



Tucson Community Supported Agriculture

Newsletter 186 ~ April 27, 2009 ~ Online at www.TucsonCSA.org

Spring 09 - Week 9 of 13

Harvest list is online

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More recipes online

Urban Chicken Coop Tour

The Food Conspiracy Co-op is looking for a few more chicken coop owners to participate in their chicken coop tour on May 23.

Contact Torey at outreach@foodconspiracy.org or 624-4821.

Composting 101 Workshop

May 2nd 2009
10 to 11:30 am
Tanque Verde Gardens
Free

Join Food Conspiracy Co-op and fellow gardening enthusiasts for a fun workshop on compost and learn how to improve your soil and your gardening results. Leo Mercado, resident gardener at Tanque Verde Gardens, and one of the Co-op's most bountiful local producers, will share his trade secrets for growing healthy soil in the desert.

Meet at the Co-op at 9 a.m. to carpool to Tanque Verde Gardens on the east side of Tucson, or meet the tour there.

Registration for this event is required. Spaces are limited, so sign up early. This event is free; however, please consider bringing money to purchase fresh local veggies at Tanque Verde Gardens to thank Leo for sharing his time and expertise.

Sign up by contacting Torey at outreach@foodconspiracy.org or 624-4821.

Editor: Philippe Waterinckx

SUMMER SESSION REGISTRATION BEGINS MAY 4



Registration for current and former members is May 4 to May 30 (or until we fill up, whichever comes first). Contract forms are available at the CSA, or online under *Join > Subscriptions & Cost*.

To avoid lines at the front desk, place your completed contract and payment in our drop-box at the CSA pick-up, or mail them to us. We will e-mail you a confirmation when we process your subscription.

We urge current and former members to register before May 18, when we open registration to the waitlist. Space is limited and either or both pick-up days may fill up.

The Summer Session runs June, July and August. Produce shares are \$247. Cheese shares are \$30. Cheese pick-up will be every other week (weeks 2, 4, 6, 8, 10 and 12).

To get an idea of what harvests are in store for us this summer, go online to our *Harvests* link and scroll down to previous summer harvests.

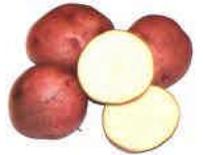
BLACK MESA RANCH CHEESE SHARES

If you're not sure whether or not to subscribe to a cheese share, we currently have individual cheese logs for sale inside. Try them out. During the summer and fall sessions cheese logs will be available through shares only. Feta cheese may be sold individually when available.

RED OR GOLD?

Crooked Sky Farms is currently producing both Red LaSodas and Yukon Golds.

Red LaSoda: Considered not to be commercially viable because its deep eyes make it allegedly difficult to peel and because it loses its bright red color in storage, the Red LaSoda is a pure gem by our standards. It is well-suited to our southern Arizona climate thanks to its resistance to tipburn (browning of the edges or tips of leaves), wind, heat, and drought. It has a long shelf life and will keep for weeks on your counter top (avoid storing it in your fridge). Farmer Frank's Red LaSoda doesn't need to be peeled: in fact, much flavor resides in the skins themselves, and since Farmer Frank doesn't use chemicals, you needn't be concerned about fungicides, pesticides, and other undesirables concentrating in the skin. (If you feel compelled to peel it anyway, don't throw the skins away—use them to add flavor to a soup stock.) Due to its low starch content, the Red LaSoda has a creamy texture and is good for boiling, because it holds its shape when cooked. Its firm, waxy texture is also perfect for potato salads or sautéing. Avoid mashing it, however, as it tends to become gummy.



Yukon Gold: we don't get the Yukon Gold as often as the Red LaSoda because it doesn't store as well, so we really cherish this Canadian neighbor when it shows up in our shares. The Yukon Gold has a rich, creamy flavor and a beautiful golden colored flesh which makes it look like it has been pre-buttered. It retains its color when cooked. It is a versatile potato: it makes an excellent roaster and fryer, due to its higher starch content, which gives it a more granular or mealy texture. It can also be baked, boiled, sautéed, mashed or French-fried. It is superb in soups and chowders. It doesn't, however, have a long shelf life.



Baba Ganoush

Sara Jones, Tucson CSA

This dish, which is reminiscent of hummus, is popular even with those who generally dislike eggplant. Roasting the garlic with the eggplant makes it milder and smoother so don't be afraid to use the full quantity.

3 medium or 1 large eggplant

1/2 head garlic

2 tablespoons tahini

1 tablespoon olive oil

Juice of half of one lemon

Salt to taste

Add to taste any of the following: ground cumin, paprika, red chili, mint.

