



Tucson Community Supported Agriculture

Newsletter 330 ~ March 19, 2012 ~ Online at www.TucsonCSA.org

Spring 2012

Harvest list is online

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**Many more recipes in
our online recipe archive**

Reminder: E-Check Automatic Payment Now Available

Our online payment system has a new payment option: automatic e-check.

Now your subscription will no longer be deactivated because you forgot to add money to your CSA account in time.

If you choose that option, your bank account will be automatically debited (for the cost of 6 or 12 pickups – your choice) whenever your CSA account balance gets to \$25.

This option will save you from having to make a payment every 6 or 12 weeks or from the risk of having your subscription deactivated because of a low balance when you really intend to continue it.

If you have autopay active and wish at any point to end your subscription, just send us an email to cancel your autopay. You cannot do it yourself from your online account but for us it is just one click. Once you autopay is cancelled, you can then simply let your subscription expire naturally.

So, when the time comes for you to add money to your CSA account, remember that you have the option to make your life easier by choosing autopay!

CROOKED SKY FARMS' ARTICHOKE ROAST FESTIVAL

Your farm, Crooked Sky Farms, will host a public event to celebrate the start of the artichoke season on **March 30 and 31 from 5:30 to 9:30 P.M. each day**. If you have never been to Crooked Sky Farms, this is a perfect time to see where your vegetables are grown.



There will be:

- a chef who will cook artichokes and other dishes;
- music and arts with South Sea Dancers; and
- a gift basket for each participant.

Tickets are \$20 per person for CSA members and \$40 per person for the general public. There are also discounted tickets for groups and families.

For more information or to order your ticket(s), go to Crooked Sky Farms' website crookedskyfarms.com, or email monica@crookedskyfarms.com

BARRIO BREAD – EXTRA LOAVES TO COST A BIT MORE

Starting next week, the cost of some of our Barrio Bread breads will go up by 50 cents if they're purchased individually (not through a bread share). Don has to increase his prices because of the rising cost of organic flour.



The price increase will only affect the extra breads, i.e. those that are available for individual sale. There is one exception, Pain au Levain, which will remain at its current \$4.50 price for everyone. This means that most loaves purchased through a bread share will cost 50 cents less than the same loaf purchased as an individual sale. The price difference now reflects the fact that selling bread through shares is more efficient and less expensive for Don because it eliminates waste.

You can add bread to your subscription via your online CSA account (but remember that you can only edit your subscription between the day after your pickup day and midnight Friday).

ISKASHITAA – GOT FRUIT?

Many of you have heard of Iskashitaa, this wonderful local non-profit that helps refugees from around the world who live in Tucson. One of things they do is to harvest unwanted fruits from local trees. We often donate our surplus produce to them.

You may sometimes see Iskashitaa volunteers distributing fruit in the courtyard. Other times they just leave a basket of gleaned fruit from which you can take in exchange of a small donation. What else can you do for them? You can donate time, fruit, used items and money.

For more information, visit www.iskashitaa.org

Pickled Beets

Sara Jones, Tucson CSA

If you have leftover Chiogga beets, mix them in with this week's Detroit Reds to enhance their color for pickling.

1 bunch beet roots
2 cups vinegar
1 cup water
1/4-1/2 cup sugar
1 teaspoon to 1 tablespoon total of all selected spices, to taste.
Spice suggestions (use whole spices, not ground): Coriander
– Allspice – Cardamom – Cloves – Mustard Seeds –
Cinnamon Sticks

Prepare beets by roasting or boiling. Peel beets and cut or dice in preferred serving sizes. Bring water, vinegar and sugar to boil until the sugar is dissolved. Add spices and reduce heat. Simmer to let spices develop flavor and steep. (Approx. 15 minutes.) Place beets in glass jar and cover with vinegar mixture. Store in refrigerator for one week before using. (Spice flavor develops more over time).

Will keep for two to three months. Pickled beets can also be canned and stored in the pantry if canning is in your skill repertoire. Any vinegar mixture left over when the beets are gone can be used as a base for marinades or dressings.

Fish Fillets with Kohlrabi and Fennel

Still have fennel in the fridge? Here is a nice recipe to use it up. If you don't have lemon, orange will work nicely, too.

1 lemon
1 tablespoon sugar
1 kohlrabi bulb, peeled and thinly sliced
1 fennel bulb, finely sliced, plus chopped leaves
1 tablespoon butter
2 fillets of fish (salmon, tuna, mahi-mahi, etc.)
2 cups milk

Remove the zest of a lemon, slice it into very thin strips and place in a small saucepan with the juice of the lemon and the sugar; cook slowly for 15 minutes. Cook kohlrabi and fennel gently in a covered pan in butter for about 10 minutes. At the end of the cooking, add the partly "candied" lemon zest. In the meantime, poach fish in milk. Spread the kohlrabi in a deep dish; place on top the fish fillets that have been poached in milk; garnish with finely chopped fennel leaves.

'Bruised' Raw Curried Kale Salad

Sara Jones, Tucson CSA

You can use any type of kale, or collards, in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture while maintaining the freshness.

The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top

of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine
1 carrot, grated
1 kohlrabi, peeled and grated
2 small beets, grated
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
1/2 cup sunflower or pumpkin seeds
1/2 yellow onion
2 tablespoons apple cider vinegar
2 tablespoons apple or orange juice
1 tablespoon oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and beet and set aside. In a food processor or blender, puree onion, vinegar, juice, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.

Spicy Peanut, Carrot, and Snap Pea Wraps

Carl Englander, Tucson CSA

1/2 cup chunky peanut butter, unsalted
1 teaspoon chili garlic sauce
2 tablespoons low-sodium soy sauce
4 tablespoons water
6 whole wheat tortillas (10 inch diameter)
2 cups carrots, grated
2 cups sugar snap peas, chopped

In a small bowl, whisk peanut butter, chili sauce, soy sauce, and water to blend. Evenly divide mixture between tortillas and spread in a rectangle down the middle of each, leaving a small border. Evenly top rectangles with carrots and snap peas, then roll-up burrito-style, cut into portions if desired, and serve cool.

Collards and Quinoa

Laurel Lacher, Tucson CSA

1 cup dry quinoa
2 cups water
1 bunch collard greens, stems removed and coarsely chopped
1 bouillon cube (veggie or chicken)

Put quinoa, water, and bouillon cube in a 2-quart pot and bring to a boil. Add collards, stir, and reduce heat to simmer. Continue cooking 10-15 minutes until quinoa is done and all of the water is absorbed.