, salt and pepper. Mix until dip consistency. Transfer to a serving bowl and sprinkle with chives.

Open Heart (Green) Treviso Radicchio

Radicchio is a leaf chicory (*Cichorium intybus*, Asteraceae), sometimes known as Italian chicory. It is grown as a leaf vegetable which usually has white-veined red leaves. It has a bitter and spicy taste, which mellows when it is grilled, roasted or cooked with cheese or milk.

Humans have been using radicchio since ancient times. Pliny the Elder wrote of it in *Naturalis Historia*, praising its medicinal properties; he claimed it was useful as a blood purifier and an aid for insomniacs. In fact, radicchio contains intybin, a blood and liver tonic, as well as a type of flavonoid called anthocyanins.

Modern cultivation of the plant began in the fifteenth century, in the Veneto region of Italy. Radicchio is naturally green with white veins. The deep-red radicchio of today was engineered in 1860 by the Belgian agronomist Francesco Van den Borre, who used a technique called *imbianchimento* (whitening) to create the dark red, white-veined leaves. Radicchio plants are taken from the earth and placed in water in darkened sheds, where lack of light and the resulting inhibition of chlorophyll production cause the plants to lose their green pigmentation.

In Italy, where the vegetable is quite popular, it is usually eaten grilled in olive oil, or mixed into dishes such as risotto: in the United States it is gaining in popularity but is more often eaten raw in salads. It can also be served with pasta, in strudel, as a poultry stuffing, or as part of a tapenade.

Scalloped Potatoes and Green Radicchio

Philippe, Tucson CSA

4 medium potatoes, thinly sliced
2 tablespoons butter
2 onions, sliced
2 cloves garlic, minced
1 head green radicchio, coarsely sliced
2 tablespoons flour
2 cups milk
¼ teaspoon nutmeg powder
½ tablespoon mustard
Salt and pepper to taste

Heat oven to 350°. Lightly grease an 11x7 or 9x9 baking dish.

Melt butter in a medium saucepan. Add onions and sauté until translucent. Stir in flour until smooth. Add milk gradually, while stirring, until mixture is thick and bubbly. Add salt, pepper, garlic, mustard and nutmeg. Stir in greens. Pour mixture over potatoes and mix gently. Pour the potato mixture into baking dish. Cover with foil.

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