If using narrow Japanese eggplant, prick in several places with a toothpick. If using round globe eggplant, cut in half, oil cut sides and lay cut side down on baking sheet. Oil garlic, with skin on and place on baking sheet. Cook in a 350-degree oven for 30-45 minutes, until eggplant is meltingly tender.

Once cooled, scrape flesh from skin using a spoon. Cut off tops of garlic and squeeze out roasted flesh. Put garlic and eggplant in blender or food processor along with other ingredients and blend until smooth. Serve with raw vegetable slices or pita bread.

Fruity Beety

From Laurel's Kitchen. Contributed by Maggie Newman, Tucson CSA.

4 beets

3 oranges

2 tablespoons grated coconut

1 teaspoon honey

Juice of 1/2 lemon

Grated peel of 1/2 lemon

2 tablespoons currants (I substituted raisins)

1 teaspoon vinegar, if desired

Pinch salt

Wash beets and steam whole until tender; then peel. Grate on ripple-shaped grater or slice into long, thin sticks. Peel, seed and cut up oranges. Place half the oranges in blender with coconut, honey, lemon juice and peel, and blend 2 minutes. Mix all ingredients, balancing the sweetness with the additional vinegar if needed. Chill, letting the flavors blend for two hours or so.

Spanish Tortilla

From Chester Aaron's *Garlic is Life: A Memoir*
Contributed by Lissa Gibbs, Tucson CSA

2 tablespoons olive oil

1 medium sized onion, peeled, halved, and thinly sliced crosswise

2 pounds thin-skinned potatoes (their feelings are hurt easily), peeled and sliced into 1/8 inch thick rounds

3/4 teaspoon of salt

1/2 teaspoon of pepper

1/3 cup of water

5 large organic and humanely produced eggs

Heat olive oil over medium high heat in 10-12 inch nonstick ovenproof frying pan. Add onion and stir often until limp (5 minutes). Add potatoes, 1/2 tsp salt and 1/4 tsp pepper. Add water and bring to boil; reduce heat to medium, cover, and cook until potatoes are tender (10 minutes). If any liquid remains, boil off uncovered. Meanwhile, in a large bowl, beat eggs with 1/4 tsp salt and 1/4 tsp pepper to blend. Add potato mixture and coat gently. Place unwashed frying pan over medium high heat and pour egg/potato mixture into it. Reduce heat to medium-low and cook until eggs begin to set and bottom is lightly browned (5-8 minutes). Transfer pan to oven and broil the "tortilla" about 6 inches from heat until top is set (3-5 mins). Run a spatula between the tortilla and pan to loosen and invert tortilla onto plate. Cut into wedges and serve warm or at room temperature.

German Potato Salad

Christa Selig, Tucson CSA

My father was born in Chicago during the Depression, the fifth of six children. This recipe is his mother's, and she made it throughout his childhood and continued to bring it to family get-togethers after her children married and had children of their own. It has been a summer favorite for both me and my father for as long as we both can remember, and preparing and eating this potato salad always connects me to the memory of my grandmother. My grandmother didn't subscribe to a CSA, but she did have a Victory Garden during World War II, since food during that time was rationed. It is even more of a pleasure for me now to be able to prepare this salad with the fresh produce grown for us by Farmer Frank, and I hope that making this salad recalls for you, too, foods that have been a memorable tradition in your family. My grandmother never measured anything, however, so the measurements provided here are approximate and serve only as a guide. -Christa

1 pound unpeeled Red LaSoda potatoes

1/4 pound bacon, chopped

1/2 medium or large sweet or purple onion or 1 small, or 1/4 cup shallots, finely chopped

1 tablespoon all-purpose flour

2 tablespoons white sugar

1/3 cup water

1/4 cup vinegar (my Depression-era grandmother always used plain vinegar, but you may choose to use red or white wine vinegar)

Bring a large pot of water to boil and add potatoes. Cook 'til tender but still firm, 8-15 minutes, depending on size. Meanwhile, sauté the bacon in a small skillet until crisp. Remove the bacon and reserve. In the bacon fat remaining in the skillet, sauté the chopped onion until tender but not browned, 5 minutes or so. Add the flour, sugar, water, and vinegar to the skillet and cook over medium heat until dressing is thick. When the potatoes are done, drain them, cool them slightly, and slice while still warm. Pour the dressing over the still-warm potatoes. Season with salt and pepper to taste, and gently toss. Sprinkle reserved crisp bacon on top.