



Tucson Community Supported Agriculture

Newsletter 283 ~ April 4, 2011 ~ Online at www.TucsonCSA.org

Spring 2011

Harvest list is online

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Help Iskashitaa Harvest

We featured Iskashitaa Refugee Harvesting Network in the newsletter last month. This local non-profit helps the refugee community in Tucson connect to their new home, in part, by getting out there and gleaning fruit from the trees! With help from the community, they harvest approximately 75,000 pounds of fruits and vegetables each year from backyards and local farms. They can always use more hands. Join them on Thursday mornings, 9:30am to 1pm or Friday mornings, 9am to noon.

Sign up for a volunteering slot at www.fruitmappers.org.

Dances with Water

NEW ARTiculations Dance Theatre, the local modern dance company that brought you dances about the food system a few years ago, now brings you dances about water! Their water awareness project, "FLOW" connects the community to its watershed, the Santa Cruz River, and the local water supply through movement. The troupe presents the first selection of "water works" and other dances on **Friday, April 15 & Saturday April 16 at Pima Community College Center for the Arts**, 2202 E. Anklam. 8 pm. For more info, visit www.NewArticulations.org.

Newsletter Editors

Paul Durham & Kimi Eisele

Subscription Renewals

If you're a CSA member who subscribed for six weeks with no vacation holds, you must extend your CSA subscription this week unless you wish to let it expire. **Step 1:** Go online and choose a six- or 12-week extension. **Step 2:** Pay for the subscription by delivering a check or cash to us or by paying online with a credit card or bank account debit. If you pay by cash or check (and we prefer this to avoid bank fees), we must receive your payment by 7:00 p.m. Wednesday. You can bring your payment with you to the CSA this week, mail a check if you're sure we'll get it in time, or slip your cash or check in an envelope under our door. If you are paying by credit card or bank account debit, you can do so online right up until 2:00 a.m. Saturday.

How the new system works and what you can expect: Last Friday, we sent a reminder e-mail to members with a CSA account balance under \$30. (We'll send these low-balance e-mails every Thursday or Friday to members with balances under \$30 at that time.) That e-mail is the only low-balance notice you will receive. (Remember that you can go online any time to check your balance.) Generally speaking, members will have one more CSA pickup coming after receiving the low balance e-mail before needing to add money to their account. But this will not be true for all members, since both balances and weekly costs vary. As time goes on, subscriptions will no longer be expiring at about the same time. Some members may put their shares on vacation hold, or subscribe for a few extra bread loaves, for example. Also, at some point you'll be able to order additional products online and charge the cost to your CSA account. Soon, CSA account balances will vary widely, and a few subscriptions will be expiring every week. Ideally, each member will know the cost of their weekly share and monitor their balance online to prevent it from getting too low. Why does it matter? If you allow your CSA subscription to expire, you will not be able to renew it if your CSA pickup day is full when you try to do so. Members who want to take a break should instead renew their subscription, and then put it on vacation hold.

Here's how it works from our end: Every Saturday at 2:00 a.m., our online system creates a record of the members who will be picking up the following week. On Saturday morning, we relay those numbers to our farm and bakery. If the balance in a member's CSA account at 2:00 a.m. Saturday is below the cost of that member's weekly share, they're not included in the order for the following week and their subscription is cancelled. (That also explains why you need to place a vacation hold by 2:00 a.m. Saturday if you want it to take effect the following week.)

Wait Lists (Why is that plural?)

As a result of the new system, our waitlist is now different. In fact, there are two waitlists (sorry). When you first subscribe (or resubscribe after your subscription expired), the online system won't let you sign up for a pickup day that's full. If the other pickup day is available, you can sign up for that day and join the waitlist for the day that's full. But the system won't let you join the waitlist for one day unless you have a subscription for the other day. (Sorry, it's built into the programming and we can't change it.) So we've created a second waitlist. The second list is more flexible – you may join it without being subscribed to any pickup day. When a pickup day acceptable to you opens up (state your preference, or lack thereof, in the comments field), you'll get an e-mail from us inviting you to subscribe. You should use this new list only if, when you attempt to subscribe, (1) both pickup days are full or (2) your desired pickup day is full and it's the only day that is acceptable. (To access the second list, go to www.TucsonCSA.org, click "Joining", then click "Waitlist" in the drop-down menu, or go to www.tucsoncsa.org/subscriptions/waiting-list/.)

