



Tucson Community Supported Agriculture

Newsletter 177 ~ February 23, 2009 ~ Online at www.TucsonCSA.org

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More recipes online

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

BEEF AND PORK

We're taking deposits now for an order of grass-fed beef due to arrive about mid-March. After that, we'll take deposits for a pork order expected around the end of March. In the meantime, we still have individual packs (no deposit needed) of breakfast and Italian pork sausage and smoked shoulder bacon.

To help us with the next pork order, please come to the front desk and let us know if you liked the last order and what types of cuts or sausages are your most or least favorite.

Last reminder: Last few days of registration for Spring Session

This is the last week of Winter Session, and as we expected, we're starting to fill up for Spring Session as new members join from the wait list. Tuesday is full, but there are still quite a few spaces on Friday. To register for Spring Session Friday pick-ups, we must receive your contract and payment by 7:00 p.m., Tuesday March 3rd.

Contract forms are available at the CSA, or online (under Join > Subscriptions).

Newsletter Editors

Philippe Waterinckx and Paul Durham

OUR VISIT TO CROOKED SKY FARMS THIS PAST SUNDAY



Who's your Farmer? Ours is Farmer Frank, and here he is pictured standing in his field, telling us about broccoli.

As a CSA, an important part of our mission is to help our members know what they're eating, where it comes from and even the people who grow it. Our farm visits make this possible, and we have a good time and meet good people as well. The kids love it too!

When we arrived at the field for our farm visit this past Sunday, we talked with Frank and his knowledgeable staff of Crooked Sky farm hands and asked a number of questions

about their farming methods and what was in the fields. Then Frank handed us some bags and invited us to harvest a few things for ourselves. We wandered around harvesting things like beets, carrots, sweet potatoes, tatsoi, onions, garlic – a little of this and a little of that. Meanwhile, kids of all ages rode around the fields in little train cars pulled behind a tractor.

Then we returned to sit on hay bales, have a delicious lunch, visit some more, and see a cooking demonstration using ingredients harvested from the fields that same day.

These are just a couple pictures from our visit.

Members are invited to post pictures of the farm visit, or any other aspect of the CSA, on our Facebook page. It's at www.facebook.com/group.php?gid=62825683536.



CITRUS CELEBRATION, OUR THANKS AND YOUR FEEDBACK

The last week of the Winter Session is upon us. Spring is around the corner and with it we will gradually transition to warm season crops. This also means that less greens will be coming our way, which we are sure will leave some of you quite disappointed.

We want to thank all of you for your support this session. We would also like to extend special thanks to those members who have been with us for many years: it means a lot to us to see you return session after session and it feels good to know that the Tucson CSA is acquiring a steady following.

To thank you all and to mark the end of this session, Sara and Lori have prepared a "Citrus Celebration" for this week's pick-up times. Citrus season is in full swing and we'll be proud to show you a few special citrus treats. There will be samples of carrot cake with grapefruit curd, candied citrus peels and grapefruit soda. Enjoy!

We would also welcome your feedback. We want to better understand what you like and don't like about the CSA, and what your expectations may be. We are particularly interested in hearing from members who are not renewing – we know the CSA doesn't always work for everyone, so you won't hurt our feelings, but it's helpful to know why some folks decide to leave us. You can leave feedback via the "Contact Us" link on our home page. Thank you!

Grapefruit Curd-new

Adapted from How to be a Domestic Goddess, by Nigella Lawson

Citrus curd, most commonly associated with lemon or lime, is a delicious way to transform citrus. Use any citrus you like. Tangelos and grapefruits will work well on their own as they have a nice, tart flavor. If you want to use sweeter citrus, make sure to use half lemon juice to keep the tart flavor. The curd will freeze well for future use.

6 tablespoons unsalted butter
3 large eggs
½ cup sugar
½ cup citrus juice
About 1 tablespoon citrus zest

Melt butter in a saucepan over low heat. Add the rest of the ingredients, stirring well to prevent burning and clumps. Cook, stirring, until the mixture has thickened to a mayonnaise-like consistency. Pour into a jar, where mixture will continue to thicken into a spreadable curd. Refrigerate and use within 1 week, or freeze.

Candied Citrus Peel-new

Lori Adkison, Tucson CSA

This is an easy way to make candied citrus peels. Use a vegetable peeler or paring knife to peel long strips of zest. Try to avoid peeling the white pith along with the zest, it can be quite bitter. You can store the cooked peels in the fridge, in their syrup, or put them on a drying rack, sprinkle with sugar, and dry until brittle. Dried peels will store well in an airtight container. They make excellent additions to cakes and pies, granola and ice cream. The simple syrup that the peels are cooked in has a delicious citrus taste, too. Use it in cocktails or other drinks.

For about 1 cup of citrus peel you will need a simple syrup of:
1 ½ cups white sugar
1 ½ cups water

Put zest in a medium saucepan and cover completely with water. Bring to a boil over high heat. Drain water and repeat the boiling and draining two more times. Make a simple syrup by dissolving the sugar in boiling water and returning to a boil. Then add peels and return to a boil. Remove from heat, let cool and transfer to a jar for storage in fridge.

Easiest Greens in Tortillas-new

Sara Jones, Tucson CSA

This recipe is great with 'stemmy' greens, like bok choy and tatsoi. An Asian chile paste tastes best, but you can use salsa to spice the greens, too.

2 large handful greens (with stems), cleaned and roughly chopped
1-2 cloves garlic, minced
2 teaspoons oil
Chile paste (Sriracha is excellent), to taste

Mild, fresh cheese, if desired
4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and sprinkle with cheese if using.

Linguine with Arugula, Pine Nuts and Parmesan Cheese

Phoenix SW Valley CSA

1 pound linguine
½ cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
½ cup pine nuts, toasted
additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional parmesan separately. Serves 6.

Pac Choi Gyoza/Dumplings

Sara Jones, Tucson CSA

You can buy round gyoza/dumpling wrappers at most grocery stores. These are delicious deep fried, but can also be boiled or pan fried in a small amount of oil. One bunch of pac choi will make enough stuffing for quite a few dumplings. Make extra and place them on a cookie sheet to freeze. Once they are frozen, remove from the tray and place in freezer bags to freeze for up to 6 months.

1 bunch pac choi (including stems), finely chopped
½ inch ginger, grated
3-5 green onions
3 or 4 grated radishes
Soy sauce, to taste
Pinch black pepper
1 package dumpling/gyoza wrappers

Mix first five ingredients together. To stuff dumplings, place a small amount of filling on the lower half of a wrapper. Moisten edges with water and fold top half down over filling. Use the tines of a fork to seal the edges. To cook, drop in boiling water and remove once dumplings float. Or, coat the bottom of a large skillet with oil and cook on each side until golden brown. Prepare frozen dumplings, straight out of the freezer, the same way. Serve dumplings with a dipping sauce or soy sauce with sugar, minced garlic and sesame oil added to it.