



Summer 07, Week 12 of 13

Planned Harvest

(May differ from actual harvest)

- Potatoes
- Shallots
- Sweet corn
- Eggplant
- Bell peppers
- Tomatillos
- Cherry tomatoes
- Farmer's Choice



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**FALL SESSION
STARTS AFTER
LABOR DAY**

**TUESDAY SEP 4TH
AND
FRIDAY SEP 7TH**

**Tuesdays are full!
There are still slots
for the Friday
pickups**

Newsletter editor

Philippe Waterinckx

AFTER LABOR DAY: TWO PICKUP DAYS INSTEAD OF ONE

At the start of the summer session, our membership had reached three hundred. Although Crooked Sky Farms has enough produce to harvest three hundred shares, there are logistical problems in harvesting, processing and shipping three hundred shares all at once. So, we had to split the harvest into two days: Tuesday and Friday.

Why Tuesday and Friday? A Tuesday pickup allows the farm to go from a six-day week to a five-day week, giving the harvesters more family time. Until now, Saturday was their only day off. We picked Friday as the second pickup day because many members have told us repeatedly that they wished the CSA day was at the end of the week, because the weekend is when they have more time to cook. So, we are giving this a try (although, so far, fewer members have chosen Friday as their pickup day).

Unfortunately, we had to do away with our Tuesday morning pick-up time. It was a luxury we just couldn't afford. On Monday afternoons, 250 members would pick up in three hours, whereas on Tuesday mornings, 50 members would pick up in six hours. Some long-time members picked up on Tuesday mornings, and we're really sorry that we can't continue the Tuesday morning pick-ups.

OUR ORGANIC, GMO-FREE EGGS SOON TO COST MORE



Last time we bought organic chicken feed for our hens, we subsidized the cost to offset small-order shipping costs and prevent a price increase for the eggs. We charged our egg producers \$22 per fifty-pound bag, less than our cost. That was this May. In the meantime, our feed supplier increased its price.

This time, on a three-ton order, it cost \$27. The reason? The demand far exceeds the supply and there is little competition. It is indeed impossible to find organic feed in Southern Arizona, so we buy it from California and re-sell it at no profit to Chris from Tucson and Judy from Estancia Farm in Dragoon who in turn exclusively sell us the eggs from their hens. Because of the increased price of feed, the price of their eggs will go up, and we're now discussing specific prices with them.

Judy at Estancia Farm is in the process transitioning her forty hens from being free-range to being pastured. In the past, the hens were running freely and loosely in a large enclosure and were given plenty of greens and grains. They will now be pastured, which means they will be rotated on green pastures where they can eat the grass, bugs and everything they fancy that lies under their feet. They will still require additional feed and, in our case, it will continue to be the GMO-free organic feed they have been getting all along. Pastured hens fed with organic feed provide the highest quality eggs and we don't believe they're available anywhere else in Tucson.

CROOKED SKY FARMS NEWS

Tanya and Rory are back from their respective vacations so the farm staff is complete again. There are two small teams working in two different fields: one team works in Glendale, in the 18-acre field next to Farmer Frank's house where many of you have already been, and one team works in Duncan (east of Wilcox), Crooked Sky Farms' summer field. The 8-acre Duncan field is used mostly to grow melons, watermelons, chiles, bell peppers, and tomatoes. Duncan is at a higher elevation and benefits from a cooler climate, allowing crops that wouldn't grow well in Glendale in the summer.

We are having a little melon and watermelon gap right now: the Glendale field has stopped producing them and they won't be ready for harvest from the Duncan field for at least two weeks.

Tomatillo Soup

Sara, Tucson CSA

2-3 medium potatoes, chopped
3 tomatillos, peeled and cleaned, chopped
2 green chiles, preferably roasted, chopped
3 cloves garlic
1 teaspoon cumin
5 cups broth or water
Salt and pepper to taste
2 tablespoons cream, if desired
1 bell pepper, chopped finely

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Garnish each bowl with the chopped bell pepper and serve hot or cold.

Tomatillo Escabeche

Sara, Tucson CSA

Escabeche is delicious as a side for tacos, or served on or alongside sandwiches or burgers.

2 medium bell peppers
3 chiles
3-4 tomatillos
6 whole cloves garlic
½ onion or one shallot
Brine:
4 cups rice wine vinegar
2 cups water
½ cup sugar
2 teaspoons salt

Coriander, fennel, thyme, oregano, allspice or any other combination or herbs and spices that you like.

Prepare veggies for brine by removing stems and roughly chopping into large chunks. Pack into glass jars. Bring brine solution to a boil and cook, simmering, for 10-12 minutes. Pour over vegetables, covering completely, and cool. Put lids on jars and refrigerate. Let sit for one week before using, for best taste. Will keep in refrigerator for several weeks.



Quick Ratatouille

Sara, Tucson CSA

This is a simplified version of a classical ratatouille. Cut the vegetables into large or small chunks depending upon your preference and the time you have available. (The larger chunks will take less time to prep, but more time to cook.) Use the herbs you like best to season the dish. Add mushroom and/or olives for a heartier dish.

1 onion or 2 shallots
3 cloves garlic
Several small or 1 big eggplant
2 bell peppers
1 basket cherry tomatoes
2 tablespoons olive oil
Any combination of oregano, thyme, marjoram, rosemary or basil.
Salt and pepper to taste

Cut vegetables to desired size. Heat oil in a large saucepan over medium high heat and add vegetables (except tomatoes). Stir well to coat with oil, add herbs and about ¼ cup water, cover and reduce heat to medium low. Cook until veggies are mostly tender and then add tomatoes, salt and pepper. Continue to cook for about 5 more minutes. Serve over pasta or boiled or baked potatoes.

Wheat Berry Summer Salad

Sara, Tucson CSA

To prepare the wheat berries for this salad, simply boil the desired amount in a large quantity of water for 1 hour. Drain and proceed with the rest of the recipe.

1 medium bell pepper, chopped
2 ears corn
1 shallot, chopped
1 basket cherry tomatoes, halved
2 cups cooked wheat berries
1 cup cooked beans, preferably white
2 tablespoons oil
1 tablespoon apple cider vinegar
1 teaspoon oregano
Salt and pepper to taste
¼ cup crumbled goat cheese (if desired)

Slice corn from cobs. Chop bell pepper and shallot. Use 1 tablespoon of oil to sauté corn, bell pepper and shallot over high heat, for about 4 minutes, stirring often. Combine cooked vegetables with wheat berries, beans and tomato halves. Mix remaining oil with vinegar and oregano and drizzle over salad. Mix well and season with salt and pepper to taste. Top with goat cheese, if using, and refrigerate. Serve cold.

