



Tucson Community Supported Agriculture

Newsletter 189 ~ May 18, 2009 ~ Online at www.TucsonCSA.org

Spring '09 Week 12 of 13

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Summer Session Renewals

Registration for the summer session is still open. However, now that the waitlisted folks have been invited to join we could fill up rapidly (the Tuesday pick-up tends to fill up 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 during 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?

Several members are looking to subscribe for only part of the summer because of vacation times. If you are going to be gone for part of the summer but would still like to enjoy a CSA share while in Tucson, 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.



Newsletter Editor

Kimi Eisele

CROOKED SKY FARMS HOSTS "OPEN DAY" SATURDAY, JUNE 6

The tomatoes have set fruit. The corn is almost ready. More melons have been planted than ever before. In celebration of the summer bounty, Farmer Frank and his crew are hosting an Open Day on their South Phoenix fields on **Saturday, June 6, 9:00 a.m. to 2:00 p.m.** Tell your friends and bring the whole family out to the farm. There will be fresh roasted corn and Farmer Frank will lead tours of the fields. Be sure to dress for the warm weather and bring lots of water. The event and food are free!

The farm is located on the northwest corner of 16th Avenue and West Watkins Street in Phoenix. The drive to the farm takes just under two hours from Tucson.

A carpool will be meeting at the CSA at 8:15 am for an 8:30 am departure. Or you can drive your own carload!

Driving directions (from Tucson):

1. take I-10 to Phoenix
2. take the first exit for I-17/Hwy 60
3. continue on I-17 to the 19th Ave. exit
4. take the 19th Ave. exit, then turn left immediately to go under the freeway.
5. turn left again to get onto the access road (not back onto the freeway) heading east
6. turn right on 16th Ave.
7. take another right at Watkins

The entrance to the farm will be on your right. You can park near the big gravel pile on the farm grounds.

C'MON MR. SECRETARY, SUPPORT ORGANIC NOT GMO



While the Obama Administration has demonstrated a commitment to organic agriculture through several notable actions—planting organic garden on the White House lawn and appointing organic advocate Kathleen Merrigan as Undersecretary of Agriculture – there are still a few harmful weeds in the ground, so to speak.

Secretary of Agriculture Tom Vilsack still cheers for genetically engineered crops. At the recent G8 Summit in Italy, Vilsack said the U.S. would support agricultural development – read: Big Biotech – to expand global economic growth and lift people out of poverty. Supporting Big Biotech means supporting GMO crops, still seen by many as a cure-all for our global food, economic, and environmental challenges.

If this disturbs you, consider taking action. Urge Secretary Vilsack to take the basic steps toward creating a safe global food system by 1) requiring mandatory labeling of all genetically engineered food; 2) promoting truly sustainable and organic agriculture in the U.S. and abroad; and 3) protecting non-GE and organic farmers by passing "polluter pays" legislation for damages caused by genetically engineered organisms.

Call Secretary Vilsack's office at 202-720-3631 or 202-720-2796. It takes 2 seconds.

(From Organic Consumers Association: www.organicconsumers.org/bytes/ob173.htm)

Miso Sesame Eggplant Pasta

Sara Jones, Tucson CSA

Dice large eggplant into medium size squares, or cut long, skinny eggplant into coins. Add grated ginger and/or chili flakes to your taste.

- 1 onion sliced thinly
- 2 medium or 1 large eggplant
- 1 tablespoon miso
- 2 tablespoons rice wine vinegar
- 1 dash soy sauce
- 1 tablespoon toasted sesame oil
- ½ tablespoon sugar or honey (optional)
- 1 package soba or spaghetti noodles

For eggplant: Heat 2 teaspoons oil in a skillet over medium high heat. Add onion and eggplant and stir to coat with oil. Cook for about 2 minutes then pour sauce of miso, vinegar, soy sauce, sesame oil and sugar, over vegetables, reduce heat to medium low, cover pan and cook until tender. Add water as needed to keep vegetables from drying out or sticking. When eggplant is tender, toss together with noodles and garnish with sesame seeds to serve.

Eggplant and Arugula Sandwiches

Sara Jones, Tucson CSA

Use the arugula pesto from the recipe below to make this simple sautéed eggplant sandwich really special.

- 1 large or 2-3 small eggplant
- 1 bell pepper
- ½ small onion
- 1 tablespoon olive oil
- Salt and pepper to taste
- Arugula Pesto

Cut vegetables lengthwise into ¼ inch thick slices. Heat oil in a skillet over medium high heat. Add a single layer of vegetable strips and cook until beginning to brown. Turn vegetables and brown on other side. Remove to a paper towel and cook the rest of vegetables in batches until finished. Sprinkle vegetables with salt and pepper. Assemble sandwiches by spreading 1-2 tablespoons of pesto over each sandwich bottom, and then adding cooked vegetables.

Arugula Pesto

Celine Hayden, TCSEA

- 1/2 cup toasted pine nuts (can also use other nuts)
- 1 bunch or bag arugula
- 1-3 tablespoons white balsamic vinegar (can also use red but mutes the green color of the arugula)
- 1-2 cloves crushed garlic
- olive oil
- salt and pepper to taste

Toast nuts in a pan and add to food processor or blender. Also add arugula, 1 to 2 tablespoon vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable).

Note: the vinegar takes some of the bite out of the arugula. Add more or less depending on taste. Also, blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important – it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).

Bacon, Potato & Bean Soup, et al.

Joe Silins, Tucson CSA

- 1 cup dry CSA beans, cooked as in About Pinto Beans recipe
- 4 slices of bacon, cut into bite size pieces
- 1 medium potato, sliced & mostly cooked
- 1 medium onion, chopped
- 1/2 cup flour
- 4-6 medium carrots, chopped
- 4 cups chicken broth
- 2-3 cups water
- 1/2 teaspoon cumin seeds
- handful of parsley
- salt to taste

Put soaked beans in pot w/ 2-3 quarts water and boil hard for 10 minutes. Remove any scum & add half of chopped onion and dried chile (optional). Lower heat & simmer, partially covered, for 30-45 minutes. Add 1-1/2 teaspoons salt and cook another 15-20 minutes. In a large pot, over medium heat cook bacon for about 1 minute. In lieu of bacon, use 1-2 tablespoons vegetable oil. Add in remaining onion and sauté for another minute. Mix in flour, stirring constantly for about a minute. Add in cooked beans with their broth, chicken broth and 2-3 cups water. Throw in potato, carrots, cumin seeds and parsley. Cook/simmer over medium-low heat for an hour or more, salting towards the end to taste. Serve and enjoy!

Nopalito Salsa

Paula Borchardt, Tucson CSA

This fruity salsa is made primarily with CSA produce and is great with tortilla chips, lentil cakes, veggie burgers, or lentil stew.

- 1 nopalito pad, despined
- ½ cup peeled, diced apples
- ½ cup diced chiles
- ½ cup diced citrus (CSA grapefruit works well)
- ½ cup diced tomatoes
- 1 tablespoon diced chives
- 2 tablespoons diced onions
- 1 teaspoon diced elephant garlic
- Juice of 1 lemon or 2 limes
- 2 tablespoons olive oil

Steam the nopalito pad for 10-15 minutes and dice. Mix all ingredients together.

