



Tucson Community Supported Agriculture

Newsletter 141 ~ June 9, 2008 ~ Online at www.TucsonCSA.org

Summer '08

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Harvest list is [Online](#)

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More recipes on our website

Lorraine's Tip: Marinate and grill summer vegetables

I marinate eggplant, pepper and squash slices in a homemade salad dressing marinade from one half-hour to all night then grill them. The slices I don't eat for dinner make good sandwiches or supplement quesadillas, which is another idea of "cook once, eat twice" as highlighted in last week's newsletter article by Sara.

Things You Can Recycle At The CSA

Green mesh berry baskets: the little green baskets which contain our CSA tomatoes, tomatillos, apricots and peaches can be re-used by the farm.

Paper and plastic grocery bags (standard check-out size only, not small ones): we put them in our "I-Forgot-My-Bag" chest for members who forget to bring their own bags to collect their CSA shares.

Egg cartons: only 12- and 6-egg cartons, cardboard only. No hard plastic or styrofoam.

Please do not recycle other bags/containers at the CSA.

Newsletter editor

Philippe Waterinckx

WHAT IS A FOODSHED?



At the Tucson CSA, we believe in a definition of "local" which has less to do with miles traveled by foods than with the broader cultural and sustainability context in which foods are produced and distributed. Instead of looking for foods which originate within an arbitrary mileage radius, we think it more appropriate to adopt foods that are produced within a sustainable "foodshed."

"The term "foodshed," borrowed from the concept of a watershed, was coined as early as 1929 to describe the flow of food from the area where it is grown into the place where it is consumed. Recently, the term has been revived as a way of looking at and thinking about local, sustainable food systems." --Wisconsin Foodshed Research Project

The concept of foodshed can better inform our evaluation of the sustainable aspects of our foods than the concept of food-miles alone. For example, while at first it may seem preferable to obtain our produce from farms in Tucson because it is grown closer to where we live, we must also consider that farms in Phoenix may be able to grow produce more sustainably than those in Tucson. Not only does Phoenix benefit from a more plentiful water supply, it also lies in the rich floodplain of the Salt River, the traditional breadbasket of Arizona. Phoenix is indeed where some of the state's best agricultural land is. Unfortunately, most of it has been paved over.

By better understanding our regional food ecology we can make it healthier, more equitable, economically stronger, increasingly dependent on renewable resources, less wasteful, and more resilient in the face of disaster. Usually this means regional food ecology and agriculture becomes more diverse and more local, and strengthens farms and communities in many ways.

ADD NEW FLAVORS TO YOUR SUMMER DISHES



We now carry the mole powders from Mano Y Metate, lovingly concocted by our very own Amy, who volunteers at the CSA on Tuesdays (and sometimes on Thursdays). Mole powders are powdered mixes of spices, nuts, fruits and herbs that are extensively used in traditional Mexican cuisine. They add richness and complexity to many dishes. The ingredients in the mole powders from Mano Y Metate come from our foodshed: some are locally grown, others are from Mexico and

New Mexico. They are particularly suited for the produce we get at the Tucson CSA, which is why we have decided to include them in our product range.

If you haven't yet cooked with Amy's mole powders, you're in for a treat. Their flavor and freshness are mind-blowing. Once you start using them, you will wonder, as I did, how you did without them.

E-MAIL LIST

Last Tuesday, the truck from Crooked Sky Farms broke down on its way to Tucson, threatening to delay the start of the pick-up. Luckily, we were able to reach many members through our e-mail list to warn them that we might start late. As it turned out, although the truck was late, our volunteers hustled and we were ready just in time. Similar things could happen in the future, so if you are not yet on our e-mail list, be sure to add yourself to it (via our website) so you'll receive any future urgent messages.

Calabacitas In Mole Adobo

Philippe, Tucson CSA

1 cup corn kernels
1 onion, chopped
1 summer squash, cubed
2 tomatoes, quartered
Salt to taste
1 tablespoon mole adobo
1 tablespoon oil
¼ cup Mexican oregano or cilantro, chopped

Sauté onion and mole powder in oil until onions are tender. Add remaining ingredients, except the oregano. Cover and simmer for 15 minutes.

Mix in oregano before serving.

Serve with tortillas or on a bed of rice.

Note: meat eaters can add ¼ pound pork sausage to this dish. Just add it at with the onions and mole powder and sauté it until the meat is cooked before adding the remaining ingredients.

Sweet Potato and Scallion Salad

Lorraine Glazar, Tucson CSA

2 large sweet potatoes, par-cooked and cut into ½ inch slices
1-3 Glendale Gold young Sweetie onions (depending on size), cut into ½ inch slices
¼ cup olive oil, divided
1 tablespoon Dijon mustard
¼ cup cider vinegar
2 tablespoon balsamic vinegar
1 teaspoon honey
Salt and freshly ground pepper
2 tablespoon coarsely chopped flat-leaf parsley

Preheat grill to high. Brush potatoes and onions with oil and arrange on grill. Grill potatoes for 3 to 4 minutes on each side, or until just tender. Grill onions until softened and marked. Remove onions from the grill and cut into thin slices.

In a large bowl, whisk together ¼ cup olive oil, the mustard, vinegars, and honey. Season with salt and pepper, to taste. Add potatoes, scallions, and parsley and toss until potatoes are well coated. Transfer to a platter and serve.

Makes 4 servings as a side dish, 2 servings as a main dish.

Adapted from a recipe by Bobby Flay from Boy Meets Grill.

Grilled Peaches

Sara Jones, Tucson CSA

If you already have the grill going for another dish, you might as well prepare dessert on it as well! Serve these peaches with vanilla ice cream and a bit of toasted nuts or granola.

1 basket peaches, sliced in half, pits removed
oil for coating

Coat sliced sides of peaches with oil and place cut side down on the grill. Cook for about 3-6 minutes, until slightly browned. Remove and serve hot with ice cream.

Frisée Pasta Salad

Sara Jones, Tucson CSA

This dish would be equally delicious served hot or cold, so make extra for leftovers.

1 small or ½ large head frisée, cleaned and roughly chopped
1 small onion, chopped
1 can drained white beans, or about 1 ½ cups cooked white beans
1 regular size package penne pasta, cooked and drained
2 tablespoons olive oil
1 can tuna, drained (optional)
2 tablespoons capers
¼ cup parmesan cheese (optional)
Salt and pepper to taste
Balsamic vinegar to taste (optional)

Sauté onion in oil in a skillet over medium high heat, stirring occasionally until golden brown. Add frisée and cook until just beginning to wilt (about 2 minutes). Stir all ingredients together in a large bowl and add salt, pepper and vinegar to taste. Serve hot, or chill and serve as a cold salad.

Garlic Walnut Breadcrumbs

Sara Jones, Tucson CSA

This breadcrumb mixture is great over sautéed turnips, cooked greens, squash or green beans. Use it to top casserole dishes and gratins as well. Stale bread will work best. If you only have fresh bread you may want to toast and cool the slices before proceeding. Then place a couple slices in a blender or food processor and pulse until bread is in small crumbs.

About 3 slices stale bread
1/3 cup chopped walnuts
4 cloves garlic, minced
2 teaspoons oil
1 tablespoon butter or additional oil

Break bread into small crumbs. Heat 2 teaspoons in a skillet and add bread crumbs. Stir well to coat with oil and cook until beginning to brown slightly. Add nuts, garlic and butter or additional oil and stir well to coat. Stir frequently to prevent burning. When nuts begin to brown, remove mixture from pan and sprinkle with salt and pepper. If you plan to keep any for later use, make sure to cool crumbs completely before storing in an airtight container in the fridge.

