



Tucson Community Supported Agriculture

Newsletter 243 ~ June 14, 2010 ~ Online at www.TucsonCSA.org

Summer '10 - Week 3 of 13

Harvest list is online

The Back Page

Basil Walnut Pesto
Chocolate Zucchini Cake
Picnic Potato Salad
Heirloom Tomato Basil Salad
Citrus Sorbet

Many more recipes on
our online recipe archive

Forgot to Pick Up Your Cheese Share Last Week?

Cheese shares come on even-numbered pickup weeks (week 2, 4, 6 etc.) Last week was the first cheese share pickup and we noticed that a lot of folks forgot to come to the front desk to ask for their cheese log(s).

Not to worry though: we freeze all unclaimed cheese logs (they freeze very well) for you to pick up next time you're at the CSA.

When you're not sure if it is an odd or an even week, check the week number which is displayed at the top of the newsletter, in the weekly e-mail and also on the whiteboard at the CSA. On cheese pickup weeks, there is also a fake cheese log by the check-in sheet.

Note: all unclaimed cheese logs are donated to charity after the end of the session.

Have You Seen Our Rural Mural?



If you haven't noticed it yet, check out the mural around the front desk. It depicts local agrarian scenes. It was executed in 2006 by former CSA member Joe Silins, who took an entire summer to work on it after hours.

Newsletter Editor

Philippe Waterinckx

I'TOI AND OTHER ONIONS



You will have noticed that we've had several types of onions lately. There are the big yellow sweet onions, the big red onions, the smaller Glendale Gold onions and the spring onions.

And then there are also the small I'toi onions, not to be confused with spring onions or shallots although they can look like both.

They have a strong yet delicate flavor and are truly local onions. We have had a lot of questions about those small gems. I'toi onions are bunching onions that do indeed look like spring onions during winter and spring. In summer, the green tips dry out and what's left is just a clump of small bulbs. In their dry incarnation they look a bit like shallots, and you can use them as such too.

The Tohono O'odham have been growing this onion for centuries and gave it the name of I'toi, their mischievous creator god who resides in a cave just below Baboquivari Peak. This small but flavorful onion was saved from near extinction in the 1980s. It is a desert-adapted onion and it will grow on very little water. When the monsoons come, try planting a few bulbs in your garden or in a pot. They will grow profusely and propagate in bunches. While they grow, you can harvest them as needed. In the fall, after the tops have dried out, take them out of the ground, separate out the clumps, keep as many bulbs as you need for your kitchen (you can dry them) and re-plant the remaining bulbs individually once the winter rains come.

MEAT SHARE ORDERS

This week we are taking orders for meat shares. For those who are not familiar with this, here's how it works: you place a \$20 deposit per meat share at the front desk and you pay the balance when you pick up your meat share(s) a few weeks later. This session we are offering grass-fed beef and natural pork.

The beef is raised by Josh on his farm near Willcox (yes, the same Josh who does our pasture-raised chickens and eggs). It is both grass-fed and grass-finished. The shares are about eight pounds each, cost about \$6.50 per pound, and typically include two steaks, one roast, two pounds of ground beef and a miscellaneous cut (BBQ ribs, stew meat, soup bones, etc.). Within that selection there is a still a lot variation (different types of steaks and roasts) and you can select the share of your choice when the time comes to pick up your beef share. They will be ready by early July.

The pork comes from Guzman, near Cochise. It is naturally-raised (it's not grass-fed because pigs are not herbivores). The shares are about eight pounds each, cost about \$5.00 per pound, and typically include ground pork, Italian sausage, breakfast sausage, chorizo, one roast, bacon, a couple chops, and bratwurst. They will be ready by the end of July.

Once we receive the cuts of meat, we make as many shares as we have orders for. If we end up with a few surplus cuts after all shares are made, we sell those extra cuts individually. There will be a sign at the front desk saying which cuts are available.

ROUND SUMMER SQUASH?

