



Tucson Community Supported Agriculture

Newsletter 132 ~ April 8, 2008 ~ Online at www.TucsonCSA.org

Spring '08

Week 6 of 13 (Crooked Sky)

Week 2 of 9 (Agua Linda)

Planned harvest list is [Online](#)

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We Are What We Eat

We Are What We Eat is a participatory performance about what we eat and why. An innovative collaboration between NEW ARTiculations and the Community Food Bank, the project uses modern dance and community stories to reveal how food connects us to each other, our environment, and our everyday lives. Through a series of interactive, educational workshops in movement and writing, the artists will engage community participants in a "moving" dialogue about food issues.

Three performances:

Thursday, April 24 5:00 pm
(free, excerpts only). Santa Cruz River Farmer's Market (new location), 1390 W. Speedway Blvd.

Saturday, April 26 2:30 pm
(free). Community Food Bank, 3003 S. Country Club Rd.

Sunday, April 27 6:00 pm
(\$12/\$15). Tucson Botanical Gardens, 2150 N. Alvernon Rd. Come early to enjoy the gardens, learn about Tucson food organizations, and sample tasty food. Performance begins at 7:00 pm.

Tickets \$12 in advance, \$15 at the door. Available at Antigone Books, 11 N. 4th Ave. or online at www.newarticulations.org

Newsletter editor

Philippe Waterinckx

TUCSON CSA CREW HIGHLIGHT: SARA



Most of you know Sara Jones, a volunteer at the CSA since April 2005. She currently oversees the Tuesday and Friday pick-up days. Sara is an extraordinarily gifted cook who can create gourmet recipes on the spot with any ingredients given to her. Our own "Iron Chef!" She gives CSA cooking classes and also does cooking demonstrations in the CSA courtyard. Many of her recipe creations are listed in our newsletters and in our online recipe archive.

A strong believer in the social and economic concept of bringing affordable local organic foods to local communities, Sara graduated last year with a degree in Sustainable Community Development from Prescott College. Sara also has extensive farming experience: she worked as an intern on a New Mexico farm under the ATTRA program (Appropriate Technology Transfer to Rural Areas) and on farms in Oregon, Vancouver Island, California, Spain and Japan under the WWOOF program (Willing Workers On Organic Farms). Sara was also a key volunteer with Food Not Bombs for over three years. Food Not Bombs collects leftover foods from natural food stores (including the Tucson CSA), cooks it and distributes it freely at various Tucson events, including every Saturday at 6 pm on the northeast corner of Congress Street and Scott Ave.

If you have any cooking questions or questions about any of the above programs, please feel free to approach Sara at the CSA.

VANDALS AT CROOKED SKY FARMS

When we buy vegetables at the supermarket, we rarely know anything about the farm they come from, or about the conditions under which they have been harvested. Crooked Sky Farms is an urban farm. The urban development around it is impacting it more and more. New residents complain about the farm equipment using the road alongside the field, objecting to it slowing down the traffic. Neighbors sometimes plunder the fields.

More recently, the farm and its crew have been victimized by vandalism and harassment. During Spring Break, a dozen teenagers stormed the field on their bicycles. They started harassing the harvesters who were picking our vegetables. When the harvesters asked them to leave the field, the kids started yelling obscenities at them and making lewd gestures. Several climbed onto the golf carts that the harvesters use while harvesting the rows of vegetables. They drove recklessly across the field, damaging the crops. They threatened the harvesters and nearly ran over some of them. They drove the carts into two of the greenhouses, causing significant damage. Another teenager ran one of the carts into the canal bordering the field.

Hopefully, this incident won't be repeated. But it did upset the farm crew. One member of the crew was so upset he quit his job. Farmer Frank has made some changes as a result – harvesters will always be accompanied by at least one other harvesters while in the fields and all will carry cell phones so they can call Frank or even the police if necessary.

Stuffed Cabbage (or Escarole) Rolls

Lorraine Glazar, Tucson CSA

12 outer leaves of green or purple cabbage or escarole, steamed or boiled until softened
1 ounce dried mushrooms, such as porcini or other type
1 cup boiling water
1 tablespoon oil
½ onion, diced
3 cloves garlic, chopped
½ cup fresh mushrooms, chopped
1 cup cooked brown rice
½ cup pine nuts
1 egg lightly beaten (or egg substitute of your choice)
2 tablespoons fresh dill, finely chopped (substitute parsley)
2 tablespoons fresh mint, finely chopped (optional)
1 teaspoon marjoram
1 teaspoon cumin
Salt and pepper to taste
1 ½ cups Basic Marinara Sauce

Heat oven to 325 degrees. Steam or boil the cabbage leaves until softened (they should still have some crisp to them). Pour 1 cup boiling water over the dried mushrooms and let them sit for 15 minutes, or according to package directions. Warm oil in frying pan and add diced onion. Sauté 5 minutes or until onion has softened a bit. Add garlic and chopped fresh mushrooms, and sauté another 5 minutes. Remove from heat. Drain the dried mushrooms and reserve the water. Chop as finely as possible. Combine the chopped dried mushrooms, the cooked onion mixture, the brown rice, nuts, egg and spices. Add salt and pepper. Mix the stuffing well. Open up the cabbage leaves, one at a time. Stuff with 1/12 of the mixture, starting at the stem end and rolling it like a butcher's wrap package. Roll firmly and place, seam side down, in a shallow casserole. Top with the marinara sauce, and bake uncovered for one hour or more, until rolls have absorbed most of the sauce.

Kohlrabi Fritters

Tina Hansleben, Tucson CSA

3 medium kohlrabi bulbs (I have substituted many different root vegetables such as carrot, beet, potato, and rutabaga.)
¼ cup flour of choice (I have used many different kinds of wheat free flours with success.)
1 egg
1 tablespoon dried dill or more if fresh
juice of one lemon
peel of one lemon
½ teaspoon salt
Sugar, to taste
Chèvre, to garnish

Shred kohlrabi into a large bowl. Add egg, dill, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet, you want the kohlrabi to stick together. Heat a pan to medium with oil. Scoop out the mixture in a ¼ cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table. Top the fritters with chèvre.

Spanish Egg Drop Soup version #2

Sara Jones, Tucson CSA

3-4 cups escarole, cleaned and cut into thin strips
3-4 cloves garlic minced
2 teaspoons olive oil
2 eggs
1 teaspoon each of salt and pepper
1 tablespoon flour
5 cups soup stock
1 lemon
Green onion, chopped, to garnish

In a soup pot, sauté garlic in olive oil until fragrant, add stock and bring liquid to a boil. Add greens (and ham, if using) and cook about 15 minutes. Mix together eggs, salt and pepper and flour. Pour egg mixture through a colander and into boiling broth, stirring gently. Add the juice from ½ lemon. Stir briefly. Serve, garnished with chopped green onion and lemon slices.

Escarole and Goat Cheese Pizza

Sara Jones, Tucson CSA

Pizza dough (you can buy prepared pizza dough at many grocery stores)

½ head escarole, cleaned, blanched and chopped
1 tablespoon capers
2 tablespoons roasted red peppers, chopped
2 tablespoons olive oil
2 teaspoons balsamic vinegar
About 4 ounces fresh goat cheese

Blanch escarole by submersing in boiling water for about 2 minutes. Transfer to a bowl of icy water. Squeeze all liquid from greens and chop roughly. Roll out pizza dough and drizzle with olive oil. Scatter ingredients evenly over dough. Drizzle with balsamic vinegar and bake in a 400 degree for about 15 minutes, or until crust is cooked through.

Note: you can substitute any greens for the escarole