



Tucson Community Supported Agriculture

Newsletter 130 ~ March 25, 2008 ~ Online at www.TucsonCSA.org

Week 4 of 13

Spring `08

Planned harvest list is [Online](#)

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Peas and More Peas



Spring at the CSA would not be spring without freshly harvested, sweet and crunchy peas. This year, Crooked Sky Farms is growing several different kinds of peas, including, English shelling peas, sugar snap peas, and snow peas. They will come our way for many weeks to come.

Extra Grapefruit and Such



Do you have trees in your garden that bear more fruit than you can eat? Share your abundance with other CSA members by bringing your extra fruit to the CSA surplus bin.

You can bring any surplus from your garden, as long as it has not been treated with chemicals.

Newsletter editor

Philippe Waterinckx

THE TUCSON CSA CREW: FOCUS ON DANIELA AND IGNACIO

Next in our series on the Tucson CSA crew are Daniela Diamente and Ignacio Rivera de Rosales. Daniela and Ignacio have been members of the Tucson CSA since it started in February 2004.

Every Friday at 2 p.m., this terrific pair (accompanied by Daniela's brother Neil, whom we'll feature another time) takes the CSA by storm to unload the farm's truck and prepare for the pick-up. Daniela also helps out when there is an extra job to be done, such as roasting green chiles or trying to keep Ignacio in line.

Daniela and Ignacio are serious cyclists and bicycling advocates. They are at the helm of BICAS (Bicycle Inter-Community Art and Salvage), a non-profit community center that promotes bicycle education, advocacy and a healthy environment, and recycles bicycles and bicycle parts (sometimes into art!). They also coach a high-school-age cycling team, and Ignacio teaches about bikes and bike safety for Pima County. BICAS is not far from the Tucson CSA, on 9th Ave. and 6th St. Learn more about it at <http://www.bicas.org>.



SANTA CRUZ RIVER FARMERS MARKET NOW OPEN

If you wish to supplement your CSA produce with more local organically-grown foods, check out the farm stalls at the Santa Cruz River Farmers Market. They offer locally grown fruits and vegetables, plants, flowers, eggs, herbal teas, honey and more.

Open on Thursdays from 3 to 6 PM, at the northeast corner of Speedway and Riverview, between ASDB and El Rio Neighborhood Center.

NATIVE FOOD ENDANGERED: CALIFORNIA'S CHINOOK SALMON

[This article illustrates how environmental changes can threaten our food supply.]

The number of Chinook salmon returning to California's Central Valley has reached a near-record low, pointing to an "unprecedented collapse" that could lead to severe restrictions on West Coast salmon fishing this year, according to federal fishery regulators.

The sharp drop in Chinook, or "king," salmon returning from the Pacific Ocean to spawn in the Sacramento River and its tributaries last fall is part of broader decline in wild salmon runs in rivers across the West.

The population dropped more than 88 percent from its all-time high five years ago, according to an internal memo sent to members of the Pacific Fishery Management Council and obtained by The Associated Press. Regulators are still trying to understand the reasons for the shrinking number of spawners; some scientists believe it could be related to changes in the ocean linked to global warming.

Some fishermen and environmentalists believe the sharp decline is related to increased water exports from the San Joaquin-Sacramento River Delta, which supplies drinking water to millions of people in dry Southern California, as well as irrigation for America's most fertile farming region. *By Terence Chea, San Francisco (AP).*

Salad Dressing

Lorraine Glazar, Tucson CSA

The abundance of fresh herbs we have received from the farm lend themselves to making delicious fresh salad dressing to go with all the butter lettuce, red romaine, and other greens in our shares. It is especially tasty to combine them with the citrus fruit of the season. Remember when you make your own, even if you need to use some non-local ingredients, you are reducing the transport of commercially prepared dressings.

Basic recipe:

¼ cup lemon juice

¼ cup oil: olive, canola, a mix, or your preferred oil*

3-4 tablespoons fresh dill, stems removed and roughly chopped

1 teaspoon prepared mustard

1 clove minced garlic (optional)

Salt and pepper

Blend in food processor or blender until the herbs are finely chopped and distributed through the dressing. Experiment with the basic dressing and adjust amounts to your taste. I like an even balance of oil and acid, most recipes call for more oil than acid. You might like more garlic. Suggested combinations:

- Lime juice with cilantro, add ½ teaspoon powdered cumin and/or chile powder
- Orange juice with cilantro, add a dab of orange marmalade, omit garlic
- Grapefruit with dill, add a small amount of honey
- Lemon juice and oregano
- Lemon juice and mint, with honey or a dab of mint jelly
- Lemon juice with pesto you have preserved, cut back on oil since there is plenty in the pesto

Suggested add-ins to vary the flavor: citrus zest, honey or Dijon mustard, egg yolk (provides thickening but reduces the time the dressing keeps).

* Specialty oils such as walnut, roasted peanut, sesame: while these seem expensive in the initial purchase, a little goes a long way. Walnut oil works miracles with bitter greens and spicy roots like radishes.



Frittata

Sarah Landon, Tucson CSA

3 eggs

1 cup milk

½ cup flour

½ teaspoon baking powder

¼ teaspoon salt

cracked pepper

dried or fresh herbs of your choice

10-12 oz of veggies. (Any kind will work. Firmer veggies should be pre-roasted or blanched for best results. This is a great way to use up leftovers.)

2-6 oz shredded cheese

Preheat oven to 325°F. Whisk together the eggs, milk, flour, baking powder, salt, pepper and herbs. Stir in the veggies and cheese. Pour into a greased 8x8 inch pan and bake for 20-25 minutes or until set and slightly golden. Let the frittata rest 10-15 minutes before cutting.

Kohlrabi Coleslaw

Sara Jones, Tucson CSA

About 3 cups shredded kohlrabi and/or cabbage

1 small fennel bulb, shredded

2 carrots, shredded

½ red onion, finely sliced

½ sour apple, shredded

2 teaspoons sugar

¼ cup mayo (or use a couple tablespoons olive oil)

2 tablespoons apple cider vinegar

1 pinch celery seeds, poppy seeds or crushed fennel seeds

Salt and Pepper to taste

Mix the shredded vegetables together. Mix the rest of the ingredients in a separate bowl then pour over vegetables, tossing well to coat. Let salad sit for at least 30 minutes before serving.

Lori's Dill-icious Bean Dip

Lori Adkison, Tucson CSA

This is a great dip for all of our fresh spring vegetables. Serve it with thin slices of raw carrot, beet, turnip or kohlrabi. You can vary the flavors to your taste, adding more dill or salt and pepper as you desire. If you are in a hurry, just try adding chopped dill to a store-bought hummus, for similar results.

About 3 cups cooked lima beans, or any other white bean

4 tablespoons olive oil

1 handful chopped dill

3-5 garlic cloves

Process all ingredients together in a food processor or blender, adding bean juice as needed to make a smooth paste. Taste for flavor and season to your taste with salt and pepper and more dill if desired.