Kohlrabi Coleslaw

Sara Jones, Tucson CSA

About 3 cups shredded kohlrabi and/or cabbage
1 small fennel bulb, shredded
2 carrots, shredded
½ red onion, finely sliced
½ sour apple, shredded
2 teaspoons sugar
¼ cup mayo (or use a couple tablespoons olive oil)
2 tablespoons apple cider vinegar
1 pinch celery seeds, poppy seeds or crushed fennel seeds
Salt and Pepper to taste

Mix the shredded vegetables together. Mix the rest of the ingredients in a separate bowl then pour over vegetables, tossing well to coat. Let salad sit for at least 30 minutes before serving.

Spanish Egg Drop Soup version #2

Sara Jones, Tucson CSA

3-4 cups escarole or frisée, cleaned and cut into thin strips
3-4 cloves garlic minced
2 teaspoons olive oil
2 eggs
1 teaspoon each of salt and pepper
1 tablespoon flour
5 cups soup stock
1 lemon
Green onion, chopped, to garnish

In a soup pot, sauté garlic in olive oil until fragrant, add stock and bring liquid to a boil. Add greens (and ham, if using) and cook about 15 minutes. Mix together eggs, salt and pepper and flour. Pour egg mixture through a colander and into boiling broth, stirring gently. Add the juice from ½ lemon. Stir briefly. Serve, garnished with chopped green onion and lemon slices.

Braised Greens and Garlic

Any dark green leafy vegetable will work with this basic preparation. Try kale, mustard, or chard; mustard will be more bitter, while kale has a subtle earthy flavor.

1 bunch kale, mustard greens, or chard (or 1 bag of CSA braising mix)
1/2 tablespoon olive oil
1-3 cloves garlic, minced
salt to taste
lemon wedges

Wash greens thoroughly. Drain. Chop greens into 3-inch pieces. Heat oil in a large skillet. Sauté garlic for 2 minutes. Add greens to skillet. Cover and cook over medium heat for 10 minutes (2-3 minutes only when greens if greens are young

and tender), stirring once in a while to coat all the greens with garlic and oil. Sprinkle with salt. Serve with lemon wedges.

Roasted Beet and Carrot Salad

Lorraine Glazar, Tucson CSA Adapted with permission from a recipe in Cook's Illustrated.

8 ounces beets, peeled and cut into slices, and the wedges cut in half so that nothing is bigger than a matchbook.
8 ounces carrots, cut into ¼ inch slices on the bias
1 ½ tablespoons olive oil
Salt and pepper
1 ½ tablespoons minced green onion, onion or shallots
Pinch sugar
1 tablespoons rice wine vinegar
1/2 teaspoon honey
1 share frisee, or watercress, or ½ share arugula (look at the share and judge proportions)

Preheat oven and cookie sheet at 500 degrees. Toss beets and carrots with 1 tablespoon olive oil, two pinches salt and six or eight grinds of fresh black pepper. Add a pinch of sugar and put onto the cookie sheet in a single layer. Roast for 25 minutes or until vegetables are tender. Meanwhile, in the same bowl in which you tossed the beets and carrots, add remaining olive oil, honey, salt and pepper, and onion. When beets and carrots come out of the oven, toss them in the bowl. Let them cool 15-20 minutes and then toss with fresh greens. This mixture of roasted vegetables is best atop a slightly bitter green, to offset its sweetness.

Frisée Pasta Salad

Sara Jones, Tucson CSA

This dish would be equally delicious served hot or cold, so make extra for leftovers.

1 small or ½ large head frisée, cleaned and roughly chopped
½ onion
1 can drained white beans, or about 1 ½ cups cooked white beans
1 regular size package penne pasta, cooked and drained
2 tablespoons olive oil
1 can tuna, drained (optional)
2 tablespoons capers
¼ cup parmesan cheese (optional)
Salt and pepper to taste
Balsamic vinegar, to taste

Sauté onion in oil in a skillet over medium high heat, stirring occasionally until golden brown. Add frisée and cook until just beginning to wilt (about 2 minutes). Stir all ingredients together in a large bowl and add salt and pepper and a light drizzle of vinegar, to taste. Serve hot, or chill and serve as a cold salad.