



Tucson Community Supported Agriculture

Newsletter 131 ~ April 1, 2008 ~ Online at www.TucsonCSA.org

Week 5 of 13

Spring `08

Planned harvest list is [Online](#)

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Josh's Beef 'n Eggs

Josh's beef packs will be available for pick-up on April 8th, 10th and 11th.

Josh's eggs will also be available, as they usually will be after the first Monday of every month.

Wendy's Tip



Refrigerate your fresh cilantro in a small jar of water to keep it fresh longer. Harvest what you need from your "bouquet" throughout the week.

After plucking off the leaves for your recipe, simmer the stems in water with other vegetable trimmings to make your own flavorful vegetable stock.

Bike Fest 2008

Check out the calendar of events celebrating bicycles and bike transportation at <http://dot.tucsonaz.gov/bikefest/>

Newsletter editor

Wendy McCrady

NEW PICK-UP DAY STARTS WITH AGUA LINDA FARM

We'd like to welcome the Agua Linda Farm members to the CSA. Starting this week (Thursday, April 3), members who signed up for the Agua Linda CSA will pick up their shares from 4 to 7 p.m. on Thursdays at The Historic Y, 300 E. University Blvd. (between 4th and 5th Ave.) Go through the iron gate and into the Tucson CSA office at the far left corner of the courtyard. The pick-up will be set up inside.

The first session for the Agua Linda Farm 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.

FREE TALK & TOUR AT AGUA LINDA FARM

This weekend, members are invited to visit the 63 acres of vegetable gardens and pastures in the Santa Cruz River Valley, 40 miles south of Tucson. The free event starts at 1 p.m. on Saturday, April 5. Farmer Stewart Loew wants you to "Get to Know Your Local Farm" and will discuss the farm's growing practices including pest and weed management. He will demonstrate cultivating with Bailey, their miniature horse, and invites members to explore the farm, visit the animals, enjoy a scenic hayride, sample their products, and check out the farm store. Allow about 1 1/2 hours. Please RSVP to stewart@AguaLindaFarm.net or call 398-3218. Take I-19 to exit 42, head south on East Frontage Rd. For more information, visit their website. <http://www.agualindafarm.net/>

HERB CLASSES WITH JOHN SLATTERY

John Slattery, who supplies the Tucson CSA with wild-crafted desert products (herbal teas, prickly pear syrups, barrel cactus jellies, etc), has several upcoming events designed to help people learn more about local herbalism.

From 5:30 to 7:30 p.m. this Friday, he will be teaching a class on **Herbalism: Harmonizing with the Elements - Spring** inside the Historic Y, just across the courtyard from the CSA. Learn how various cultures view elemental, or humoral, balance within the body and how this changes with the seasons. The class will focus on the spring season, imbalances that can manifest for residents of this area with the changing of the seasons, and the local plants that might help restore harmony. Class fee is \$20. Call (520) 275-2105 to register.

An **Overnight Trip to Sonora** on April 18 and 19 will feature herb walks with local elders and John, herbal field preparations, talks on herbalism, and the opportunity to learn about life in rural Sonora over the last century. Three meals of traditional foods are included in the cost (Fri. dinner, Sat. breakfast & lunch).

Space is limited and cost varies with your choice of accommodations. Camping: \$145/person. Rustic cabin (w/ private bath & bed): \$162-210/person depending on how many want to share the multi-room cabin. Transportation to the ranch is not provided; however, rideshare can be arranged. Reserve your space by sending a \$50 deposit to John Slattery at Desert Tortoise Botanicals, 418 E. 7th St., Tucson, AZ 85705. Hope to see you there!



Balsamic Lemon Greens

Sara Jones, Tucson CSA

1 bunch chard or other greens, cleaned and chopped
2 teaspoons oil
1 squeeze of lemon juice
dash balsamic vinegar to taste
dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

Beet Sushi

Sara Jones, Tucson CSA

The vibrant color of cooked beets looks a lot like the raw tuna used in sushi rolls. Tossed with a little bit of vinegar and sugar, beets provide an unexpected but delicious vegetarian alternative to fish. You can make actual sushi rolls, which require a bit of manual dexterity and fancy chopping techniques, or you can toss all the ingredients together in a salad and simply garnish with crumbled nori.

2 tablespoons rice wine vinegar
2 teaspoons sugar
2 ½ cups cooked short grain or sushi rice
1 bunch beets, cooked, peeled and cut into ½ inch strips
4+ sheets nori (seaweed wrappers)
2-3 baby carrots, sliced into matchsticks
½ bunch green onions, sliced in half lengthwise
½ bunch shingiku or spinach
1 teaspoon wasabi paste
2 teaspoons soy sauce

Mix the vinegar and sugar together and stir until sugar is dissolved. Toss half of this mixture with the cooked rice and the other half with the cooked beets.

Assemble rolls by spreading a thin layer of rice over the top half of a sheet of nori. Add the vegetables across the top half of the rice, and then roll up, starting at the top end where the rice comes all the way to the edge of the nori. Ideally, you want the rice on the top of the roll to just meet the rice where it ends in the middle as you roll up your sushi. A sushi mat is helpful but not necessary. (There are more detailed instructions at various places on the web.) Seal the edge with water. Use a very sharp knife to cut into bite size pieces.

Mix wasabi paste with soy sauce. If making a simple salad, use this for a dressing. If making rolls, use this mixture as a dipping sauce.

Braised Escarole with Garlic and Lemon

1 head escarole, about 1 pound
1/4 cup extra-virgin olive oil
1 tablespoon unsalted butter
4 garlic cloves, sliced
1/2 teaspoon red pepper flakes
2 bay leaves
1/2 lemon, cut in thin slices
Pinch sugar
Salt and freshly ground black pepper
2 cups water or chicken broth

Break off the leaves of the escarole and wash them individually, taking care to remove any soil at the base of the stems. Shake the leaves dry, stack them up, and slice the escarole crosswise into ribbons about 1 ½ inches wide. Place a large deep skillet over medium heat and add the olive oil and butter. Toss in the garlic, red pepper flakes, bay leaves, and lemon slices. Cook and stir for a couple of minutes, tossing to combine. Nestle the escarole into the pan and saute until it begins to wilt and shrink down, about 2 minutes. Sprinkle the escarole with a pinch of sugar and season with salt and pepper. Pour in the water or broth and cover the pan. Simmer for 20 minutes until the escarole is tender.

Citrus Sorbet

Paul Durham, Tucson CSA

1 quart citrus juice (approx. 4 grapefruit or 8 oranges)
1 rounded tablespoon zest, finely grated (May use more zest for stronger citrus flavor and more tartness.)
1/2 cup agave nectar (or sugar syrup)*
¼ cup vodka, optional

Simmer zests in agave nectar for a couple minutes and let it sit. Juice citrus and add juice to nectar. Add vodka. Refrigerate until cold. Stir thoroughly, then pour into an ice cream maker and freeze according to the manufacturer's instructions. Transfer to a container and freeze until firm. Serve in martini glasses and garnish with sprigs of mint or fennel.

If you do not have an ice cream maker: pour into 9-inch square metal baking pan; cover and freeze, stirring occasionally, until partially frozen, about 4 hours. In a food processor with knife blade attached, process sorbet until smooth but still frozen.

*As an alternative to using agave nectar, mix together ½ cup sugar, ½ cup water and the zest in a saucepan. Heat gradually, stirring until the sugar has dissolved, then boil the mixture gently for 5 minutes to make a syrup. Combine with the other ingredients as described above.