



Tucson Community Supported Agriculture

Newsletter 90 ~ June 11, 2007 ~ Online at www.TucsonCSA.org

Summer 07 - Week 2 of 13

Planned Harvest

(May differ from actual harvest)

Grapefruit
Carrots
Chioggia Beets
Red LaSoda Potatoes
Onions
Wheat Berries
Tomatoes
Farmer's Choice



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Rhubarb Seedlings Test

Those of you who picked a rhubarb seedling a while ago, let us know how they are doing. Farmer Frank is interested in finding out.

Crooked Sky Farms Trip: Saturday July 7th



Anybody interested in going to visit the farm on

Saturday, July 7th, please sign up at the front desk or email us. The farm is located in Glendale, about 1 hour and 45 minutes away from Tucson. The visit would last approximately from 10 AM to 2 PM. Drink and food will be provided. Precise directions will be given closer to the date.

Wheat Berries

Since last winter, Farmer Frank has been talking to us about the wheat and oats he had planted as an experiment. Unfortunately, we never got a chance to see the fields since our spring farm trip got canceled. The much talked about wheat has now been harvested.



When we announced, a few weeks ago, that Farmer Frank would bring us the wheat in its flour form, several members told us that they would rather have unground wheat berries instead. Wheat berries keep longer than wheat flour and can also be prepared in many ways, cooked or sprouted. If you prefer flour, you can grind them using your food processor.

Wheat berries are the mother grain from which pasta, bread, and flour are derived. Many of us have never tasted the true flavor of wheat. Wheat berries are wheat kernels that have been stripped only of their inedible outer hulls. They have a nutlike flavor and are pleasantly chewy.

This wheat was harvested at the farm last Saturday. Although the outer hulls were removed, the berries may still contain impurities, such as hull fragments. Farmer Frank recommends that, before using them, you soak the wheat berries in water to separate the berries from the impurities, which will rise to the surface.

Sweet Corn and Non-Sweet Corn

Our apologies for the non-sweet corn of last week. The farm had told us that they planned to bring us sweet corn. And some of the corn was sweet corn. But as I was eating one of those ears the next day, I realized that what I was eating was elote blanco, and not sweet corn. Elote blanco is a form of non-sweet white corn popular in Mexico and used in cooking rather than eaten on-the-cob. Elote blanco is traditionally used to make tortillas and is also often prepared by cutting the kernels off the cob and cooking them in butter with lime juice and chiles.

When I mentioned this to Farmer Frank, he confirmed that, because it is just the beginning of the corn season, they had not been able to harvest enough sweet corn for all of us, and they had included some white corn instead. They just forgot to tell us about it.

Chioggia Beets



Chioggia is an Italian coastal town situated on a little island at the southern entrance to the Venetian lagoon. It's like a miniature replica of Venice, with several canals. It's here that this wonderful beet originated, which is highly sought after for its striking colors.

When its round root is cut, it reveals superb rings, alternating white and deep pink or purple. After cooking, the flesh turns completely pale pink, which is why it is preferred in its raw form. It matures early and has a mild flavor, and so requires less cooking time than most varieties of beets.

For more information on beets, see [Newsletter 87](#).

We also have many beet and beet greens recipes on our website.

Wheat Berries With Roasted Beets and Ginger-Curry Vinaigrette

From WashingtonPost.com reprinting "Once Upon a Tart . . . Soups, Salads, Muffins, and More," written by Frank Mentasana and Jerome Audureau with Carolyn Carreno (Knopf, 2003).

Roasting beets intensifies their natural sweetness, which provides a nice contrast to the earthiness of the wheat berries. Although there is a lot of chopping involved, there is ample opportunity to chop while the wheat berries are cooking and the beets are roasting.

8 cups cold unsalted water
1 1/2 cups wheat berries
3 tablespoons red wine vinegar
1 pound red beets, scrubbed, ends trimmed
1 tablespoon olive oil
Salt
Freshly ground black pepper
1/2 medium red onion, finely diced
4 celery stalks, cut into 1/4-inch thick slices
1/2 cup dried cranberries (may substitute dried cherries)
1/2 teaspoon ground cinnamon
3/4 cup Ginger-Curry Vinaigrette (see following recipe)
1/2 cup pecans, toasted (see NOTE) and coarsely chopped

Preheat the oven to 450 degrees.

