



Tucson Community Supported Agriculture

Newsletter 137 ~ May 13, 2008 ~ Online at www.TucsonCSA.org

Spring '08

Week 11 of 13 (Crooked Sky)
Week 7 of 9 (Agua Linda)

Planned harvest list is [Online](#)

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Summer Session Registration

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*.

So far, we have been able to give every renewing member their first pick-up day choice. Options could start shrinking after May 16, once we begin registering waitlisted members.

Sharing Summer Shares

If you'll be gone part of the summer but still want your CSA produce for the rest of it, you can post an ad on the cork board at the CSA, indicating that you're looking for a share partner. Hopefully, they're will be matches to fill the gaps.

Thanks for the Bags

We have bags again. Thanks to all who replenished our "I Forgot My Bag" chest. But our supplies won't last long. Remember to bring your own bags if you can, and to donate your extra paper and plastic grocery bags (standard size only please).

Newsletter editor

Philippe Waterinckx

BEING A CSA MEMBER

Over the last couple of weeks, a few newer members have asked questions about the variety and sometimes the quantity of the produce we've received. I realized that this might be a good time to talk about the natural variability of CSA produce. If you're new to the CSA, please keep in mind that becoming a successful CSA member can take time. Time to understand the differences between store-bought produce and local farm produce. Time to accept the natural ebb and flow of abundance inherent in small scale farming. Time to adjust to the natural cycle of the seasons and the crops.

Take Crooked Sky Farm. The farm is currently transitioning from spring to summer crops. If all goes well, the transition is seamless. If not, temporary crop shortages can occur, resulting in smaller shares. This spring, the farm experienced crop shortages as the spring crops were coming to an end and the summer crops were late because of the unusually cool weather. Once the summer crops take off, however, the shares will be bountiful again and we will be rewarded for our patience. It has nothing to do with the farmer lacking inexperience, or not giving us value for our money. Farmer Frank is an accomplished organic farmer, but the weather is his ultimate boss. As CSA members, we share the risks of farming, such as weather, with him. Although ups and downs are inevitable, we believe that CSA members come out ahead in the long run.

The Agua Linda Farm pick-up shows a different facet of the CSA dynamics. Members who pick up on Thursdays have been commenting on the large amount of greens and the repetition of fava beans. It can be rough to join a CSA in the thick of the greens season. Most of us aren't used to eating so many greens. It happened to me too when I started the CSA, and it took some time to become familiar with all types of greens and learn how to use them. However, that is the nature of local farming: one must follow the seasons and their crops. Most crops follow a typical bell curve lifecycle, and at the peak of the curve, there can be repetition. Gardeners among you will be familiar with the urgency of having to deal with large amounts of squash, tomatoes or beans that ripen all at once. They can be eaten, or preserved, or given away, but somehow their abundance has to be dealt with. But all cycles come to an end, and soon, new crops appear as the seasons progress. Being at higher elevation than Crooked Sky Farm, Agua Linda's greens season extends into the spring and summer crops are later to come. But they'll come, rest assured.

SARA'S COOKING DEMOS



To help you prepare CSA vegetables, check our extensive online recipe archive of recipes created by the CSA crew and CSA members. Just go to the Tucson CSA website at www.tucsoncsa.org and click on *Recipes* in the menu bar.

Agua Linda members! Our website offers many ideas for using your greens. There is a broad range of recipes for greens as well as a *Winter Greens Users Guide*.

You can also watch Sara cook at one of the cooking demos she does at the CSA. Sara has a knack for making everyone feel they can cook too.

She will hold her next demos at the CSA on the following days during pick-up hours: Thursday, May 22nd; Tuesday, May 27th; and Friday, May 30th.

Tomatillo Preparation

Tomatillos are a delicious vegetable similar in shape and size to a tomato, but more closely related to the gooseberry. They have a tangy taste and are classics in Mexican food, but are excellent in a wide range of dishes. To use your tomatillos, you will first need to remove their papery husks. They also have a sticky residue on their skin that is easily removed by dunking them in water. Tomatillos are often used in sauces. Grilling or skillet roasting whole tomatillos gives a smoky depth to their flavor. Just cook them over medium high heat, turning occasionally, until they are mostly brown (some black charred spots are fine). Grilled tomatillos and green onions make a delicious sauce, blended together with a little salt, pepper, lime juice and cilantro!

