



Tucson Community Supported Agriculture

Newsletter 180 ~ March 16, 2009 ~ Online at www.TucsonCSA.org

Spring 09 - Week 3 of 13

Harvest list is online

The Back Page

Bruised Raw Curried Green Salad
Miso Soup
Joyce's Cabbage
Asian Slaw

More recipes online

Water Harvesting Fundraiser

Join the Watershed Management Group for an evening of food, education and entertainment.

The event will feature water harvesting tour, BBQ dinner (with veggie option), performance by KXCI's Petey Mesquitey, and live music.

Saturday, March 28th, from 5 to 8 pm at Esperanza en Escalante, 3700 S. Calle Polar.

Tickets are \$25 (\$30 at the door).
More info at www.watershedmg.org or call Lisa at 396-3266

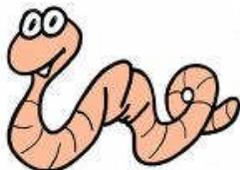
Proceeds will support water harvesting projects with low income and disadvantaged communities.

Worm Bin Workshop

Turn your household waste into living soil with earthworms. They make the best fertilizer there is.

Kim Fox will show how to make a worm bin and how to harvest worm casting from it. Worm bins can even be kept under your kitchen sink.

Saturday, March 21, 2009, 3-5 pm
Cost: \$20
RSVP Kim at 622-1917



Newsletter Editor

Philippe Waterinckx

THE TUCSON CSA MURAL



If you haven't seen our mural yet, take the time to step inside the CSA to have a look around. The walls of both rooms are painted with a mural we are very proud of. It was executed in bits and bouts over a period of three years by Joe Silins, one of our members, and it was completed last summer. The scenes depicted are composites of real landscapes and Joe's imagination. The canal is a branch of the Salt River Project canal that runs along Farmer Frank's 18-acre field in Glendale. The fields are inspired by the Native Seeds/SEARCH farm near Patagonia. One of the characters depicted is someone from the Tucson CSA. Can you tell who it is!

APHIDS TIME

The farm is now in full transition from winter to spring. It sounds wonderful and it is. However, this is also the time of year when aphids will show up in your shares along with your spring produce. "Why is that?," you may ask. With the warmer weather, aphids start proliferating in the fields and on the vegetables intended for your table. Aphids are tiny little green bugs that can infest plants in large numbers to feed on the plants' sap. They particularly enjoy feasting on cruciferous vegetables, i.e. cabbage, cauliflower, broccoli, etc. Who could blame them?

Luckily, aphids are never there for very long. They go away after a few weeks. Rest assured: Farmer Frank never sprays his crops with pesticides. Instead, he uses natural pest control methods, as always. The trick is that it takes a few weeks for aphid predators, like lacewing and ladybug larvae, to start proliferating and, in turn, feast on the aphids. So, for a few weeks, you are likely to come across those little green-gray pinhead-sized bugs in your shares. The severity of the aphid attack varies from year to year. Some years it is mild, other years it is more pronounced.

If you don't want aphids to be part of your dinner, make sure to give your veggies an extra rinse. Swishing your veggies in a bowl of water laced with vinegar will usually get rid of those unwanted guests. The problem will go away after two to three weeks, the time it takes to lacewings and ladybugs to get on top of things.

GRASSFED LAMB

Twice a year the Tucson CSA orders lamb shares from Nathan Watkins at San Ysidro Farm. Nathan raises grass-fed and grass-finished lamb on his small family farm in McNeal (Cochise County). We've worked with him for years and our members have been very satisfied.

A \$20 deposit at the front desk will reserve your share and you will pay the balance upon picking it up a few weeks later. We plan to have it available just before Easter.

A share contains a mix of frozen cuts, including ground meat, chops, riblets, shanks, a roast and more. More details at the front desk.

'Bruised' Raw Curried Green Salad

Sara Jones, Tucson CSA

You can use any type of kale, or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine
1 carrot, grated
¼ small cabbage, sliced finely
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
½ cup sunflower or pumpkin seeds
½ bunch green onions, cleaned
2 tablespoons apple cider vinegar
2 tablespoons apple or orange juice
1 tablespoon oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and cabbage and set aside. In a food processor or blender, puree onion, vinegar, juice, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.

Miso Soup

Sara Jones, Tucson CSA

Soba noodles taste best here, but you can use any long spaghetti type noodle you have on hand.

¼ block of firm tofu
2 carrots, sliced
1 head bok choy, chopped
Soba noodles
½ inch ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
2 tablespoons miso paste
2-3 green onions, chopped fine
Soy sauce to taste

Sauté grated ginger, minced garlic, and red chili flakes very briefly in a soup pot. Add a quart or so of water, bring to a boil and add chopped greens, carrots, noodles, cubed firm tofu and mushrooms if desired. When noodles are ready, remove pot from heat and add about 2 tablespoons of miso, a dash of soy sauce and the green onions. This is an incredibly easy and nutritious soup; I think of it as my vegan chicken soup recipe.

Joyce's Cabbage

Joyce Wong, Tucson CSA

1/2 head of finely shredded cabbage. rinsed
2-4 cloves of minced garlic
2 tablespoons apple cider vinegar
A glug of olive oil
A pat of butter
Salt and pepper to taste
1 hefty tablespoon of lemon artichoke pesto (optional)

I love cooking with my Dutch oven, but you can use a heavy saute pan just as well.

Turn stove on medium high and drizzle a glug of olive oil in the Dutch oven. Add a pat of butter when the oil starts to shimmer. When the butter has stopped foaming, add the cabbage. You might want to put in half the cabbage first, toss it a bit to coat with oil and then add the other half. Turn the heat down a little, and let the cabbage cook with the little bit of water from the rinse. Turn the cabbage from time to time so that it cooks evenly. If it looks dry, add a little water. When the cabbage starts to soften, add the garlic and toss gently to mix. After the garlic has blossomed for a bit, add the vinegar. I happened to have some left over artichoke pesto, so I threw that in also. Mix and let the taste develop. When the cabbage looks soft and friendly, season with salt and pepper.

This can be served on toasted bread, with rice or noddles. If you have plain, cooked quinoa, heat the quinoa in a little bit of butter, and serve the cabbage on top.

Asian Slaw

Sara Jones, Tucson CSA

You can serve this dish as a cold salad over lettuce, or cook all the ingredients together with noodles for a meal, adding tofu or cooked shredded chicken, if you like.

Salad

¼ head purple or green cabbage, shredded
1 head bok choy, shredded
3 carrots, shredded
3-4 green onions, sliced
1 orange (or other citrus) sliced into segments
Mix vegetables and toss together with one of the following dressings:

Peanut Ginger Dressing

2 tablespoons peanut butter
1 inch piece fresh ginger, grated
¼ cup orange juice
1 tablespoon rice wine vinegar
1 tablespoon soy sauce

Sesame Soy Dressing

1/8 teaspoon dry mustard
1 teaspoon sugar
1 tablespoon rice wine vinegar
1 tablespoon soy sauce
1 tablespoon oil
1 teaspoon toasted sesame oil
1 teaspoon chili sauce