



# Tucson Community Supported Agriculture

Newsletter 136~ May 6, 2008 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring '08

Week 10 of 13 (Crooked Sky)

Week 6 of 9 (Agua Linda)

Planned harvest list is [Online](#)

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### SUMMER SESSION REGISTRATION IS OPEN

**April 28 to May 31:** registration for renewing and former members.

**May 16 to May 31:** registration for waitlisted members.

To avoid lines at the front desk, you can mail us your contract and payment, or drop them off in the Drop Box by the front desk.

Subscription details and Contract Form are online, under *Join > Subscriptions*.

### VOLUNTEER NEEDED

We need someone to take surplus CSA produce to **Iskashitaa** on Fridays at 7 pm. It could be anyone, but ideally, it would be a Friday member who would drop off the surplus produce on his/her way home after picking up his/her share. The drop off point for Iskashitaa is on Grant Road, between Highland and Vine, just west of Campbell.

**Iskashitaa Refugee Harvesting Network** (for more info, go to <http://www.iskashitaa.org>) is a group to whom we donate some of our surplus produce. In exchange, they donate to the CSA their surplus citrus fruit which they harvest from Tucson gardens, fruit which would otherwise go to waste. If you have surplus citrus fruit in your garden, contact Iskashitaa and they will come harvest it for you.

### Newsletter editor

Philippe Waterinckx

### MY MONTHLY VISIT TO JOSH'S FARM – by Philippe

This Monday, as on every first Monday of every month, I went to Josh's farm near Wilcox to pick up one-hundred dozen eggs (Josh also comes to Tucson mid-month to deliver another batch). Josh showed me his fresh new herd of tan and white Hereford calves, a little shy but bright-eyed and very curious about me. At that young age, they haven't yet developed their quiet bovine placidity and are still very spirited and inquisitive. In the next field I saw many hens of many colors, busy doing what chickens do and barely noticing my presence. Those are the hens who give us the eggs we love. In another field I saw a flock of young broiler chickens (which should be ready for us by the end of the May). Josh explained that they are Freedom Rangers, a French breed of slow-growing birds, ideal for pasture-raising. They are harvested close to sexual maturity and are flavorful and firm but not tough. Every week, Josh moves his Freedom Rangers to a new field, so they always have fresh grass and new bugs to eat. Josh took me inside a small building to show me his two-week old future layers, scurrying around on a floor of wood shavings, and almost ready to be moved to pasture. Another room was full of tiny and lively five-day old Freedom Rangers, running in all directions under heating lamps. I first thought it would be hard not to step on one, but I was glad to see that they were staying well clear of my feet, although, if I stopped moving for a while, they quickly gathered around me. It was another great visit.

### CSA CREW HIGHLIGHT: NEIL



CSA members don't get to see much of Neil Diamente, although Friday members enjoy the produce he unloads from Farmer Frank's truck every week.

Neil is a poet, a husband, a librarian, a father. He is also a terrific cook and a very hospitable host and it doesn't take much for him to gather friends around a delicious and congenial meal. When Neil can't make it to the CSA, his wife Jill sometimes subs for him. She shows up on her bicycle, pulling their two beautiful children, Carmina and Luca, in a bicycle trailer. While Jill unloads and helps set up for the pick-up, the children usually sleep peacefully in the trailer.

Neil works at the university library and he teaches English as a second language to adults. A while ago, Neil shot a short video of the CSA pick-up activity. You can find it at <http://vimeo.com/243318>. And Neil provided a poem this week (see the Back Page).

### THE GREAT PLATE - Contributed by CSA member Sallie Marston

*Stacy Withhoff, the Wellness Coordinator for the Michigan Healthy Community initiative* has come up with an interesting and fun concept for eating. She says: "The idea behind the 'Great Plate' is to illustrate that creating a healthy meal can be simple. People tend to think that eating healthy is complex and time-consuming, when it really isn't. We all have busy lives and don't have a lot of time to prepare meals; however, the goal of the healthy eating chef demonstration series and the 'Great Plate' is to provide simple ways to eat healthier: cooking on the weekend for the week ahead; having fresh fruit, low-fat yogurt, or nuts readily available for healthy snacks; or using fast preparation equipment such as a wok, rice cooker, or counter-top grill to prepare meals.

