



# Tucson Community Supported Agriculture

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## Spring '09 Week 4 of 13

Harvest list is online

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More recipes online

### Excess Citrus? Donate it!

Got too many lemons, tangerines, loquats, grapefruits or oranges? Consider donating them to a local harvest network. Iskash\*taa is an inter-generational group of refugees from Africa and Tucsonan volunteers harvesting approximately 20,000 lbs. of fruits and vegetables each year from backyards and local farms. These nutritious foods are then redistributed to refugee families from many countries and other Tucson organizations that assist families in need.

To learn more about this project, donate citrus, or volunteer with the harvest, contact Barbara Eiswerth at 440-0100 or visit [www.iskashitaa.org](http://www.iskashitaa.org).



### Newsletter Editor

Kimi Eisele

## FIRST FAMILY GARDEN: INSPIRATION FOR THE NATION



We can thank all the lobbying by everyday local food advocates (like some of you!) and food celebs like Alice Waters. The plea to the president to convert part of the White House lawn into a productive organic garden worked! The First Family listened. Last week, Michelle Obama and a crew of third graders from a Washington, DC elementary school started digging up a 1,100-square-foot plot of lawn, which will become the White House garden.

Not since World War II—when Eleanor Roosevelt planted a victory garden—has there been a White House garden. The organic garden will feed the first family and their dignified guests and educate children about eating healthy and local fresh food.

"My hope is that through children, they will begin to educate their families and that will, in turn, begin to educate our communities," Mrs. Obama said.

Everyone in the family—even the president himself—will take responsibility for weeding the garden, according to the First Lady.

Mrs. Obama said the garden is a perfect way for the family to demonstrate their own commitment to eating healthy. In recent years, she said she saw the effects of fast, processed foods on her daughters, Malia and Sasha. By changing their diet, she experienced firsthand the difference between prepared and packaged foods and fresh, local produce.

"A real delicious heirloom tomato is one of the sweetest things that you'll ever eat," she said. "And my children know the difference, and that's how I've been able to get them to try different things. "

While her family will now garden their own plot (with the help of many volunteers and school students), Mrs. Obama also praised the power and importance of community gardens, which can provide gardening opportunities to people in urban communities with limited time or space for their own garden.

Among the foods to be planted are spinach, chard, collards, kale cilantro, peppers, tomatillos, herbs, berries and variety of lettuces including red romaine, green oak leaf, butterhead, red leaf and galactic. The garden will also produce honey through its two beehives!

But, shamefully, no beets. The president reportedly doesn't like them. Since the news, beet champions on the blogosphere have been vehemently celebrating these sweet purple root veggies. If you're so inclined, you can join that movement, too!

(From the *New York Times*, March 20, 2009. "Obamas to Plant Vegetable Garden at White House" by Marian Burros and March 23, 2009, "No Beets in the White House Garden" by Tara Parker-Pope.)

### Slow Cooker Vegetable Stock-new

Lorraine Glazar, Tucson CSA

I find it interesting that suddenly frugality is “in”. For me, it was never “out”. One of the best frugal and delicious moves is to make homemade vegetable stock. I’ve never found a canned or boxed vegetable broth I like, and since it is so easy to make my own, I don’t have to. Using a slow cooker conserves energy, and the idea can be adapted to stove top or pressure cooker.

Clean vegetable trimmings: Root ends of onion, herb stems, green tops from f’itoi onions, tails and tips from carrots, tomato cores, turnips, radishes, celery tops and roots, fennel cores, skins peeled off of ginger roots, etc.

2 quarts good-tasting water

Bay leaf

Peppercorns

Dried chili (optional)

Save your clean vegetable trimmings in the freezer until a gallon sized bag is at least half full. Place these trimmings in your slow cooker and cover with 2 quarts water. Add a bay leaf and a dozen whole peppercorns. Cook on slow for 4 to 8 hours. Allow to cool, and strain liquid into sturdy jars.