Place the water and wheat berries in a large saucepan over medium-high heat and bring them to a boil. Reduce the heat to medium or medium-low and simmer uncovered, stirring occasionally, until the wheat berries are tender but still chewy, 30 to 35 minutes. (The only way to test them is to take one out and bite into it.) Drain the wheat berries in a colander and transfer to a bowl large enough to accommodate the entire salad. Drizzle the vinegar over the hot wheat berries and toss to combine. Set aside to cool to room temperature.

Meanwhile, cut the beets in half. Place the beets in a mixing bowl, drizzle with the oil, sprinkle with salt (about 1/4 teaspoon) and a few turns of freshly ground black pepper and toss to coat. Then place the beets cut-side down (to get a nice brown side) on the sheet. Roast for 30 to 45 minutes, until the beets are easily pierced with a fork. Let the beets rest until they are cool enough to handle. Use a small paring knife to peel them, discarding the skin; cut the beets into 1/2-inch dice and set aside.

Scatter the onion, celery and cranberries over the wheat berries. Sprinkle the cinnamon over the salad and toss to combine. Drizzle about 1/2 cup of the Ginger-Curry Vinaigrette over the salad and toss it with a big spoon or your hands. Add additional vinaigrette as necessary. (May cover and refrigerate for up to several hours.)

Scatter the pecans and beets over the salad and toss gently to combine. (If you're going to wait a long time before serving it, wait to add the beets since they will stain the wheat berries and turn the salad purple.) Serve at room temperature or chilled.

To toast nuts:

*Note: To toast nuts, spread them on a baking sheet and place in a 350-degree oven, shaking the pan occasionally, for 8 to 10 minutes. Watch carefully; nuts burn quickly.

Ginger-Curry Vinaigrette

This flavorful dressing can turn just about any grain into a tasty salad. Makes about 1 cup.

Juice from 1 lemon
1 1/2 to 2 tablespoons red wine vinegar, or to taste
2 to 3 tablespoons curry powder, preferably Madras
1-inch piece fresh ginger root, peeled and finely grated
1 clove garlic, minced
3/4 teaspoon salt, or to taste
A few grinds of freshly ground black pepper
1/2 cup olive oil

In a bowl, whisk together the lemon juice, vinegar, curry powder, ginger, garlic, salt and pepper. Whisking constantly, add the oil in a slow, steady stream, until the mixture is emulsified. Taste and adjust the ingredients accordingly.

Wheat Berry Waldorf Salad

From The Whole Foods Market Cookbook

Use a crunchy, firm, sweet-tart apple (such as a Granny Smith or Gala) for this salad. Lemon juice and vinegar keep chopped apples from darkening so you may make this salad the day before serving. Try substituting dried apples for the fresh ones for another flavor variation.

1 cup wheat berries
4 cups water
1/2 cup chopped walnuts
1 medium apple, unpeeled, cored and chopped
1/2 cup raisins
1/2 cup finely chopped parsley
1/8 cup apple cider vinegar
1/4 cup apple juice
1 tablespoon salt
1/4 tsp freshly ground pepper
1/4 tsp ground nutmeg
1/4 tsp cinnamon
1/4 cup extra-virgin olive oil
1/8 cup lemon juice

Soak the wheat berries overnight in water to cover by a couple of inches. Drain the water, and set aside.

In a saucepan, bring the water to a boil. Add the soaked wheat berries and turn down to a simmer, uncovered, for about 1 hour or until they are totally cooked through. Wheat berries retain a firm, chewy texture when cooked. Drain and set aside to cool.

When cool, transfer the wheat berries to a large mixing bowl and add the walnuts, apples, raisins, parsley, apple cider vinegar, apple juice, salt, pepper, nutmeg, cinnamon, olive oil and lemon juice. Mix everything together thoroughly. Add more salt if necessary and serve.