



September 13, 2005 - Issue 2

Tucson Community Supported Agriculture Newsletter

Add variety to your diet

SUMMER 05 WEEK 11 OF 12

RECIPES IN THIS ISSUE

Chilled cucumber soup
Pan-steamed acorn squash
Green chile chicken
Pesto galore
Roasted chile and cheese
appetizer



SUMMER SEASON ENDS NEXT WEEK

Make sure to sign up for the
Fall season by Friday, Sept.
27.



TCSA Contact

Philippe Waterinckx
URL: www.tucsoncsa.org

A MILESTONE: 100 SHARES

In February 2004 a small group of University of Arizona graduate students got together to start the Tucson CSA. We began with just fifteen shares which we picked up on Hannes and Maria's front porch. From there it was just word of mouth. Three months later, with thirty shares, the TCSA moved to Philippe's guesthouse where we all got to know his friendly pets, Sophie and Neville. One year and fifty shares later, the guesthouse became too small and we moved to our current location at the Historic Y. Unfortunately, that move included having to pay rent and for a while we operated at a loss. We have now just reached our objective of one hundred shares and we can finally pay the rent without being helped by Farmer Frank.

15 REASONS TO BE A TUCSON CSA MEMBER

1. Flavor: freshly picked produce tastes better
2. Freshness: produce that is harvested the day of delivery
3. Seasonality: produce that is in season in Southern Arizona
4. Variety: 200 types of veggies and fruit grown every year
5. Nutrition: fresh, heirloom and naturally-grown produce is higher in nutrients
6. Naturally-grown: no chemical fertilizers, herbicides or pesticides
7. Environmental sustainability: farming methods that enhance biodiversity
8. Social justice: fair wages and safe working conditions for farm workers
9. Economic fairness: to help sustainable farming be economically viable
10. Connection with your food: know who grows it and where it comes from
11. Price: less expensive than retail organic produce
12. Energy conservation: less transportation, inputs and machinery.
13. Making a stand: against giant agri-businesses and mega food corporations
14. Community: be part of a local sustainability movement
15. Your reason. Email it us.

PEST CONTROL AT CROOKED SKY FARMS

Frank Martin from Crooked Sky Farms uses natural farming methods to keep pests at bay. Not using any chemicals is but the first step in natural pest control. Frank actively uses biodiversity to foster a natural balance among crops, insects, birds and soil organisms. He plants many different crops in each field to attract a large variety of critters. Their competition prevents any of them from taking over and becoming a pest. Frank also lets islands of crops grow through their full cycle to provide shelter and food for birds, pollinators, ladybugs and other beneficial insects. These creatures in turn feed on harmful insects. Another effective pest control method is to periodically plow down a row of crops and let the birds come in to eat the seeds and bugs.

One only has to see one of Crooked Sky Farms' fields to get a feel of its rich biodiversity. Birds, rabbits and butterflies abound, insects are plenty, yet crops seem untouched by pests.

GREENS

Summer brings interesting produce but the variety is limited. From fall to spring Crooked Sky Farms is actually able to grow a much wider range of produce. Many of us can't wait to get more greens. Well, they are now in the ground and growing. We will start getting them in two or three weeks: lettuce, mustard greens, Swiss chard, spinach and more.

CHILLED CUCUMBER SOUP (V)

(from Philippe Waterinckx, adapted from www.foodnetwork.com)

1 cucumber, chopped
1 cup plain yogurt
1/4 cup sour cream
1/2 tsp mustard
Salt and pepper to taste
1/4 cup fresh dill, chopped
1/2 lemon, juiced
Save some cucumber slices and dill sprigs for garnish

In a food processor or blender, purée chopped cucumbers, yogurt, sour cream, mustard, and salt and pepper to taste and transfer to a bowl. Chill soup until ready to eat. Before serving, stir in finely diced cucumber, dill and lemon juice. Garnish soup with cucumber slices, and dill sprigs.

PAN-STEAMED ACORN SQUASH (V)

(from Philippe Waterinckx)

1 acorn squash
1 tbsp pesto
1 tbsp butter
1 cup water

Cut the squash in half and remove the seeds.
Heat the butter and water in a frying pan.
Place the squash halves face down in the pan and bake for 20 minutes or until done (it's done when you can easily insert a knife in the top of the squash).
Remove the squash, drain excess liquid.
Smother the squash flesh with pesto.

GREEN CHILE CHICKEN

(from Philippe Waterinckx)

2 chicken breasts
8 roasted green chiles, peeled
1 tomato, chopped
1 onion, chopped
2 cloves garlic, pressed
1 tbsp ground cumin
1 cup vegetable stock
1 tsp flour
1/2 bunch cilantro, chopped
1 tbsp olive oil
salt

Sauté chicken breasts in olive oil until golden brown.
Add onions and sauté among the chicken until onions are tender. Sprinkle flour on top and stir gently to mix it in.
Add stock, tomato, chiles, garlic and cumin.
Cover and simmer for 30 minutes.
Add cilantro and simmer for another 15 minutes.
Serve with rice.

PESTO GALORE (V)

(from Philippe Waterinckx)

While basil may be a key ingredient to making pesto, there is more to pesto than basil pesto. Be bold and experiment with the herbs, greens and cheeses below. Use them singly or in combination.

4 cups chopped greens and/or herbs (basil, cilantro, arugula, mustard greens, mizuna, or any herbs or strongly flavored greens)
1 cup nuts or seeds (pine nuts, almonds, walnuts, pecans, sunflower seeds, or any nuts or seeds.)
1/2 cup parmesan, asiago or manchego, grated
6 cloves garlic
1/4 cup olive oil
1/4 tsp salt

Blend all ingredients in food processor until consistency is smooth. Serve with pasta, grilled vegetables, thick soups, or use as sandwich spread. Leftovers keep in the refrigerator for several days or can be frozen in separately packed small portions.

ROASTED CHILE AND CHEESE APPETIZER

(from Philippe Waterinckx)

Removing skins.
Remove skins and seeds from the roasted chiles. The easiest way it to slip off the skins and seeds under running water. However, I prefer to remove the skin and seeds without holding them under running water, but just rince my fingers as they become coated with the skins and seeds. This keeps the flavor from running away with the water.

Roasted chile and cheese appetizer

A quick and easy appetizer can be concocted by gently mixing 1 cup of sliced roasted chiles, 1 cup of cubed cheddar cheese, some olive oil and 1/4 cup of chopped basil. Add salt to taste.

Other uses

Roasted chiles can also be used in sauces, pasta dishes, stews, eggs, cheese sandwiches and they are especially delicious when dressed with olive oil and anchovies. And, of course, in chile rellenos.

More recipes online at www.tucsoncsa.org

Know a good recipe for TCSA produce? Send it to us to share with other members (include source if from a book or the internet.)