



Tucson Community Supported Agriculture

Newsletter 190 ~ May 25, 2009 ~ Online at www.TucsonCSA.org

Spring '09 Week 13 of 13

Harvest list is online

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More recipes online

Farm Visit – Date & Time Correction

The Crooked Sky Farm Open Day is Saturday, June 6th, not Sunday, June 6th (which of course, doesn't exist this year) as stated in the previous newsletter. Also, the time is 9 to 11 a.m., not 9 a.m. to 2 p.m. due to the heat. Our carpool will leave the Historic Y at 7:30 a.m.

Summer Session Renewals

Registration for the summer session is still open. Summer is usually a little slower and we have spots left on both days (Tuesday is almost full and Friday still has quite a bit of space). Registration closes Friday.

Contract forms are available at the CSA, or online under *Join > Subscriptions & Cost*.

We'll e-mail you a confirmation after receiving your contract and payment.

Gone for part of the summer?

There are still members who are looking to buy or sell summer pick-up days due to summer vacations. Check the ads on our corkboard (above the trading table).

Switching e-mail lists

If you're changing your pick-up day for Summer Session, remember to unsubscribe from your former pick-up day's email list and subscribe to your new one. Follow the links at the bottom of the weekly e-mails.

Newsletter Editor

Philippe Waterinckx

FAREWELL SPRING SESSION

Week 13 has arrived and with it comes the end of the Spring Session. I love every one of our sessions, yet I'm always glad when one comes to an end because it means that new produce and flavors are just around the corner. Seasonality is perhaps what I enjoy the most about the CSA formula. I'm more than happy to live without beets and greens for a while but I know that by the time the cool weather returns I will be ready for more. For now, I'm looking forward to roasted green chiles, okra, corn and melons. Let them come!



Thanks to all for being with us this session. It is such a pleasure to see you all week after week! The best thing about our Tucson CSA (other than its vegetables) is its members. You are such a fine group of people! It's a privilege to know you and I believe that if the planet was populated with CSA members, it sure would be a terrific one. Some of you have been members for so long that you are like family (mind you, many newer members are like family too). The other day, Nick (Tuesday volunteer) was asking how many "original" members we had, *i.e.* members who were around when the pick-up was in the living room of my little house on 1st Street, back in 2004 and 2005. So, I did a little count: out of the 50 members we then had, 30 are still members today. Nick even suggested that they should get a Tucson CSA T-shirt. What do you think?

TRADING TABLE TRIBULATIONS

How the trading table evolves over the course of a pick-up session never ceases to amaze me. It moves in mysterious ways. It always starts with exactly one share, *i.e.* one portion of each of items of that day's harvest. Its purpose is that members who don't want part of their share or who want more of one specific item can trade one or more of the portions of their own share with one or more portions on the table. During the pick-up, the trading table contents can shift remarkably. For example, last Tuesday, within minutes of the start of the pick-up, all the different items had been replaced by bunches of beets and I was thinking "this is going to be rough!" The next time I looked at it, it was all nopales. And a bit later, it had recovered an even balance of produce.

Members sometimes hover near the table hoping for a coveted vegetable to materialize. Others emit sighs of disappointment when they see it filled with the same thing. But even that can make some members happy. The trading table can fulfill a canner's longings. On a recent pick-up day, the trading table was filled with wheat berries. A member came in and traded her share for all the wheat berries. She was going to grind them into flour for a baking project. And last summer, the table happened to be all gueros, aka yellow hots (those yellow-red jalapeño-like peppers). One member saw them and yelped in delight. She traded her entire share for the gueros which she said she was going to dry and grind into powder so she'd have a year's supply of hot chili powder.

BOOK REVIEW

Lisa Hamilton tells the inspiring stories of three small sustainable farms in: *Deeply Rooted: Unconventional Farmers in the Age of Agribusiness*. Read the book review at: www.dailyyonder.com/farming-against-grain/2009/05/21/2127

Minty Squash Pasta Salad

Sara Jones, Tucson CSA

This is great hot or cold. Try using basil instead of mint and parsley for a nice change.

