



Tucson Community Supported Agriculture

Newsletter 149 ~ August 4, 2008 ~ Online at www.TucsonCSA.org

Summer '08

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Josh's Beef

Those who are purchasing Josh's organic grass-fed Red Angus this week may notice that the packs are labeled A Bar H Ranch. This is because Josh does not have his own label under which he can sell his beef. He therefore sells it under his business partner's label. This beef, however, is raised by Josh, on his own pastures at his farm.

The price of processing potatoes

Recent shelf prices of potato products (per pound):

Raw Idaho potatoes, 79 cents
Canned new potatoes, \$1.42
Frozen wedges, \$2.49
Box of mashed potatoes, \$3.01
Frozen twice-baked, \$4.30
Potato chips, \$4.77
Kettle cooked chips, \$5.14
Baked chips, \$6.37
Light chips, \$7.65
Terra chips, \$10.21



Newsletter editors

Philippe Waterinckx



FALL SESSION REGISTRATION IS OPEN

August 1 to 29: registration for renewing and former members only

August 18 to 29: registration for waitlisted members (each waitlisted member will receive an e-mail invitation to join after August 15, in the order in which they joined the waitlist).

Fall session will run for September, October and November. Current and former members should register early to secure the pick-up day of their choice before we open subscriptions to waitlisted members. To avoid lines at the front desk, mail us your completed contract and payment or place them in our drop-box at the front desk. The Contract Form is available at the CSA and online under *Join > Subscriptions*.

Produce shares from Crooked Sky Farms (Tuesday and Friday pick-up) and Agua Linda Farm (Thursday pick-up) are \$247 per share.

Goat cheese shares from Black Mesa Ranch are \$30 per share. A goat cheese share consists of a total of 6 deliveries of goat cheese, one each on even-numbered pick-up weeks (weeks 2, 4, 6, 8, 10 and 12). By default, goat cheese subscribers will receive a rotation of the four different cheese flavors, but they can choose specific flavors for each pick-up when completing the Contract Form.

MY MONTHLY TRIP TO JOSH'S FARM

A few days ago I went to Josh's farm near Willcox to pick up the eggs for the CSA. The rains had been abundant in Cochise County and the desert was as lush as I have ever seen it, with pale yet rich and luminous shades of green. "It looks like Ireland" said someone at the farm. Josh's hens were walking wing-deep in thick, fat pastures, feasting on alfalfa and tasty bugs of all kinds. The hens are getting particularly good food these days. If you've tasted Josh's eggs lately, you may have noticed that their yolks are even darker and richer than usual.

On the way back, I stopped at Guzman's Meat Processing in Cochise to pick-up the cut and wrapped meat from one of Josh's Red Angus cattle which was ready for the Tucson CSA. Josh's cattle have also benefited from grazing on the rich pastures and the beef we just got should be of a particularly high quality.

GMO RICE CONTAMINATION – Sallie Marston, Tucson CSA

Hearings conducted by Rep. Kucinich focus on failure of USDA to comply with NEPA regulations and the resultant billions in costs to America's farmers.

At a recent panel hearing in Washington, DC, a panel of farmers gave testimony during House Oversight Subcommittee on Domestic Policy hearings on the USDA's failure to comply with NEPA requirements regarding the assessment of economic impacts in regulating genetically modified organisms. The hearings were conducted by the subcommittee chair, Rep. Dennis Kucinich, and focused partially on the billions in damages caused to American farmers as a result of contamination that occurred when genetically engineered (GE) crops were allowed to spread to non-GE fields.

Harvey Howington, an Arkansas rice farmer who has grown both conventional and GE crops and who is a US Rice Producers Association board member and Vice President of the Arkansas Rice Growers Association, testified on the USDA's mismanagement of the field trials of Bayer LL601, a GE rice. These trials resulted in a disastrous contamination that affected all rice farmers in the South, ended up costing them \$1.2 billion, and closed many international markets to U.S. rice imports.