Green Bean Potato Salad with Tomatillo/Avocado dressing

Mary Leuchtenberger, Tucson CSA

5 or 6 medium potatoes
1 share green beans, chopped
2 shallots or green onions, chopped
1 stalk celery, chopped
rice vinegar
2 large tomatillos
1 garlic clove
1/2 an avocado
1/2 cup plain yoghurt
3 hard boiled eggs

Cut potatoes in half and boil until cooked through, but not too soft. Chop green beans and add to pot of potatoes during last few minutes of cooking. Drain and allow to cool. Chop warm potatoes and place in bowl with green beans, shallots, and celery. Sprinkle with rice vinegar and refrigerate overnight. Blend tomatillos, avocado, garlic and yoghurt in blender or food processor until smooth. Stir dressing into potato salad, while adding chopped hard boiled eggs. This tangy dressing goes well with any salad, and can be used as a dip too.

Stuffed Artichoke

Philippe, Tucson CSA

1 artichoke or 2 small artichokes
1 small onion
2 garlic cloves
Oil, vinegar, salt, pepper, herbs

With a sharp knife, remove the top third of the artichoke as well as the stem. With scissors, cut the remaining sharp tips off the leaves. Using your thumbs, separate the leaves as much as you can. Don't hesitate to apply force – artichokes are tough babes! Peel an onion, cut it in half, and slice it into 1/3" thick strips. Peel two cloves of garlic and cut them into 4 to 6 slices each. Insert the garlic slices and ends of the onion strips among the leaves. Pack in as many as you can! Place artichoke in a small saucepan. Fill the pan with water halfway up the height of the artichoke. Pour about one tablespoon each of oil and vinegar over the top of each artichoke. Sprinkle the artichoke with salt, pepper, and thyme, Italian herbs, or Herbes de Provence (or any seasoning of your choice). Cover, bring to a boil, and simmer for 1 to 1-1/2 hours for large artichoke or 45-60 for smaller artichokes. Serve hot, warm or cold, by itself or with a garlic-butter dip.

Spicy Green Beans

Sara Jones, Tucson CSA

1 bag green beans
2 cloves garlic, minced
1 teaspoon grated ginger
1/2 teaspoon chili flakes (or to taste)
2 teaspoons vegetable oil
Soy sauce to taste
Garnish with sliced green onions

Clean beans and remove stem end. Heat oil in skillet over medium high heat. Add garlic, ginger and chili flakes and stir quickly for about 30 seconds. Add green beans and toss to coat. Drizzle with a little soy sauce and water, then cover and cook over medium heat for about 5 minutes. Add more soy sauce if needed and serve.

Roasted Beet and Carrot Salad

Lorraine Glazar, Tucson CSA

Serves 2

8 ounces beets, peeled and cut into slices, and the wedges cut in half so that nothing is bigger than a matchbook.
8 ounces carrots, cut into 1/4 inch slices on the bias
1 1/2 tablespoons olive oil
Salt and pepper
1 1/2 tablespoons minced green onion, onion or shallots
Pinch sugar
1 tablespoons rice wine vinegar
1/2 teaspoon honey
1 share frisee, or watercress, or 1/2 share arugula (look at the share and judge proportions)

Preheat oven and cookie sheet at 500 degrees.

Toss beets and carrots with 1 tablespoon olive oil, two pinches salt and six or eight grinds of fresh black pepper. Add a pinch of sugar and put onto the cookie sheet in a single layer. Roast for 25 minutes or until vegetables are tender.

Meanwhile, in the same bowl in which you tossed the beets and carrots, add remaining olive oil, honey, salt and pepper, green onion or substitute,

When beets and carrots come out of the oven, toss them in the bowl. Let them cool 15-20 minutes and then toss with fresh greens. This mixture of roasted vegetables is best atop a slightly bitter green, to offset its sweetness.

Adapted with permission from a recipe in Cook's Illustrated.

Sesame Ginger Greens

You can use any greens for this recipe but mizuna, arugula, tatsoi and spinach are especially nice. If they are available, snow peas and carrots make great additions as well. Grate about 2 inches of fresh ginger. Mix together with a few cloves of minced garlic, a couple dashes of toasted sesame oil, a drizzle of soy sauce, a sprinkle of red chile flakes, and about 2 tablespoons rice wine vinegar. Toss together with greens and serve immediately, garnished with sesame seeds and green onions.