



Tucson Community Supported Agriculture

Newsletter 174 ~ February 2, 2009 ~ Online at www.TucsonCSA.org

Winter 08-09 Week 9 of 12

Harvest list is online

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More recipes online

[\(www.tucsoncsa.org/recipes/\)](http://www.tucsoncsa.org/recipes/)

Farm visit in 3 weeks

Sunday, February 22nd, 11:00 a.m. to 2:00 p.m.

Farmer Frank invites all Tucson CSA members to visit his farm in South Phoenix. There will be a tour of the field led by Frank, followed by food prepared on the premises. Children are welcome. There will be little train rides for the kids.

There is no charge.

The south Phoenix field is near 19th Ave. & I-17. The drive from Tucson to the farm takes just under two hours.

Directions from Tucson:

- take I-10 into Phoenix
- take the first exit for I-17/Hwy 60
- take I-17 to the 19th Ave. exit
- take an immediate left, go under the freeway, then another immediate left, getting on the access road rather than back on the freeway going east.
- at 16th Ave., turn right
- take another right at Watkins

The entrance to the farm will be on your right. You can park near the big gravel pile on the farm grounds.

We will carpool from the CSA. Meet in front of the CSA at 8:30am. We will depart at 8:45am.



Newsletter Editor

Philippe Waterinckx

SPRING SESSION SUBSCRIPTIONS ARE OPEN

February 2 to 15: registration for renewing and former members only

February 16 to 28: registration open to the wait list



The Spring Session runs March, April and May. The cost per produce share for the 13-week session is \$247. (The per-week price is the same as for the current Winter Session, but there's one more week in the Spring Session.) Cheese shares are not available in Spring (and Winter) Sessions.

Contract forms are available at the CSA, or online under Join > Subscriptions. To avoid lines at the front desk, place your completed contract and payment in

our drop-box at the CSA pick-up, or just mail them to us.

To get an idea of what harvests are in store for us this spring, go online to our Harvests link and scroll down to previous spring harvests.

We urge renewing and former members to sign up before we open subscriptions to the wait list on February 16. Starting on February 16, there is no priority for renewing and former members, and we process all contracts in the order received. Remaining spaces can fill up fast after that date.

SPLITTING SESSIONS

If you are hesitant to subscribe to the Spring Session because you plan to be out of town for several weeks, consider placing an ad on our corkboard (above the trading basket), including your contact info and which weeks you would like to trade. You may find a match and be able to participate in the CSA this coming session.

IS AMERICA ON THE BRINK OF A FOOD CRISIS?

From an interview with Wes Jackson, by Robert Jensen, AlterNet. Posted January 29, 2009.

If we continue our offenses against the land, we will have a problem far more complex than the failure of our economy.

As everyone scrambles for a solution to the crises in the nation's economy, Wes Jackson suggests we look to nature's economy for some of the answers. With everyone focused on a stimulus package in the short term, he counsels that we pay more attention to the soil over the long haul.

"We live off of what comes out of the soil, not what's in the bank," said Jackson, president of the Land Institute. "If we squander the ecological capital of the soil, the capital on paper won't much matter."

Jackson doesn't minimize the threat of the current financial problems but argues that the new administration should consider a "50-year farm bill," which he and writer/farmer Wendell Berry proposed in a New York Times op-ed earlier this month.

The full interview with Wes Jackson is available at <http://www.alternet.org/environment>

Arugula and Grapefruit Salad

Sara Jones, Tucson CSA

This simple recipe is inspired by our last farm visit. Peppery arugula and sweet/sour grapefruit go perfect together in this simple recipe (Use any citrus you like, though). The hardest part of this recipe is segmenting the fruit. To do this, just peel the fruit with a knife, cutting away the peel as well as the pith. Remove the individual segments by cutting between segments in a v-shape towards the center of the fruit.

1 bunch arugula, washed and dried (chop roughly if using large leaves)
1 grapefruit, cut into segments
1 small handful thinly sliced onion
2 teaspoons olive oil
2 teaspoon balsamic vinegar
Salt and freshly ground pepper
Chopped pecans or walnuts
Crumbled feta or blue cheese

In a small saucepan heat oil, vinegar and grapefruit over medium high heat. Stir for a few minutes until grapefruit has released some juice. Season mixture with salt and pepper. Pour over arugula, tossing to coat. Garnish with nuts and cheese. Serve immediately.

Vegan Broccoli Rice Bake

Wendy McCrady, Tucson CSA

Make sure to use the tender, tasty stems of your broccoli, as well as the florets.

1 cup long-grain white rice
1/3 cup nutritional yeast (available at natural food stores)
1 tablespoon salt
¼ teaspoon garlic powder
1 cup water
1 cup soy milk
1 bunch CSA broccoli, chopped
8 oz sliced mushrooms (optional)

Preheat oven to 350 degrees. Combine rice and dry seasonings in large casserole dish. Stir in liquids and vegetables. Bake, covered, for 60 to 70 minutes until rice is tender.

Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish.

1 bunch radishes with greens, cleaned and sliced in half lengthwise
1 pat butter
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 1 minute until heated through. Sprinkle with salt and pepper.

Arugula Pesto

Celine Hayden, TCOSA

This makes a great spread for sandwiches, or toss it with cooked whole wheat pasta.

1/2 cup toasted pine nuts (can also use other nuts)
1 bunch or bag arugula
1-3 tablespoons white balsamic vinegar (can also use red but mutes the green color of the arugula)
1-2 cloves crushed garlic
olive oil
salt and pepper to taste

Toast nuts in a pan and add to food processor or blender. Also add arugula, 1 to 2 tablespoon vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable).

Note: the vinegar takes some of the bite out of the arugula. Add more or less depending on taste. Also, blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important—it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).

Steamed Veggies with French Aioli

Lightly steamed veggies are delicious dipped in a simple homemade mayo. Use any fresh veggies available. Cut broccoli lengthwise into long spears. Halve radishes with greens attached. Veggies only need to steam for a couple of minutes. If you have a citrus zester, grate citrus zest over veggies before serving for a pretty and tasty surprise.

French Aioli

1 large egg yolk at room temperature
1 teaspoon Dijon-style mustard
Salt
2 to 3 teaspoons fresh lemon juice
¾ cup peanut oil or mild olive oil (or half of each)
4 to 6 garlic cloves, chopped

Whisk the egg yolk in a small bowl until light and smooth, then stir in the mustard, a pinch of salt, and the lemon juice. Whisk in the oil until the egg and oil thicken. Stir in garlic cloves.