



# Tucson Community Supported Agriculture

Newsletter 238 ~ May 10, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring '11 - Week 11 of 13

Harvest list is online

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Many more recipes on  
our online recipe archive

### Now taking Summer Subscriptions

Summer session runs June, July and August.

Produce shares: \$247  
Goat cheese shares: \$40

**Current members:** Registration is from May 1 to May 28 (or until we fill up, whichever comes first), with priority registration until May 15. We recommend that current members re-subscribe before May 15, when we open registration to former and new members.

**Former and new members:** Registration is from May 15 to May 28 (or until we fill up, whichever comes first).

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

We process contracts in the order received - except between May 1 and May 15, when we process current members' contracts only.

We will e-mail you a confirmation when we process your subscription.

### Newsletter Editors

Philippe Waterinckx & Kimi Eisele

## TUCSON'S LOCAL FOOD AMBASSADOR BRINGS MISSION TO CSA

Kim Fox, a Tucson micro-urban farmer and food activist dedicated to community education and local food production, is embarking on a new adventure! Up until now, Kim has been busy designing urban sites for food production and distribution. Her community education programs focus on local food production, soil science, food security and health. Now that summer is here, she's hitting the road with her bike, and an open plate and mind!

On May 18 and 19, Kim will be at the CSA to talk about, and raise funds for, her local-food trek across Europe by bicycle.

Kim is an observer of and participant in local and international food ways. She has traveled to 25 countries working on small farms and urban gardens, visiting farmers' markets, participating in food culture and customs, and observing local food production and distribution methods.

Beginning in June 2010, Kim will travel by bicycle across Europe engaging with people who manage urban and rural farms, gardens, farmers' markets, food banks, seed banks, and public and private agencies in order to exchange perspectives and information on local sustainable agriculture. In particular, Kim will study and report on seed saving, climate change consequences, GMO issues, sustainable farming and urban gardening techniques, and seek to collect recipes straight from the kitchen. Her community in Tucson and beyond can learn with her, via internet updates on her blog, at [www.theoriginalhoe.blogspot.com](http://www.theoriginalhoe.blogspot.com) or on Facebook "Kim Fox Food Trek 2010."

Your donations or in-kind support will ensure that fresh and enriching ideas, beyond the American perspective, will benefit our community's local-sustainable food system.

Come listen to Kim's plans next week. To contribute to her trip or for more information, visit her blog or contact her at [theoriginalhoe@live.com](mailto:theoriginalhoe@live.com) or 520-622-1917. Become a food trekkie!

## CSA SURPLUS PRODUCE SOUP

This Sunday, May 16th, surplus CSA produce will end up in a delicious bowl of soup at the Fiesta of the Empty Bowls dinner hosted by the Interfaith Coalition for the Homeless. The event takes place from 5:30-9:00 p.m. at St. Marks Presbyterian Church (3809 E. 3<sup>rd</sup> St.) and features wonderful soups, a silent auction and a concert by Sisters Morales. Visit [www.ichtucson.org](http://www.ichtucson.org) for more info.



Potatoes feature heavily in our shares in the transition between spring and summer produce. Why not take advantage of the ease and versatility of potatoes and pre-cook some for use during the week? The following recipes are super quick if you start with pre-boiled or pre-baked potatoes.

### Potato Tacos

Sara Jones, Tucson CSA

Serve these tacos with some refried beans and you can have dinner on the table in no time.

About 1 1/2 cups cooked potatoes, lightly mashed  
1/2 teaspoon ground cumin  
2 cloves garlic, minced  
Salt and pepper to taste  
Red chile flakes, to taste  
About 8 corn tortillas  
2-4 tablespoons vegetable oil  
Salsa and garnish for tacos

Mix together potatoes, chiles, cumin, garlic and salt and pepper. In a heavy skillet, heat 1 tablespoon of oil over medium heat. Place one tortilla into oil and flip after one or two seconds (this makes the tortilla pliable enough to fold in half without breaking). Place 1 heaping tablespoon of potato mixture on the half of the tortilla closest to you. Gently fold the other half over the filling, towards you. Press the tortilla closed for a few seconds to seal, then move the taco to one side to make room for more tacos. Repeat with remaining tortillas. Add more oil as needed to keep skillet covered in a thin layer. Flip tacos when beginning to brown on bottom side. When cooked on both sides, place on an old newspaper to drain.

### Potato Pancakes with Greens

Sara Jones, Tucson CSA

This recipe is a good way to use up any leftover potatoes. The best texture for the potatoes is just lightly mashed, but you can use creamy mashed potato leftovers as well. For a tasty surprise, you can stuff the potato patties with cheese before you cook them.

1 bunch greens, preferably chard or kale, chopped  
2 cloves garlic, minced  
2 cups potatoes, lightly mashed  
About 2 tablespoons oil  
Flour to prevent sticking  
Salt and pepper to taste

Heat about 2 tsp of the oil in a skillet over medium heat. Add greens and garlic to skillet and cook, stirring frequently, until greens are wilted. Remove from skillet and mix with potatoes, seasoning with salt and pepper to taste. Form potato mixture into small patties and coat with flour. Reheat skillet and add the rest of the oil. Cook patties over medium high heat until browned on both sides, about 3-4 minutes per side.

### Grapefruit Avocado Salad-new

Sara Jones, Tucson CSA

If you still have fennel stuck in the back of your fridge, slice it thinly and add it to this recipe. You will need to segment your grapefruit for this recipe. To do that, take a sharp knife and peel away skin and pith. Then remove each fleshy segment from the membrane holding it by cutting down in a v-shape toward the center of the grapefruit.

1 grapefruit, segmented, any juice reserved  
1 ripe (but not soft) avocado, diced  
1/2 small sweet onion, thinly sliced  
1 teaspoon honey or agave nectar  
1 tablespoon olive oil  
Salt and pepper to taste

Toss grapefruit, avocado and onion together in a medium bowl. In a small bowl whisk together reserved grapefruit juice, honey, oil and salt and pepper. Drizzle over salad and serve immediately.

### Grapefruit Marmalade-new

Sara Jones, Tucson CSA

You can stew this marmalade with ginger or other spices to give it a kick. Though it takes a while on the stovetop, actual prep time is short.

2 grapefruit  
1 cup sugar

Cut grapefruits into quarters and remove flesh from peels. Cut peels into a medium dice. Place in a saucepan with enough water to cover and bring to a boil. Drain and repeat once more. Meanwhile, separate grapefruit flesh from membranes as best as you can without spending too much time worrying about it! Reserve all juice and combine with flesh. You want one cup of this mixture. If you don't have quite enough add orange juice or water to make one cup. Bring liquid and one cup sugar to a boil. Add grapefruit peels and any spices you are using and reduce heat to low. Cook for about 45 minutes, until liquid is syrupy and thick. Remove from heat and cool. If desired, puree in a food processor or blender, or leave chunky. Store in a glass container in the refrigerator for up to a month.

### Balsamic Lemon Greens

Sara Jones, Tucson CSA

1 bunch chard  
2 teaspoons oil  
1 squeeze of lemon juice  
Dash balsamic vinegar to taste  
Dash soy sauce to taste

Wash and chop greens leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.