



Tucson Community Supported Agriculture

Newsletter 128 ~ March 11, 2008 ~ Online at www.TucsonCSA.org

Week 2 of 13

Spring `08

Planned harvest list is [Online](#)

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Hakurei Turnips



This Japanese turnip is gorgeous! It is dense and tender, crisp and fruity. It works wonderfully in salads or slaws, but cooking enhances its natural sweetness. You can slightly stir-fry them with their greens. There is no need to peel them (as with all our vegetables), and to do so, in fact, would be a loss, as a great deal of their flavor is in the skins.

Take an Herb Walk with John

Sunday, March 16
7:30 am – 11:30 am

Come and join John Slattery for a walk through the desert discovering the wealth of healing plants right outside your door. Botany, ethno-botany, traditional & clinical herbalism, wild foods, wild crafting ethics and other topics will be discussed.

Please bring water to drink, a snack and protection from the sun.

Cost: \$20 per person

For more info, call John at
520-275-2105

Newsletter editor

Philippe Waterinckx

HOW ORGANIC IS CROOKED SKY FARMS PRODUCE?

New CSA members often raise their eyebrows when we tell them that Crooked Sky Farm's produce is "beyond organic." Indeed, although Crooked Sky Farms is not USDA certified organic, it is more "organic" than USDA organic standards require. Farmer Frank Martin (pictured right) maintains some skepticism toward USDA organic standards. This is because they are becoming increasingly compromised by the lobbying influence of "big agriculture" which values profits from the organic market above the promotion of good health and sound environmental farming practices. Sadly, these organic standards increasingly allow the use of some chemicals to make it easier for large corporate farms to qualify their produce as "organic".



In line with Farmer Frank's philosophy of good land stewardship, Crooked Sky Farms' produce is naturally grown: no chemical pesticides, herbicides or fertilizers are used, ever. Farmer Frank creates a balanced ecosystem in his fields through sustainable farming practices such as careful management of weeds, crop rotation, integrated pest control, fostering of natural beneficial predators and diversity of crops. It goes without saying that this requires in-depth environmental knowledge and farming expertise.

Crooked Sky Farms is, however, Certified Naturally Grown, a non-profit alternative certification program tailored for small-scale, direct-market farmers using natural methods. For more information on the Certified Naturally Grown label, go to <http://www.naturallygrown.org>

TUCSON CSA TIPS FOR NEW MEMBERS

First: remember to pick-up your produce. To help you remember, get on our e-mail list to get pick-up reminders (you can join our e-mail lists via our website – there is one for each pick-up day). Note that if you missed your pick-up day, you cannot pick up your share on another pick-up day, as we only get as many shares as there are members signed up for each day.

Second: get to know some of our more "obscure" vegetables. Each newsletter only feature 4-5 recipes, but we have many more in our online recipe archive. Don't worry about following the recipes blindly. Substitute. Experiment. Play Around. And if you have creative ideas about cooking with your CSA veggies, share them with us and we'll publish them in the newsletter and online.

NEW PICK-UP DAY TO START IN APRIL WITH AGUA LINDA FARM

Agua Linda Farm, from Amado, will offer CSA shares at the Tucson CSA starting the first Thursday in April. Agua Linda Farm is 63 acres of vegetable gardens and pastures in the Santa Cruz River Valley, 40 miles south of Tucson.

The first session will be two months long, after which they will follow the same three-month cycle as Crooked Sky Farms. In April, Agua Linda shares may include organically-grown spinach, arugula, Asian greens, cilantro, chives, beets, turnips, radishes, lettuce, cabbage, carrots, sugar snap peas, snow peas, fava beans and more.

'Bruised' Raw Curried Kale Salad

Sara Jones, Tucson CSA

You can use any type of kale, or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine
1 carrot, grated
2 small turnips, grated
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
½ cup sunflower or pumpkin seeds
½ yellow onion
2 tablespoons apple cider vinegar
2 tablespoons apple or orange juice
1 tablespoon oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and turnip and set aside. In a food processor or blender, puree onion, vinegar, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.

Miso Soup

Sara Jones, Tucson CSA

Soba noodles taste best here, but you can use any long spaghetti type noodle you have on hand.

¼ block of firm tofu
1 carrot, thinly sliced
2 small turnips, thinly sliced
1 small or ½ large head bok choy
Soba noodles
½ inch ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
2 tablespoons miso paste
Soy sauce to taste

Sauté grated ginger, minced garlic, and red chili flakes very briefly in a soup pot. Add a quart or so of water, bring to a boil and add chopped vegetables and noodles. When noodles are ready, stir in cubed tofu, remove pot from heat and add about 2 tablespoons of miso and a dash of soy sauce. This is an incredibly easy and nutritious soup.

Frisée Pasta Salad

Sara Jones, Tucson CSA

This dish would be equally delicious served hot or cold, so make extra for leftovers.

1 small or ½ large head frisée, cleaned and roughly chopped
½ onion
1 can drained white beans, or about 1 ½ cups cooked white beans
1 regular size package penne pasta, cooked and drained
2 tablespoons olive oil
1 can tuna, drained (optional)
2 tablespoons capers
¼ cup parmesan cheese (optional)
Salt and pepper to taste

Sauté onion in oil in a skillet over medium high heat, stirring occasionally until golden brown. Add frisée and cook until just beginning to wilt (about 2 minutes). Stir all ingredients together in a large bowl and add salt and pepper to taste. Serve hot, or chill and serve as a cold salad.

Grilled Cheese with Frisée

Sara Jones, Tucson CSA

Frisée is a common ingredient in pressed Panini sandwiches. Use whatever cheese and bread you have on hand. Add thin slices of ham or prosciutto if you like.

For two sandwiches, drizzle 1 cup shredded frisée with about 2 teaspoons of balsamic vinegar and sprinkle with salt and pepper. Toss to coat and set aside. Spread 4 slices of bread with butter and place 2 slices, butter side down, into a large non-stick pan over medium high heat. Cover bread with slices of cheese, ham (if using any), and frisée. Place remaining 2 slices of bread on top, butter side up. When bottom slices of bread are nicely browned, gently flip sandwiches, taking care not to spill ingredient. Press with a spatula to flatten slightly and continue to cook until bottom is browned.

Roasted Cauliflower

Kenny Erickson, Tucson CSA

Editor's note: if you still have a CSA cauliflower in your refrigerator, try this simple way to use it up!

1 cauliflower sliced into 1/8 wedges

Preheat oven to 375

Lay on baking sheet lined with parchment paper

Sprinkle with olive oil, salt and pepper

Bake covered with foil for 12 min

Uncover, bake for another 12 min, then flip the wedges and bake for another 12 min

Enjoy while hot