



# Tucson Community Supported Agriculture

Newsletter 175 ~ February 9, 2009 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter 08-09 Week 10 of 12

Harvest list is online

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### SPRING SESSION SUBSCRIPTIONS

**February 2 to 15:** registration for renewing and former members only  
**February 16 to 28:** registration open to the wait list

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.

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.

### Reminder: Visit to our farm (Crooked Sky Farms) in two weeks

**Sunday Feb 22<sup>nd</sup>, 11:00am to  
2:00pm**

Come see where your CSA vegetables grow! See details in last week's newsletter (No. 174).

### Newsletter Editors

Philippe Waterinckx and Kimi Eisele

## PECANS OVER PEANUTS

The recent recall of peanuts from Peanut Corporation of America due to salmonella poisoning may go down as one of the country's most expansive food recalls ever.

The small company in Lynchburg, VA has just a few processing plants, but its peanuts roll deep into the country's food supply. Some 575 people in 43 states have become ill and at least 8 have died as a result of the poisoning. The company, which reportedly knew about the salmonella and shipped its products anyway, is currently under federal investigation.



All the more reason to get nuts and go local! Arizona is the fourth-largest producer of pecans in the country, which means we have an ample supply of local pecans. The family-owned and operated Santa Cruz Valley Pecan Company (also known as Green Valley Pecans), for instance, produces organic pecans (520-791-2062). Or you can find what falls to the ground from local trees!

The harvest, which begins in November, ends right about now. Of course, everyone likes a fresh nut, but pecans keep their quality in the freezer for up to two years. Get nuts. Go local.

## WILD ALASKAN SALMON FROM NAKNEK FAMILY FISHERIES



Want some sustainably-harvested salmon? Through CSA members, we've met Arizona/Alaska residents Chet and Izetta Chambers, who sell salmon and halibut they harvest during the Alaska fishing season. In the winter, they live here in Tucson, Chet's original home, where Chet works for Technicians for Sustainability. In the summer, they're in Naknek on Bristol Bay, Izetta's original home, and run "Naknek Family Fisheries." CSA members interested in "special occasion food" (non-local but sustainably harvested) can check out their website: [www.naknefish.com](http://www.naknefish.com). The price for their salmon fillets is normally \$8/lb. in quantities up to 40 lbs., and \$7/lb. in larger amounts. Tucson CSA members get the \$7/lb. price in quantities of 20 lbs. or more. Contact Izetta at [izetta@naknefish.com](mailto:izetta@naknefish.com) or (520) 780-7545.

## LOCAL GARDENING WORKSHOP

This Valentine's Day, show your love for local food. Join The Food Conspiracy Co-op for a workshop on desert gardening at Tanque Verde Gardens, from 10 a.m. to 12 p.m.

Leo Mercado, owner of Tanque Verde Gardens, one of the Co-op's most bountiful producers, will share his trade secrets for growing healthy organic veggies in the desert. Following the workshop there will be a mini-farmers' market with freshly harvested veggies for sale.

The event is free and open to the public. The gardening workshop has limited spaces and reservations are required. Contact: Torey Ligon at [outreach@foodconspiracy.org](mailto:outreach@foodconspiracy.org) or 624-4821.

### **Fruity Beety**

Maggie Newman, TCSA from The New Laurel's Kitchen

4 beets  
3 oranges or 2 grapefruit  
2 tablespoons grated coconut  
1 teaspoon honey  
juice of ½ lemon  
grated peel of ½ lemon  
2 tablespoons currants (I substituted raisins)  
1 teaspoon vinegar, if desired  
pinch salt

Wash beets and steam whole until tender; then peel. Grate on ripple-shaped grater or slice into long, thin sticks. Peel, seed and cut up oranges. Place half the oranges in blender with coconut, honey, lemon juice and peel, and blend 2 minutes. Mix all ingredients, balancing the sweetness with the additional vinegar if needed. Chill, letting the flavors blend for two hours or so. Makes 3 cups.

### **Braised Broccoli-new**

Sara Jones, Tucson CSA

While bright green, perfectly al dente broccoli is delicious, sometimes it's nice to cook it down into a tender, earthy side dish.

1 bunch broccoli, cut lengthwise into long spears with stems attached  
¼ large onion, diced  
1 tablespoon tomato paste  
1 tablespoon olive oil  
Salt and pepper to taste

Put broccoli and onion in a medium saucepan over medium low heat. Drizzle with olive oil and tomato paste thinned with about ¼ cup water. Sprinkle with salt and pepper and cover. Cook for about 20-30 minutes, until broccoli is meltingly tender. Add more salt if necessary and serve.

### **Simple Beet Soup, Hot or Cold**

Lorraine Glazar, Tucson CSA member

1 bunch baby beets with their greens, or mature beets weighing a total of 8-10 ounces  
½ teaspoon salt  
2 tablespoons lemon juice (or orange juice)  
1 cup vegetable stock  
2 to 4 tablespoons fresh dill or fresh mint (to your taste)  
Pepper  
Sugar (optional)  
Red balsamic or red wine vinegar (optional)  
Rye bread or pumpernickel croutons (optional)

Cook the beets (including greens if applicable) in just enough water to cover, adding ½ teaspoon salt to the cooking water.

Cook until beets are tender, the timing will vary with size. Reserving the cooking water, cool the beets under cool water and rub off skins. Finely chop the beets. If you are planning on serving the soup hot, and have time, julienne the beets into neat sticks.

To serve cool: Put beets, lemon or orange juice, and stock into the food processor or blender. Puree the ingredients, adding the reserved cooking water to achieve your preferred texture. Taste the soup and add a touch of sugar or vinegar to get that fine sweet and sour balance. Add finely chopped fresh herbs and garnish, if desired, with a dollop of sour cream.

To serve hot: Put beets, lemon or orange juice, and stock into the cooking pot and heat. Add reserved cooking water to achieve your preferred texture. Taste the soup and add a touch of sugar or vinegar to get that fine sweet and sour balance. Add finely chopped fresh herbs and serve, garnished with croutons.

### **Greens cooked with Onions**

Submitted by Lisa Janz, TCSA member. Adapted from Madhur Jaffrey's Indian Cooking

1 bunch of greens  
1/2 onion  
2 tablespoon ghee or vegetable oil  
1 fresh hot green chili (Thai chilies work best)  
1 teaspoon peeled, finely grated fresh ginger  
1/2 teaspoon salt  
1/4 teaspoon sugar  
1/4 cup water  
1/4 tsp garam masala (Indian spice mix available at 17th street or other international market)

Cut greens into 1 inch wide strips. Finely chop onion. Heat oil in pan over medium heat and put in onions when hot. Stir and fry for about 3 minutes. Add chopped greens, chili, ginger, salt and sugar. Stir and cook for 5 minutes. Add water, stir, and cover tightly. Turn heat to low and cook for about 10 minutes. Uncover and boil away excess liquid. Sprinkle with garam masala, mix and serve.

### **Lori's Dill-icious Bean Dip**

Lori Adkison, Tucson CSA

Serve this dip with thin slices of raw carrot, beet, turnip or kohlrabi. You can vary the flavors to your taste, adding more dill or salt and pepper as you desire. If you are in a hurry, just try adding chopped dill to a store-bought hummus, for similar results.

About 3 cups cooked white beans  
4 tablespoons olive oil  
1 handful chopped dill  
3-5 garlic cloves

Process all ingredients together in a food processor or blender, adding bean juice as needed to make a smooth paste. Taste for flavor and season to your taste with salt and pepper and more dill if desired.