The full article can be accessed from our website under the *In The News* tab.

### Greek Lemon Potatoes

Paula Borchardt, Tucson CSA

8 Red La Soda potatoes  
¼ cup lemon juice  
2 teaspoons lemon zest  
1 tablespoon olive oil  
1 ½ tablespoons oregano  
3 cloves garlic, minced  
2/3 cup crumbled feta cheese  
1 cup hot water

Slice potatoes into ¼" thick pieces and combine in a mixing bowl with the lemon juice, lemon zest, olive oil, oregano, and garlic. Place all in a buttered 13x9x2 baking pan. Pour 1 cup hot water over all and bake uncovered at 450° for 30 minutes. Sprinkle the feta cheese on top and bake for an additional 15 minutes.

### Gingery Carrot-Raisin Salad

Rita Silverberg, Tucson CSA

For raw food lovers, here's a new variation on an old theme. There's enough here for a party; amounts can be reduced, of course.

4-5 cups grated carrots  
1 cup raisins  
¼ cup grated fresh, peeled ginger root  
1 cup orange juice (with pulp)  
¼ cup rice syrup, agave nectar or honey  
1 cup chopped walnuts

Combine all ingredients and mix together. Chill and serve. It keeps well for several days in the fridge. A food processor makes this dish a snap – esp. if you're doing the party size.

### Sara's Calabacitas

Sara, Tucson CSA

Use any summer squash you have available in this recipe. Serve with some beans and tortillas for a quick meal.

1 medium summer squash, sliced into half moons  
1 can corn  
3-4 green onions  
2 cloves garlic, minced  
2 tablespoons oil  
1 teaspoon cumin  
1 tablespoon Fresh Savory or Oregano (or use 1 teaspoon dried)  
Salt and cayenne pepper to taste

Heat oil over medium high heat. Saute onions, garlic and spices, stirring continuously, until garlic and spices release fragrance. Add vegetables and oregano, cover and lower temperature to medium low heat. Cook for about 5-7 minutes, stirring occasionally, until squash is tender. Salt to taste.



### Wilted Greens with Dressing

Sara Jones, Tucson CSA

1 or 2 bunches greens, washed and chopped  
About 1 tablespoon balsamic vinegar  
About 1 tablespoon Dijon mustard  
About 1/2 tablespoon honey  
2-3 roasted chiles, skinned, seeded and chopped  
About 1/2 tablespoon oil  
Salt and Pepper to taste  
Chopped pecans and apples to garnish

Mix together vinegar, mustard, honey, chiles and oil and heat over medium high heat until beginning to bubble. Remove from heat and stir in greens, tossing well to coat.

Top with pecans and apples and serve.

### Feed Your Mind

Neil Diamente, Tucson CSA

This aluminum lunch box I have supports my habits and travels wherever I go. When riding my bike or writing my thoughts on it, it carries the weight of my potential self.

Its surface is polished, but dented. I've never put anything but food and drugs inside, and never too much, just what fits. Yet it has no idea how much more I want: to eat, drink and be merry beyond what I know to be healthy and good.

Feed Your Mind it reads, but my appetite is huge. Hubris permits me to covet what cannot be contained in a box, no matter its sheen.

Indeed, my eyes eat too much. Blood is devoured by my brain. I'd have to blind myself— my only way to diet.

That's why I like this lunch box because it's so square and quaint. It carries only what it was made for, only what I give it. It has limits that I lack, and a latch to close it.

I strap it onto my bike and ride or rest it on my lap at work to write. And when it's empty it knows no hunger and feels even lighter in my hands. If only I could lunch on its essence and feel full like this every day.