1 box penne or bowtie pasta
About 2 teaspoons olive oil
About 2 medium summer squash, cut into half moons
2 cloves garlic, minced
1 handful mint, chopped finely
1 handful parsley, chopped finely
Zest of two limes
Juice from one lime
2 teaspoons walnut or hazelnut oil (optional)
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook, stirring occasionally, until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture, herbs, lime zest and juice. Drizzle with nut oil and salt to taste.

Summer Squash Griddle Cakes

Heidi DeCosmo, Tucson CSA

2 cups unpeeled, shredded zucchini (2 medium), excess moisture squeezed out once shredded
½ cup finely chopped onion
1 teaspoon Old Bay seasoning
½ teaspoon salt
1 teaspoon ground black pepper
1 teaspoon parsley
1 teaspoon baking powder
1 egg, slightly beaten
¼ cup milk
1/3 cup all-purpose flour
Vegetable oil for frying

Combine the shredded squash, onion, Old Bay seasoning, salt, pepper, parsley, and baking powder, and let the mixture rest for 15 minutes. In a small bowl, beat together the egg, milk, and flour. Pour over zucchini and mix – the result should be the consistency of pancake batter. Add a little more milk or flour if the batter seems too runny or too stiff. Pour ¼-inch of oil in the bottom of a heavy skillet and heat over medium-high heat. Drop the batter by the tablespoon into the hot oil and fry until the cakes are golden on each side. Drain on paper towels and serve.

Greek Lemon Potatoes

Paula Borchardt, Tucson CSA

8 Red La Soda potatoes
¼ cup lemon juice
2 teaspoons lemon zest
1 tablespoon olive oil
1 ½ tablespoons oregano
3 cloves garlic, minced
2/3 cup crumbled feta cheese
1 cup hot water

Slice potatoes into ¼" thick pieces and combine in a mixing bowl with the lemon juice, lemon zest, olive oil, oregano, and

garlic. Place all in a buttered 13×9×2 baking pan. Pour 1 cup hot water over all and bake uncovered at 450° for 30 minutes. Sprinkle the feta cheese on top and bake for an additional 15 minutes.

Low-Fat Curried Vegetables

Wendy McCrady, Tucson CSA

Curry is a tasty way to prepare many of your vegetables. Use vegetables roasted ahead of time for an easy short-cut. Thai red curry paste is sold in the Asian foods section of grocery stores.

1 onion, chopped
2 cloves garlic, minced
1 tablespoon grated ginger
2½ cups water
1 teaspoon coconut extract
2 tablespoons maple syrup or 4 tablespoons brown sugar
1½ tablespoons low-sodium soy sauce
1½ teaspoon curry powder
½ teaspoon cumin
½ teaspoon red curry paste
¼ teaspoon crushed red pepper flakes (optional)
Vegetables (sweet potatoes, potatoes, carrots, green beans, cooked garbanzo beans, etc.), diced
Cooking greens, roughly chopped
3 tablespoons plain soy creamer (or half and half)
2 teaspoons chopped cilantro
Cooked grain (rice, wheat berries, oat groats, etc.)

In a large non-stick skillet, sauté onion, garlic, and ginger over medium-high heat for 5 minutes. No oil is needed. Stir in the water, seasonings, and vegetables other than greens. Bring to a boil. Reduce heat and simmer for 15 minutes until veggies are tender. Stir in the greens to cook for a few minutes. Remove from heat and stir in creamer. Serve over hot cooked grain and sprinkle with cilantro.

Grapefruit Poppy Seed dressing

Lorraine Glazar, Tucson CSA

This is an original recipe given to me by Doug Levy of Feast restaurant. Used by permission.

½ cup grapefruit juice
2 tablespoons rice wine vinegar
1 egg yolk
1 tablespoon honey (optional)
1 tablespoon sugar (optional)
½ cup olive oil
½ cup corn oil
½ tablespoon poppy seeds
½ grapefruit
Salt and pepper to taste

In a food processor, blend the grapefruit juice, vinegar, egg yolk, honey and sugar until smooth. With the motor running, gradually add the oils until emulsified. Stir in the poppy seeds. Cut the grapefruit into segments, mince them, stir them in, and season to taste.