



# Tucson Community Supported Agriculture

Newsletter 138 ~ May 20, 2008 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring '08

Week 12 of 13 (Crooked Sky)  
Week 8 of 9 (Agua Linda)

Planned harvest list is [Online](#)

### The Back Page

Cottage Pie  
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Miso Soup  
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Many more recipes on our  
website

### Summer Session Starts The First Week Of June

**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, there will be matches  
to fill the gaps.

You can also place an ad on the  
corkboard if you are interested in  
switching pick-up days with  
somebody else. This might be a  
way for members to try out  
another farm.

### Newsletter editor

Philippe Waterinckx

## HARVESTING VEGETABLES, BIG AND SMALL

To follow up on *Being A CSA Member* in last week's newsletter, here is another aspect of belonging to a CSA that often intrigues members. Why are vegetables sometimes harvested when so small, or so large? Well, there is more than one reason. If all vegetables were harvested at their optimal size, we would have to consume a lot of them at once. It is natural, in small-scale farming, as in backyard gardening, to start harvesting before and continue harvesting past optimal size, not only to thin out smaller specimens and allow remaining ones to grow larger, but also to enjoy the harvest over a longer period of time (unlike mass-produced hybrid vegetables, which must be harvested at a specific size, the heirloom and open-pollinated crops we receive at the CSA are less likely to lose their flavor as they grow larger). Changes in temperature may also dictate that crops be harvested even if not fully mature, or they will bolt or bloom and be wasted. There are also events which lead one or more crops to fail, or be late, causing an overall shortage which must be compensated by harvesting other vegetables before or after their ideal size. Finally, unlike hybrid varieties, heirloom and open-pollinated varieties tend to vary individually, and can grow to be tall or short, large or small.

Many of us are used to store-bought fruits and vegetables that are all the same size. Industrial hybrid vegetables are designed to produce equally-sized specimens for packing, shipping, merchandising and shelf-life purposes. These considerations take precedence over flavor. Vegetables which express their individuality and divert from industry norms are automatically discarded by the machines that sort them. The resulting waste of produce in industrial farming is gigantic.

## GOAT CHEESE SHARES TO START IN JUNE

Now that David and Catherine Heininger's goats at Black Mesa Ranch have reached full production, the goat cheese share program can begin. Starting in June, their award-winning goat cheese will only be available through shares. A Black Mesa Ranch goat cheese share costs \$30 per session and consists of six logs of goat cheese, delivered at the rate of one every other week. By default, the four flavors are rotated in the following order: plain, herb, chipotle, jalapeño, plain and herb, but you can choose your own flavor rotation (or just bag the rotation idea and order only your favorite flavor!). Cheese shares can still be purchased, even if you didn't get one at the time you purchased your produce share.



## “HAVING--BEING AND THE CSA”

To have or to be really *is* the question. In our time, everything seems to have a price, everything can be bought, possessed, and consumed. When everything has a price, then nothing has any value anymore. That's the real price of having: the end of value. Erich Fromm writes in his book *To Have or to Be* that the having perspective will, in the end, cause those who need to have to devour the world and themselves with it. Those who join Community Supported Agriculture support the being perspective. We do not and cannot own the CSA and the farmers we support. We have shares in their richness of being as we offer a small share of ours. We *be* in a relationship with the CSA and all those who participate. We share a value that has no purchase price. We don't just *have* a membership, we *be* in relationship through our subscription. Not matter how big or small the harvest and the share, we always gain because the value of our relationship, our subscription, our *being*, can never diminish. It always increases. Please see our flyer about a book discussion of *To Have or to Be* on the tables across from the harvest.

-Laurence Robert Cohen and Silvia Maria Rayces, Tucson CSA members

**Cottage Pie**

Sarah Martin, Tucson CSA

This recipe can be easily altered to accommodate a changing variety of produce. Try adding or substituting green beans, turnips or other seasonal vegetables.

