



Tucson Community Supported Agriculture

Newsletter 176 ~ February 16, 2009 ~ Online at www.TucsonCSA.org

Winter 08-09 Week 11 of 12

Harvest list is online

The Back Page

Japanese Farmhouse Greens
Dandelion Greens Fettuccini
Italian Dandelion Greens
Cottage Pie

More recipes online

SPRING SESSION SUBSCRIPTIONS

February 16 to 28: registration opens to the wait list. Current and former members can still renew but there may be space limitations as we begin to fill up.

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 as soon as possible. On February 16, we opened subscriptions to wait list members, and remaining spaces can fill up fast.

Last reminder: Visit to Crooked Sky Farms is this coming weekend

Sunday Feb 22nd, 11:00am to 2:00pm; meet at the Historic Y at 8:30am to carpool (keep unneeded cars off the road!).

Come see where your CSA food grows! See details and driving directions online (under "News and Announcements" on the home page), and in newsletter no. 174 (Feb 2) (click on "Newsletters" on the home page).

Newsletter Editors

Philippe Waterinckx and Kimi Eisele

"URBAN CHICKENS" WORKSHOP



So you want to join the revolution? The backyard chicken revolution, that is. Find out how with Kim Fox this Sunday Feb. 22 at 1:00 pm. (Kim will also give the workshop on Sunday, March 8, same time and place, so that CSA members can join the farm visit on Sunday, Feb. 22.)

Keeping chickens is a sustainable way to get your own delicious eggs, use your kitchen scraps, and provide good fun and responsibility for your kids.

The workshop will cover designing and constructing a hen house, care and maintenance, and for those who wish to stay a little longer, butchering and dressing-out a chicken.

The workshop is \$20. Please RSVP by calling: 622-1917. Learn how to bring food production into your own backyard!

GOT FRUIT? A message from Iskash*taa

Do you have excess fruit that is falling off the branches and into the yard? They are screaming to be picked! Many fruit lay on the ground going to waste every year. A local harvesting network can help you take care of "the problem"! Let them come and harvest your fruit!

The **Iskash*taa Refugee Harvesting Network** is a local organization that empowers refugees by creating opportunities to use their knowledge and skills from Africa and Asia (i.e. harvesting, food preservation, sewing, and weaving) to help their families integrate with the larger Tucson community while gaining life skills that serve them in America.

Refugees are people without countries. Their loss is incalculable: loss of home, livelihood, safety, belonging, and sometimes family. Our hope is that awareness will inform caring, and that caring will inspire action.

In this economic recession we need to band together and help one another. Budgets are tight and jobs are hard to find. For recent refugees who are coming to America, it means that life will be even tougher. Your donations will help many refugee families across Tucson.

Iskash*taa Refugee Harvesting Network has been harvesting since 2003 and have collected over 300,000 pounds of fruit! Right now it is citrus and pecan season! Just give them a day and time and they will come harvest your fruit!

If you would like to donate fruit, sewing machines or material, etc. or volunteer, please contact the Network at www.iskashitaa.org or harvest@fruitmappers.org. Telephone Whitney Hollis, harvesting and GIS coordinator at 480-242-7177.

Motto: No Fruit Left Behind

Editor's Note: Part of the Tucson CSA surplus vegetables is routinely donated to Iskash*taa.

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. The tahini provides an excellent foil to the pungent bite of mustard or the bitterness of dandelion or endive. Use this as a filling for sushi, too.

1 or 2 bunches braising greens
1 heaping tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of water if necessary, to thin. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

Dandelion Greens Fettuccini

The Cook's Garden catalog - Spring/Summer 1989

2 cups dandelion greens
2 eggs
1 1/2 cup flour
1/2 teaspoon salt

Put dandelion greens and eggs in a blender and blend until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8"-1/4 inch thickness or thinner. Allow to stand and dry 1 hour, then cut into strips. Drop into boiling water and cook 1-2 minutes. Serve with butter and grated parmesan or asiago cheese.

Italian Dandelion Greens

Sara Jones, Tucson CSA

In this recipe, the creamy cheese, salty capers and olives and sweet tomatoes help to balance the bitter flavor of dandelion greens. If you really dislike the bitter flavor, just blanch your greens first, by submerging them in boiling water for about 1 minute. That should make the greens much milder.

1/2 yellow onion, chopped
1/2 can stewed tomatoes, chopped
3 cloves garlic, minced
1 bunch dandelion or other greens, washed and roughly chopped
1/4 cup chopped olives and/or capers
2+ tablespoons goat cheese
Red pepper flakes, to taste
1 tablespoon olive oil
Salt and pepper to taste
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and pepper and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or cooked wheat berries.

Cottage Pie

Sarah Martin, Tucson CSA

This recipe can easily be altered to accommodate a changing variety of produce.

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 turnips, diced
1/2 cup onion, diced
1 bunch greens, roughly chopped
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 turnips, onion and greens. 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 use cooked lentils for a vegetarian option.