Crooked Sky Farms grows squash of all colors, shapes and sizes, and you'll get to sample them all. Don't be fooled into thinking that this round one is a winter squash. It is just as tender as a zucchini.



Basil Walnut Pesto

Philippe Waterinckx, Tucson CSA

1 bag or bunch CSA basil, woody stems removed
2 cloves garlic
2 tablespoon oil
1/4 cup walnuts
1/4 cup Parmesan or Romano cheese, grated
1 teaspoon salt

Blend all ingredients until you obtain a textured paste (slightly granular).

Serve on top of pasta, sautéed summer squash, acorn or spaghetti squash, or use as a spread for sandwiches.

Chocolate Zucchini Cake

Note: you can substitute any summer squash for the zucchini.

2 cups all purpose flour
1/2 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter, softened
3/4 cup brown sugar
3 eggs
1 teaspoon vanilla
2 cups zucchini, shredded
1 cup chocolate chips
1 cup walnuts

Preheat the oven to 360°F. Grease and flour muffin tin. In a large bowl, whisk together the flour, cocoa powder, baking soda, baking powder and salt. Combine the sugar and butter, and beat until fluffy. Add in the vanilla extract, then the eggs, one at a time, mixing thoroughly between each addition. Spoon in flour, mix well, then add zucchini, chocolate chips and walnuts. Drop batter into prepared tin, filling each cup about 3/4 full. Bake about 20 minutes until a toothpick comes out clean.

Picnic Potato Salad

Lorraine Glazar, Tucson CSA

Serves 8

2 pounds potatoes cut into bite-sized pieces
3 tablespoons white balsamic vinegar (divided use)
3 tablespoons smooth style Dijon mustard
2-4 tablespoons olive oil
1/2 cup finely chopped red onion
1 pound cherry tomatoes, cut in half
Salt and pepper
Chopped fresh basil to taste

Boil the potatoes until tender. Drain, spread on cookie sheet or large platter and sprinkle with 1 tablespoon white vinegar while still warm. Beat the remaining vinegar together with the mustard and slowly add olive oil to make a dressing, adding salt and pepper to taste. Marinate the tomatoes and the potatoes separately in the mustard dressing. Just before serving, combine the two, add the onions, and garnish with chopped fresh basil.

Heirloom Tomato Basil Salad

By Heidi DeCosmo

Makes 8 cups

6 cups cooked orzo pasta
1 cup quartered heirloom tomatoes
1 cup julienned (thinly sliced) red onion
1 cup julienned (thinly sliced) spinach
1/3 cup chiffonade (thin strips) fresh basil
2 tablespoons crumbled feta cheese
2 teaspoons olive oil
1/4 cup flavored rice wine vinegar
1/4 teaspoon sea salt

In a mixing bowl combine all ingredients. Mix well; marinate at least 1/2 hour before serving.

Citrus Sorbet

Paul Durham, Tucson CSA

1 quart citrus juice (approx. 4 grapefruit or 8 oranges)
1 rounded tablespoon zest, finely grated (option: increase the amount of zest for more citrusy flavor and tartness)
1/2 cup agave nectar
1/4 cup vodka (optional)

Simmer zests in agave nectar for a couple minutes and let it sit.

Juice citrus and add juice to nectar.

Add vodka.

Refrigerate until cold.

Stir thoroughly, then pour into an ice cream maker and freeze according to the manufacturer's instructions.

Transfer to a container and freeze until firm.

Serve in martini glasses and garnish with sprigs of mint or fennel.

If you do not have an ice cream maker: pour into 9-inch square metal baking pan; cover and freeze, stirring occasionally, until partially frozen, about 4 hours. In a food processor with knife blade attached, process sorbet until smooth but still frozen.

* As an alternative to using agave nectar, mix together 1/2 cup sugar, 1/2 cup water and the zest in a saucepan. Heat gradually, stirring until the sugar has dissolved, then boil the mixture gently for 5 minutes to make a syrup. Combine with the other ingredients as described above.