Tips for success:

Use water you like to drink. Tap water is fine if it tastes good to you, otherwise use filtered. Subtle vegetable flavor won’t overcome chlorine or heavy mineralization. Do not salt. You will salt the stock when you deploy it in cooking. Save strong flavored vegetables (members of the cabbage family, artichoke peelings, etc) separately and make a batch with them for use in like-tasting soups. Be sure to taste the stock before you label it in case there are any strong flavors (broccoli stems, etc.) you didn’t notice when the mix went in. Potato peels, winter squash trimmings, etc. make a wonderful cloudy broth. It’s perfect for chowders or other thick chunky soups; keep it separate from stock you want to look clear. Compost the solid vegetables after you have strained off the stock. If planning to freeze the stock leave 1 ½ inches “headroom” in the top of the jar.

### Citrus Sorbet

Paul Durham, Tucson CSA

1 quart citrus juice (approx. 4 grapefruit or 8 oranges)

1 rounded tablespoon zest, finely grated (option: increase the amount of zest for a stronger citrus flavor and more tartness)

1/2 cup agave nectar\*

¼ cup vodka (optional)

Simmer zests in agave nectar for a couple minutes and let it sit.

Juice citrus and add juice to nectar. Add vodka.

Refrigerate until cold. Stir thoroughly, then pour into an ice cream maker and freeze according to the manufacturer’s instructions. Transfer to a container and freeze until firm. Serve in martini glasses and garnish with sprigs of mint or fennel.

If you do not have an ice cream maker: pour into 9-inch square metal baking pan; cover and freeze, stirring occasionally, until partially frozen, about 4 hours. In a food processor with knife blade attached, process sorbet until smooth but still frozen.

### Sweet Potato Biscuits

Lorraine Glazar, TCSA

2 cups all purpose flour (about 9 ounces)

1 Tablespoon sugar

2 teaspoons baking powder

½ teaspoon salt

5 Tablespoons chilled unsalted butter, cut into small pieces

1 cup pureed cooked sweet potatoes, cooled

1/3 cup fat free milk

Cooking spray

Preheat oven to 400 degrees. Lightly spoon flour into a measuring cup and level with a knife. Combine flour, sugar, baking powder and salt in a bowl. Cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Combine sweet potato and milk in a small bowl; add potato mixture to flour, stirring just until moist. Turn dough out onto a lightly floured surface; knead lightly 5 times. Roll dough to a ¼ inch thickness; cut with a 2 inch biscuit cutter into 10 biscuits. Place biscuits on a baking sheet sprayed with cooking spray. Gather remaining dough. Roll to a ¼ inch thickness. Cut with a 2 inch biscuit cutter into 6 biscuits. Place the biscuits on prepared baking sheet; discard any remaining dough. Bake at 400 degrees for 15 minutes or until lightly browned. Remove from baking sheet and cool 5 minutes on wire rack. Serve warm or at room temperature.

### Sweet Potato Enchiladas w/ Salsa Verde

Sara Jones, Tucson CSA

If you have tomatillo salsa, use that as a sauce for these enchiladas. If not, a can of red enchilada sauce or a quick red chile sauce would work. Also, you will save a lot of time on this recipe if you already have some leftover baked potatoes and roasted garlic, so plan ahead during the week.

About 1 1/2 cups mashed baked potatoes

1 head roasted garlic

1/4 cup toasted walnuts

Salt and pepper to taste

1 package corn tortillas

1/4 cup mild white cheese, grated

1 cup salsa verde or red enchilada sauce

Cut top off of roasted garlic head and squeeze to remove garlic from skin. Mash together with sweet potatoes, then mix in nuts and salt and pepper to taste. Heat about 1 tablespoon of oil in a small skillet and cook corn tortillas individually in oil until softened, draining on a paper towel. Take one tortilla and spread a spoonful of filling down the length of the tortilla just to the left of the center. Fold shorter (left) side over filling, then roll up and place in a greased, square baking pan. Continue with the rest of tortillas and filling. Pour salsa verde or red enchilada sauce over enchiladas and top with grated cheese. Cover with tin foil and bake in a 375 degree oven for about 20 minutes, then remove foil and bake 10 more minutes.