1 1/2 pounds red skinned potatoes, cubed  
2-3 ounces shredded farm house cheddar cheese  
1/4 cup yogurt  
1 tablespoon olive oil  
1 pound ground beef\*  
1/2 cup carrots, diced  
1/2 cup onion, diced  
1/2 cup peas  
2 cups vegetable stock  
1 tablespoon bay leaf worcestershire sauce  
2 tablespoons all purpose flour  
salt and pepper to taste

Preheat your oven to 350 degrees Fahrenheit. Combine the potatoes and 1 cup of the vegetable stock in a saucepan. Bring to a boil, reduce heat and cover. Simmer 10 minutes or until the potatoes are tender. Set aside. Do not drain. Heat olive oil in a skillet. Add ground beef. Break the beef into chunks as it cooks. When you don't see any more pink, pour off any extra fat and add the carrots, onion and peas. Cook 5 minutes more. Add the Worcestershire sauce, bay leaf and salt and pepper to taste. Stir the flour into the beef mixture making sure to coat all of the ingredients. Cook 2-3 minutes more. Slowly pour the remaining vegetable stock into the beef and bring to a boil. Pour mixture into an 8 or 9-inch casserole. Mash the potatoes in their cooking liquid and stir in the shredded cheese and yogurt. Spread the potatoes over the beef and vegetables. You can sprinkle extra cheese on top of the potatoes if you like things extra cheesy. Bake 30-45 minutes or until bubbly along the edges.

\*Substitute ground lamb and you have a shepherd's pie, or cooked lentils for a vegetarian option.

**Stewed Spring Veggies**

Sara Jones, Tucson CSA

3-5 baby artichokes, trimmed and quartered lengthwise  
1/2 bag green beans, chopped  
1 medium squash, chopped  
2-3 new potatoes, chopped  
1 sweet onion, diced  
4 cloves garlic, minced  
1 large can (28 oz) chopped tomatoes  
1 teaspoon thyme  
1 teaspoon oregano or marjoram  
Drizzle balsamic vinegar  
Salt and pepper to taste

To trim artichokes, cut stems from base, remove tough outer leaves and trim off top 1/2 inch of vegetable. Cut each choke into quarters and place in water until ready to use. Prepare other veggies and combine all ingredients together in a large soup pot. Bring to a slow simmer and cook over medium low heat for about 35 minutes until all ingredients are tender. Drizzle with vinegar and add salt and pepper to taste. Serve over rice or pasta or polenta.

**Miso Soup**

Sara Jones, Tucson CSA

Soba noodles taste best here, but you can use any long spaghetti type noodle you have on hand.

1/2 block of firm tofu  
1 large handful chopped greens  
2 cups mixed chopped veggies (peas, carrots, turnips...)  
Soba noodles  
1 inch ginger, grated  
2 cloves garlic, minced  
Red chili flakes, to taste  
2 tablespoons miso paste  
Soy sauce to taste

Sauté grated ginger, minced garlic, and red chili flakes very briefly in a soup pot. Add a quart or so of water, bring to a boil and add chopped greens, noodles, cubed firm tofu and mushrooms if desired. When noodles are ready remove pot from heat and add about 2 tablespoons of miso and a dash of soy sauce. This is an incredibly easy and nutritious soup.

**Orange Rhubarb Bread**

This recipe originally calls for cranberries, but rhubarb makes an excellent, tart, substitute.

2 cups flour  
1 cup sugar  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
3/4 cup fresh squeezed orange juice  
1 tablespoon grated orange zest  
1 teaspoon ground ginger  
2 tablespoons canola oil  
1 egg, well beaten  
1 bunch rhubarb, diced  
1/2 cup chopped walnuts or pecans

Preheat oven to 375°F. Grease a 9 x 5-inch loaf pan. Whisk together flour, baking powder, baking soda and salt in a medium mixing bowl. Combine orange juice, orange zest, ginger and sugar and cook in a saucepan over medium high heat for about 10 minutes. Let cool and combine with oil and egg. Pour juice mixture into dry ingredients and mix until just combined. Spread evenly in loaf pan. Bake for 45 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely.

**Orange and Rhubarb Compote**

Philippe, Tucson CSA

1 portion CSA rhubarb, cut into half inch segments  
1 or 2 oranges, peeled and chopped  
1 cinnamon stick  
1/4 cup sugar  
2 tablespoons water

Place all ingredients together in a covered saucepan and gently cook for 10 minutes, or until rhubarb is turning soft.

Serve for breakfast with oatmeal or yoghurt, for a main course with pork chops or roasted duck, as a warm chutney with cheese on toast or for dessert with ice cream or rice pudding.