



# *Tucson Community Supported Agriculture*

Newsletter 536 ~ May 2, 2016 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring 2016

### **Harvest list is online**

Cabbage Curry With Garam Masala and Coconut  
Cabbage Slaw in Peanut Ginger Sauce-new  
Herbed Squash and Potato Torte  
Radish and Yogurt Spread

**Many more recipes on our website**

### **“Low balance” e-mail reminders**

When your CSA account balance dips below \$22, you receive a “low balance” e-mail reminder telling you that you must recharge your account before midnight Friday in order to prevent your subscription from being canceled.

Some members have said that being sent this “low balance” e-mail 2 or 3 days before the recharge deadline doesn’t give them enough time to see the email.

Originally, the “low balance” e-mails used to be sent when your account dipped below \$35, but that caused them to be sent up to two weeks in a row, which many members claimed was too many and caused them to stop paying attention, hence failing to recharge their account in time.

As in life, we can’t seem to please everybody. If you are concerned about missing the recharge deadline, we suggest you select our “Autopay” method of payment: your account will get recharged automatically when it gets below \$22.

## **Out of the ground, into your shares: New Red LaSoda Potatoes!**



We as a society have forgotten what many vegetables are really supposed to taste like. Perhaps more than that of any other vegetable, the flavor of a freshly harvested new potato can be a revelation. There are over 400 varieties of potatoes, but ask for any one of 396 at your supermarket and you will be met with a rude comment or, even worse, a vacant stare,” writes Bert Greene in *Greene on Greens* (Workman Publishing, 1984). Indeed, one of the potato varieties we get from Farmer Frank at Crooked Sky Farms, the Red LaSoda, is considered commercially unviable,

even though both it and the Dark Red Norland are the dominant, high-yielding varieties of red-skinned potatoes in the West. LaSoda’s deep eyes, for example, make the potato difficult to peel. It also loses its bright red color in storage, hence its reference as a “fresh-market” potato. Because the Red LaSoda is resistant to tipburn (browning of the edges or tips of leaves), however, as well as to wind, heat, and drought damage, it is well-suited to our region’s climate (heat, as you might imagine, presents the biggest challenge to growing potatoes here).

So experience Crooked Sky Farms’ brand-new crop of Red LaSoda potatoes, just dug out of the ground. The farm harvests its potatoes three times a year, in April, August and December. New potatoes are best in the simplest preparations, where their delicate flavor and texture can be appreciated. Boiling, steaming, and roasting in the oven or on the grill suit them best. Because of their tender skins, new potatoes don’t need peeling. Red LaSodas, with their waxy, dense flesh are also great for gratins. Red La Sodas never really need to be peeled, even when no longer “new”; in fact, much flavor resides in the potato skins themselves, and since Farmer Frank doesn’t use chemicals, you needn’t be concerned about fungicides, pesticides, and other undesirables concentrating in the skin. (If you feel compelled to peel them anyway, don’t throw the skins away—use them to add flavor to a soup stock.)

**Uses** - Due to its low starch content, the Red La Soda has a creamy texture and is good for boiling, because it holds its shape when cooked. Its firm, waxy texture is perfect for gratins and potato salads. (By contrast, the buttery Yukon Golds we also sometimes see in our shares are good bakers and fryers, due to their higher starch content, which gives them a more granular texture.)

**Nutritious Value** - Potatoes have fewer calories and more nutrients than rice, pasta, or bread. Contrary to specious rumor, the potato is not fattening in the least; butter and cream are! A naked medium-sized potato has less than 100 calories, and boiling reduces the calories to a scant 80. The reason they are low in calories is that potatoes are 75 to 80 percent water. High in vitamins (including niacin, thiamine, riboflavin, and pyridoxine), the potato is really good for you—as well as being good tasting.”

### **Cabbage Curry With Garam Masala and Coconut**

Kusuma Rao, Ruchikala

This is a simple curry that comes together very quickly. Make sure to have all of your ingredients prepped and ready to go.

2 tablespoons olive oil  
1 jalapeno, finely diced (optional)  
4 cloves garlic  
1 tablespoon of grated ginger  
1/4 teaspoon turmeric  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
3 cups of shredded cabbage  
1 1/2 teaspoons of garam masala  
1/2 cup toasted, grated coconut

Add two tablespoons of oil to a large skillet on medium heat. Add the cumin seeds and fry for 1-2 minutes until the seeds become lightly aromatic. Lower heat and add the jalapenos, ginger and garlic, sauté for another minute. Add ground turmeric, cumin and coriander. Fry for another 30 seconds. Add cabbage, a tablespoon or so of water and a teaspoon of salt and sauté for about 5 minutes, stirring frequently, until softened. Add toasted coconut flakes and the garam masala. Check for seasoning and add more salt if needed. Serve with rice or quinoa.

### **Cabbage Slaw in Peanut Ginger Sauce-new**

Sara Jones, Tucson CSA

Finely shred the cabbage for this salad. You can add any other veggies and herbs you think might be good. Serve with cold noodles and diced chicken or tofu for a light meal. Garnish with roasted peanuts and lime wedges if you like.

For about half a head of finely shredded cabbage you will need:

1/4 cup natural peanut butter  
1 inch piece fresh ginger, grated  
1/4 cup orange juice  
1 tablespoon oil  
1 tablespoon rice wine vinegar  
1 tablespoon soy sauce  
1-3 teaspoons sugar (optional)  
1/2 ground cayenne pepper (optional)

Blend dressing ingredients in a food processor or blender. Taste for seasoning and add additional soy sauce or sugar if desired. Toss with cabbage just before serving.

### **Herbed Squash and Potato Torte**

Nora McGinnis, adapted from Bon Appetit, June 2001

This torte can easily be made ahead and reheated as you need it for guests. In fact, it's even *better* reheated because there is something about potatoes that have been cooked twice— getting browner at the edges and more tender inside.

1 bunch CSA I'Itoi, spring, green, or other onions, thinly sliced  
1 cup grated Parmesan cheese  
2 tablespoons all-purpose flour  
1 tablespoon chopped fresh thyme leaves (optional)  
1 1/2 teaspoons salt  
3/4 teaspoon ground black pepper  
2 pounds CSA potatoes, peeled and cut into 1/8-inch-thick rounds  
12 ounces CSA yellow crookneck squash or yellow or green summer squash, cut into 1/8-inch-thick rounds  
6 teaspoons olive oil

Preheat oven to 375°. Butter two 8-inch round cake pans or one long cake pan. Set aside 1/4 cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend. Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture. Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350° oven until heated through, about 30 minutes.) Slice into wedges to serve.

### **Radish and Yogurt Spread**

Philippe, Tucson CSA

1 bunch radishes, grated or cut in thin slices  
2 cups Greek yogurt  
A few stalks of green onions, I'Itoi onions or young leeks, chopped  
Salt and pepper  
Sliced bread

Mix radishes and yogurt and a generous dose of salt and pepper. Spread on bread slices. Garnish with green onions.