



Tucson Community Supported Agriculture

Newsletter 182 ~ March 30, 2009 ~ Online at www.TucsonCSA.org

Spring 09 - Week 5 of 13

Harvest list is online

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More recipes online

EAT THE VIEW -- follow-up

Want to follow how the Obamas are tackling food issues? Check out the OBAMA FOODORAMA blog at <http://obamafoodorama.blogspot.com>.

Reminder – Second Payments Due This Week

If you elected to pay for your CSA subscription in two equal payments, the second payment is due by the end of this week.

Save the Date – Cooking Demo Next Week

Super Sara, with help from Lovable Lori, will be giving another of her cooking demonstrations next week, Week 6. To watch her in action, get to the CSA before 6:30 and allow a few extra minutes for your CSA pick-up.

Newsletter Editors

Philippe Waterinckx & Paul Durham

FARM NEWS – Artichokes, Tomatoes and Corn

When we called Farmer Frank for farm news today, we learned a lot about corn! But first the artichokes and tomatoes: Crooked Sky has begun harvesting artichokes. We'll get them this week, and for roughly the next six weeks. They'll start out small to medium-sized, and get a bit bigger later on. Frank and his crew have also been planting a lot of tomatoes lately. Some of those planted first are blooming and starting to set fruit. We'll see tomatoes in the second half of May, depending on the weather.

The farm has also been planting a lot of corn. This year, Frank is trying out an open-pollinated (non-hybrid) corn called Double Standard. In the past, we've received a hybrid called Super Sweet. The Double Standard can have more corn taste, but it reacts differently to being harvested. Super Sweets actually continue to increase their sugar content for about two days after picking. So a Super Sweet harvested on a Tuesday, reaches its peak on Thursday and would still have a bit higher sugar content by the weekend than when it was harvested several days before.

The open-pollinated varieties, like Double Standard, start to lose their sugar as soon as they're harvested. So while they potentially offer more corn flavor, it's more important to eat them soon after harvest, ideally, the day you get them. When the corn starts showing up, near the end of May, we'll identify the variety so you know whether to hurry to eat them, or take your sweet time (pun intended).

NEWS FROM CC, THE EX-COURTYARD CAT



Many of you probably remember CC, the shy but spirited stray cat who had moved in the courtyard last fall. We cared for her for a few months and had her vaccinated and spayed. Although very shy at first, she made it clear that she craved human contact. So, we were glad when she was adopted by one of our members' relatives. It looks as if CC has made the final leap to "indoor cat" and is enjoying life as a trekkie!

FOOD SAFETY HITS THE FAN

Food contamination happens! Just look at the headlines – recently we've seen government alerts and industry recalls for everything from toxic tomatoes to pathogenic peanut butter and sullied spinach. These food contaminations have been caused by large-scale food production practices.

House and Senate bills have been proposed to address the subject. One of these bills is causing concern among local food advocates: H.R. 875 (Food Safety Modernization Act of 2009). Some charge that this legislation will put small farms and food producers at a competitive disadvantage. For what appear to us to be balanced views on the subject, see an article by Marion Nestle (she wrote the book on the politics of food) at www.thedailygreen.com/healthy-eating/blogs/healthy-food/organic-farming-440320604 and an alert from The Cornucopia Institute at www.cornucopia.org/2009/03/action-alert-critical-pending-food-safety-legislation/.

Stuffed Artichoke

Philippe, Tucson CSA

1 large or several small artichokes
1 small onion
2 garlic cloves
Oil, vinegar, salt, pepper, herbs

With a sharp knife, remove the top third of the artichoke as well as the stem. With scissors, cut the remaining sharp tips off the leaves. Using your thumbs, separate the leaves as much as you can. Don't hesitate to apply force – artichokes are tough babes! Peel an onion, cut it in half, and slice it into 1/3" thick strips. Peel two cloves of garlic and cut them into 4 to 6 slices each. Insert the garlic slices and ends of the onion strips among the leaves. Pack in as many as you can! Place artichoke in a small saucepan. Fill the pan with water halfway up the height of the artichoke. Pour 1/4 cup oil and 1/4 cup vinegar over the top of the artichoke. Sprinkle the artichoke with salt, pepper, and thyme, Italian herbs, or Herbes de Provence (or any seasoning of your choice). Cover, bring to a boil, and simmer for 1 to 1-1/2 hours (less time for small artichokes). Serve hot, warm or cold, by itself or with a garlic-butter dip.

Shiny Happy Carrot Hummus

From www.blog.fatfreevegan.com

Adapted by Lorraine Glazar, Tucson CSA

See what color your hummus turns out with comic carrots!

2 medium carrots, scrubbed and sliced (about 1 cup)
1/4 cup water
2-3 cloves garlic
1 15-ounce can chickpeas, rinsed and drained
2 tablespoons fresh lemon juice
1/2 teaspoon salt, or to taste
1/2 tablespoon tahini
1/4 teaspoon ground coriander or cumin
1/2 teaspoon ginger paste (or 1/4 teaspoon finely minced ginger)
pinch cayenne
1/4 teaspoon paprika

On the stove or in the microwave, cook the carrots in the water, covered, until the carrots are just tender. (I nuked 'em for 2 1/2 minutes.) Put the carrots, water, and garlic into the food processor and puree. Add the chickpeas, lemon juice, and salt to the processor and puree until smooth. At this point, you can stop and have a very simple, very light hummus. Or add the remaining ingredients and blend well. Serve as a dip, a sandwich filling, or a salad dressing.

Cooking Wheat Berries

Wheat berries take a bit of patience and planning to cook, but the cooked berries store well, so I like to make a big batch for easy use later in the week. If you can remember to soak them overnight – it will reduce their long cooking time. Also, see our

website for information on sprouting wheat berries, which some people prefer to do before cooking, as well.

- Place soaked, sprouted or dry wheat berries in a medium pot with lots of water, like you were cooking pasta.
- Bring water to a boil, then lower heat to a simmer.
- Cook until wheat berries are al dente (they will still be slightly chewy) and drain. This could take up to an hour and 15 minutes!
- Cool berries then store in the refrigerator for up to 5 days.

You can also cook wheat berries in a crock pot, as you would beans. I've found they take about 6 hours on the lowest setting.

Wheat Berry Muffins

Lori Adkison, Tucson CSA

2 eggs
2/3 cup plain yogurt
1/3 cup vegetable oil
2/3 cup cooked wheat berries
3/4 cup all purpose flour
3/4 cup whole wheat flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Beat together eggs, yogurt and oil until well blended. Stir in wheat berries. Mix together dry ingredients and stir into wet ingredients. Fill muffin tins 2/3 full and bake for 20 minutes or until they test done. When muffins are cool, drizzle with orange glaze.

Orange Glaze

1/2 cup powdered sugar
1 tablespoon orange juice

Curried Wheat Berry Salad

Sara Jones, Tucson CSA

3 cups cooked wheat berries
1/2 onion sliced
1-2 cups mixed diced sweet potato and carrot
1/2 cup apple juice
2 tablespoons oil
2 tablespoons curry powder
1 apple, diced
1/4 cup raisins
1/4 cup almonds or cashews

Saute onions in oil over medium high heat. Cook until lightly brown, then add other veggies, apple juice and curry powder and cook until tender (adding water as necessary to prevent sticking). Stir in wheat berries, apples, raisins. Serve topped with chopped nuts.