Chocolate Zucchini Cake

Sara Jones, Tucson CSA

2 cups all purpose flour
1/2 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter, softened
3/4 cup brown sugar
3 eggs
1 teaspoon vanilla
2 cups zucchini, shredded
1 cup chocolate chips
1 cup walnuts

Preheat the oven to 360°F. Grease and flour muffin tin. In a large bowl, whisk together the flour, cocoa powder, baking soda, baking powder and salt. Combine the sugar and butter, and beat until fluffy. Add in the vanilla extract, then the eggs, one at a time, mixing thoroughly between each addition. Spoon in flour, mix well, then add zucchini, chocolate chips and walnuts. Drop batter into prepared tin, filling each cup about 3/4 full. Bake about 20 minutes until a toothpick comes out clean.

Verdolagas and Red Potatoes

Adapted from recipetips.com

1 pound red potatoes, cut in chunks
2 tablespoons olive oil
1 tablespoon fresh rosemary, chopped
1 cup (or more) purslane, chopped
2 tablespoons lemon juice
2 tablespoons lemon zest (optional)
salt and pepper to taste

Heat olive oil over medium heat in heavy skillet large enough to hold potatoes in a single layer. Add potatoes and rosemary, salt and pepper lightly and cook without stirring for about 5 minutes, until bottoms begin to brown. Stir enough to turn potatoes, reduce heat to medium-low and cover. Cook until tender (easily pierced with a sharp knife) stirring once or twice, 10 to 15 minutes. Toss cooked potatoes with lemon juice and mix in purslane. Sprinkle on lemon zest, if using, and serve warm or room temperature.

Peanut Butternut Soup

Sara Jones, Tucson CSA

This is a delicious, if somewhat unusual, soup. Add any additional seasonal vegetables you like. Chopped tomatoes, green beans or okra would all be good.

About 3 cups of butternut squash, cut into large chunks
1 bell pepper, diced
1/2 onion, diced
1 inch ginger, grated
1 tablespoon curry powder
Enough water or vegetable broth to cover all ingredients
1 tablespoon oil
1/2 cup chunky peanut butter (not the kind with sugar)
Salt and pepper to taste

Heat the oil in a large soup pot over medium high heat. Stir in onion, ginger, bell pepper and curry. Cook until fragrant. Add squash and cover with water or broth.

Bring to a boil and cook for about 30 minutes until squash is tender and falling apart. Remove one cup of soup from pot and blend together with peanut butter. Return mixture to pot and mix well. Season with salt and pepper. If you want a creamy soup, blend, in batches, to desired consistency. Otherwise, smash squash with a potato masher or wooden spoon to thicken broth. Garnish with roasted peanuts if desired.

Miso Sesame Eggplant Pasta

Sara Jones, Tucson CSA

Dice large eggplant into medium size squares, or cut long, skinny eggplant into coins. Add grated ginger and/or chili flakes to your taste.

1 onion sliced thinly
2 medium or 1 large eggplant
1 tablespoon miso
2 tablespoons rice wine vinegar
1 dash soy sauce
1 tablespoon toasted sesame oil
1/2 tablespoon sugar or honey (optional)
1 package soba or spaghetti noodles

For eggplant: Heat 2 teaspoons oil in a skillet over medium high heat. Add onion and eggplant and stir to coat with oil. Cook for about 2 minutes then pour sauce over vegetables, reduce heat to medium low, cover pan and cook until tender. Add water as needed to keep vegetables from drying out or sticking. When eggplant is tender toss together with noodles and garnish with sesame seeds to serve.

Okra Chilaquiles

Sara Jones, Tucson CSA

Chilaquiles are a traditional Mexican dish made with corn tortillas which are cut in triangles or strips and then fried.

Usually, chilaquiles are eaten at breakfast or brunch. This makes them a popular recipe to use leftover tortillas and salsas.

1 bag okra, chopped and stems removed
1/2 green chile, diced
1/2 green bell pepper, chopped
1/2 yellow onion, chopped
6 corn tortillas, sliced into inch long pieces
2 tablespoon oil
Salt and pepper to taste

Unless you have a very large skillet, you may want to do this recipe in two batches to make sure that all the tortillas get crisp.

Heat oil over medium high heat in a cast iron skillet. Add onions and sauté for a few minutes until beginning to brown, add tortillas and stir to coat with oil. Cook for about 4 minutes to allow tortillas to begin to crisp before adding the vegetables. Stir in the vegetables and reduce heat to medium. Cook for awhile longer, stirring occasionally, until tortillas are mostly crunchy and vegetables begin to brown. Add salt and pepper to taste.

