



Tucson Community Supported Agriculture

Newsletter 133 ~ April 15, 2008 ~ Online at www.TucsonCSA.org

Spring '08

Week 7 of 13 (Crooked Sky)

Week 3 of 9 (Agua Linda)

Planned harvest list is [Online](#)

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Weekly emails

We have three email lists - one for each pick-up day. Subscribe to your pick-up day's email list via our website.

We send out one email per week for each pick-up day to remind you that it is time to pick-up your share. We also use the email lists to notify you of urgent messages, such as when the farm truck is running late and the pick-up is delayed (which luckily happens rarely.)

If you're not on our weekly email list, you may miss our announcements of special deliveries, such as eggs and grass-fed meats, which we only get occasionally and which tend to sell out fast.

Subscription renewal notifications are also announced by email. Shares now tend to sell out fast, and if you miss the renewal window, you may not be able to re-subscribe to the pick-up day of your choice.

Wish List: Refrigerator

The Tucson CSA needs a refrigerator, 20 cubic feet or above. Donations are welcome. Talk to Philippe or Sara.



Newsletter editors

Wendy McCrady &
Philippe Waterinckx

TUCSON CSA CREW HIGHLIGHT: AMY



The Tucson CSA has been fortunate to have Amy Schwemm as a volunteer since October '05. Volunteers and members alike benefit from her encyclopedic knowledge of native plants and crops. A plant biologist, Amy is also very active in Tucson's local food system. She is, or has been, strongly involved with a number of local organizations, including Desert Harvesters, Desert Survivors and Native Seeds/SEARCH.

As well as being passionate about local foods and gardening, Amy loves cooking for her friends and family. If you happen to walk past her house and are spotted by her husband Mac, he'll likely talk you into coming inside to share one Amy's delectables meals.

Amy is also a *molera* (mole-powder maker). She runs her own business, *Mano y Metate*, where she grinds fresh spices and mixes them with other fresh ingredients to make mouth-watering mole powders. For more information about her Mole Adobo, Mole Verde, Mole Pipian Rojo and Mole Dulce, visit *Mano y Metate* at www.manoymetate.com.

Let Amy help you with ideas for preparing an "obscure vegetable." She'll always have a solution for you!

CROOKED SKY FARMS: MORE SPRING CROPS ON THE WAY!

The crew at Crooked Sky Farms has been busy all spring planting for the late Spring and Summer harvests. Summer squash, cucumbers, melons, corn, beans, soybeans (for edamame), tomatoes, bell peppers, and eggplant went into the ground in the last month or so. Here are some of the anticipated harvests in a few weeks. Red LaSoda potatoes should come out of the ground, followed by Yukon Gold and Purple potatoes. The artichokes are close to maturity, with an anticipated first harvest soon if the weather cooperates. Onions are maturing nicely. They currently have five layers and will need nine before they can be harvested. Farmer Frank has been very successful with his rhubarb experiments. It is hard to grow rhubarb in Arizona, but Farmer Frank has managed to grow a decent crop under shaded conditions. They are now only pencil thick, but might give us a nice crop if the weather doesn't get too hot too quickly. The summer squash are in full bloom, preparing to produce the first harvest. The grains are growing nicely; the wheat is turning amber. Crooked Sky Farms finally got a mill and an oats roller (for rolled oats).

WANT REAL MILK? BE PART OF THE HERD AT HOOFSNHORNS FARM

HoofsnHorns is a small local mother-daughter farm animal sanctuary. *Herd shares* are currently available for shares of goat and/or cow milk. Herd members can also purchase eggs, cheese and butter when available. Becoming a herd member not only allows you a share of fresh real milk for your family but also gives you the satisfaction that comes from helping support a small humane family farm that provides their animals a safe and happy forever home whether they are producing or not.

For more info: www.hoofsnhorns.com or email Shelby at hoofsnhorns@earthlink.net

Green Latkes (Pancakes)

Rita Silverberg, Tucson CSA member

Delicious as an entrée on their own, or as a side dish, these latkes can be topped with your choice of sour cream, applesauce, or gravy. They make tasty leftovers straight from the fridge or warmed up.

