



Tucson Community Supported Agriculture

Newsletter 187 ~ May 4, 2009 ~ Online at www.TucsonCSA.org

Spring 09 - Week 10 of 13

Harvest list is online

The Back Page

Tartine au Fromage Blanc
Radish Fritters
Radish Potato Salad
French Aioli
Candied Citrus Peels
Citrus Seltzer

More recipes online

Summer Session Renewals

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*.

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.

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 after processing your subscription.

Gone for part of the summer?

If you are going to be gone for part of the summer but would still like to enjoy a CSA share while you are here, consider placing an ad on our corkboard (above the trading table) saying that you are looking to buy or sell part of a share for a specific duration this summer.



Editor: Philippe Waterinckx

FRENCH BREAKFAST RADISHES



With its crisp texture and mild to delicately sweet flavor, this immigrant from Southern France brings bursts of coolness on hot days. In France, it is called Radis d'Avignon, after the city of the Provence region where it originates. This exciting radish is cylindrical, about 2 to 3 inches long, rosy red on top and white on the bottom.

It is unclear why these radishes are called 'breakfast' radishes in English. The French eat radishes as a part of snacks or light meals, and breakfast is probably the least likely time of day for them to show up on a menu. They are traditionally served with a butter and salt dip. In Belgium, France's neighbor to the north, they are most often featured in Tartine au Fromage Blanc (in French), or Boterham met Plattekaas (in Flemish), a wonderfully refreshing snack available in many traditional bars and taverns (see recipe on back page).

The radish tops, or greens, can be eaten too and they are packed with beta-carotene and vitamins B and C. Use them as you would any greens. I usually toss them in a soup or stir-fry. They cook quickly when young and tender.

Store radishes and their leafy tops separately in plastic bags in the refrigerator. They will keep fresh for several days.

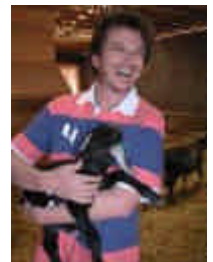
FRESH MILK

Every Friday, we get small amounts of fresh, unpasteurized cow milk at the CSA. It comes from Bonnie, Mary's lovely miniature Jersey cow. It's safe, nutritious and delicious. It goes on a first-come, first-served basis and it usually goes fast.

However, if you're looking for a regular supply of cow's or goat's milk, HoofsnHorns Farm may be your answer. HoofsnHorns is a small local mother-daughter farm and animal sanctuary located in northeast Tucson. They have herd shares available now. Becoming a herd member not only gives you shares of fresh milk but also the satisfaction of supporting a small humane family farm that gives its animals a safe and happy forever home whether they are "producing" or not. Herd members can also purchase eggs, cheese & butter when available.

If enough Tucson CSA members become herd members at HoofsnHorns, we could organize a pick-up at the CSA. The HoofsnHorns members would organize picking up for the group at the farm and bringing the herd shares to the CSA for the other herd members.

For more info, go to www.hoofsnhorns.com or email Shelby at shelby.hoofsnhorns@yahoo.com



CAFÉ PARA LA VIDA DIGNA

The coffee we sell at the CSA is not local, because coffee doesn't grow in our climate. However, it comes from as near to us as possible. The organic, shade-grown coffee from Café Para La Vida Digna is grown, produced and distributed by the Zapatista community of Ricardo Flores Magnon in Chiapas, Mexico. It is roasted near Tucson and usually reaches the CSA within days of being roasted. The shipment we received last week has a label with a beautiful Mayan design. This is an outstanding gourmet coffee.

Tartine au Fromage Blanc - New

Philippe, Tucson CSA

This is the original recipe from which the Summer Spread (another of Philippe's radish recipes) was derived.

This is a very traditional Belgian summer snack made with radishes, green onions and fromage blanc. Fromage blanc (fresh white cheese) is unique to Belgium and to the north of France and is unfortunately not available here. Luckily, Greek yogurt is a close substitute.

A pleasure for the eye, this is also an incredibly tasty and refreshing snack or light meal to serve on a hot day with a flavorful beer.

Green onions
Radishes
Greek yogurt
Bread
Salt and Pepper

Spread a generous layer of Greek yogurt on a slice of bread. Slice radishes and green onions on top of it until the yogurt is well covered. Sprinkle with salt and pepper.

Radish Fritters-variation

Tina Hansleben, Tucson CSA

1 bunch radishes
¼ cup flour of choice (I have used many different kinds of wheat-free flours with success.)
1 egg
1 handful basil leaves, chopped
Juice of one lemon
Peel of one lemon
½ teaspoon salt
Sugar, to taste
Goat cheese, to garnish

Shred the radish bulbs into a large bowl. Add egg, basil, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet – you want the vegetables to stick together. Heat a pan to medium with oil. Scoop out the mixture in a ¼ cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table. Garnish with cheese and serve.

Radish Potato Salad

Sara Jones, Tucson CSA

Radishes make a great foil for a creamy potato salad. If you have the time and inclination, make the basil aioli. If not, you can stir the basil into a store-bought mayonnaise.

1 pound red potatoes, cooked and roughly chopped
4-5 green onions, chopped
½ bunch radishes, sliced
2 hard boiled eggs, chopped
About ½ cup basil aioli

Stir together all ingredients. For the best flavor, let the salad sit in the fridge for an hour or so.

French Aioli

Use it with a potato salad or as a dip for steamed artichokes or raw vegetables. Also makes a good sandwich spread!

1 large egg yolk at room temperature
1 teaspoon Dijon-style mustard
Salt
2 to 3 teaspoons fresh lemon juice
¾ cup peanut oil or mild olive oil (or half of each)
4 to 6 garlic cloves, finely chopped
Small bunch basil, well chopped

Whisk the egg yolk in a small bowl until light and smooth, then stir in the mustard, a pinch of salt, and the lemon juice. Whisk in the oil until the egg and oil thicken. Stir in garlic. Keep covered and refrigerated.

Candied Citrus Peel

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, as 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.

Citrus Seltzer

Sara Jones, Tucson CSA

This is an incredibly refreshing drink in the summer heat. If you don't have the ingredients to make it now, squeeze and freeze your grapefruit for a treat later on.

1 part grapefruit or orange juice
1 part sparkling water
Agave nectar, to taste

Stir together juice and agave nectar, about 2 teaspoons per cup of juice for grapefruit, less for orange juice. Add sparkling water and taste for sweetness, adding more nectar if desired. Serve over ice.