1 large bunch greens
4-5 cloves garlic, chopped (or grated onion, if preferred)
2 radishes or other root vegetable, grated (optional)
1 cup flour, sifted
1 ½ teaspoon baking powder (aluminum-free preferred)
½ teaspoon salt
2 eggs, beaten
3 tablespoons (heaping) shortening, melted
½ cup milk (dairy, soy, rice or nut)
Light oil (peanut, canola, etc.) for cooking pancakes

Steam greens lightly. Chop to yield about 2 cups. Sauté chopped garlic and radishes, if using, until starting to brown. (If using grated onion, add uncooked to wet ingredients below.) Combine flour, baking powder and salt. Combine eggs, shortening and milk. Mix together with dry ingredients and cooked vegetables. The batter will be a bit thicker than batter for breakfast pancakes.

Heat ¼" of oil in pan, avoiding oil with a strong flavor. When a small bit of batter dropped into the pan sizzles, spoon batter into oil to form pancakes of size desired. Brown nicely on both sides, and remove to plate with a paper towel to absorb excess oil. Spoon in the next batch, and continue until done.

Vegetable Fried Rice

Sara Jones, Tucson CSA

This recipe is best (and quickest) prepared with cold, leftover rice, and using whatever veggies you have on hand. Peas and carrots are especially nice.

2 cups cooked rice, cooled
2 cups mixed chopped vegetables
3-4 green onions, baby leeks or green garlic stems
About 1 inch fresh ginger, grated (optional)
2 eggs
2 tablespoons oil
1+ tablespoon soy sauce

Heat oil in large skillet. Add veggies (root vegetables first and quick-cooking greens last) and ginger. Cook, stirring frequently, for about 5 minutes until veggies are tender-crisp. In a small bowl, beat eggs with a pinch of salt. Push veggies to one side of skillet and pour in eggs, stirring slowly to scramble. Once eggs are cooked, add rice and drizzle mixture with soy sauce, stirring well to mix. Cover and cook over low heat about 2 minutes until rice is heated through. Taste for seasoning and add more soy sauce as needed.

Beet and Carrot Cake

Sara Jones, Tucson CSA

2 cups grated carrots and beets, mixed
1/3 cup granulated sugar
2/3 cup packed dark brown sugar
2/3 cup vegetable oil
2 large eggs
¼ cup yogurt
2 ½ cups all-purpose flour
2 teaspoons baking powder
1 teaspoon ground ginger
1 teaspoon ground cinnamon
½ teaspoon baking soda
¼ teaspoon salt

Streusel topping:

2/3 cup oats
2/3 cups walnuts
¼ cup butter
½ cup brown sugar

Preheat oven to 350 degrees. Make topping by mixing streusel ingredients together in blender, pulsing, until well mixed. Combine the granulated sugar, brown sugar, oil, eggs and yogurt in a large bowl; beat with a mixer on medium speed until well blended. Add beets and carrots; beat well. Combine flour and spices in a large bowl. Add to wet mixture and mix well.

Pour batter into a greased and floured 9x13" cake pan. Sprinkle evenly with streusel mixture. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan.

Vegan Broccoli Rice Bake

Wendy McCrady, Tucson CSA

1 cup long-grain white rice
1/3 cup nutritional yeast (available at natural food stores)
1 tablespoon salt
¼ teaspoon garlic powder
1 cup water
1 cup soy milk
1 bunch CSA broccoli, chopped
8 oz sliced mushrooms (optional)

Preheat oven to 350 degrees. Combine rice and dry seasonings in large casserole dish. Stir in liquids and vegetables. Bake, covered, for 60 to 70 minutes until rice is tender.

This recipe may be prepared in a solar oven, which is a great way to keep your kitchen cool in the summer heat. Preheat oven for 1 hour, making sure it directly faces the sun. Bring liquids to a boil on the stove before adding to the rice casserole. Bake 1 ½ to 2 hours in a hot solar oven until rice is tender.