



Tucson Community Supported Agriculture

Newsletter 87 ~ May 21, 2007 ~ Online at www.TucsonCSA.org

Spring '07 - Week 12 of 13

Planned Harvest

(May differ from actual harvest)

Valencia Oranges
Dry Beans
Sweet Potatoes
Chioggia Beets
Carrots
Red and yellow Onions
Artichokes
Swiss Chard



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Agritourism Workshop

Agritourism is a way for agricultural producers and tourism companies to team up and promote Arizona's unique foods through experiences such as grape stomping, pick-your-own produce and farm tours. Together, we can raise awareness about Arizona agriculture, generate extra income for our state's producers and tour guides, and create rich, meaningful — and tasty — experiences for Arizona's residents and visitors.

Learn to create, host and market agritourism experiences as part of your own farm, ranch or lineup of tours.

**Where: The Historic Y
June 1st, 8 AM to noon.
Fee: \$20 per attendee**

Contact info: NAU's Center for Sustainable Environments

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Reminder: Subscribe to full Summer Session by June 1st

Subscriptions are now open to all.

\$221 per produce share. \$30 per goat cheese share.

Note: while we may max out on produce shares, there is no limitation on goat cheese shares at this point.

Rough season at Crooked Sky Farm is almost over

The weather over the last two months caused significant setbacks at the farm. First, the temperatures stayed unseasonably cool for longer than usual, including several killer frosts. Then there was an alternation of hot and cold spells. A lot of leafy greens suffered and many spring vegetables are either late or didn't make it. Also, the aphid (greenfly) turned out to be a bigger problem than in previous years and caused many cruciferous crops to bite the dust, including cauliflower, broccoli and cabbages. Overall, these facts explain why we've had less produce variety than usual at this time of the year. What we've lacked in variety has been made up in quantity of crops that did particularly well, such as carrots and beets.

The good news is that things are looking up. Summer and young winter squash, early watermelon and sweet corn are only two or three weeks away. Other melons, such as honeydews and cantaloupes, will follow in late June. We are also about to get wheat and oats, a first for the farm. Farmer Frank said that they look great and that they'll likely appear in our shares in the shape of whole wheat flour and wholegrain and rolled oats.

The farm has also been busy planting for mid- and late summer crops. Those should start appearing in late June too: heirloom tomatoes, eggplant, okra, beans, peas, sweet potatoes, Chinese yams, squash, cucumbers, chiles and more.

And the beet goes on!

This spring at the farm the beets and carrots have thrived despite the problems which beset other crops. Two years ago we had the year of the eggplant. Last year was the year of the broccoli. This year has been the year of beets and carrots. Beets are easy to prepare and sweet and wonderful to eat. Cook beets whole in some orange juice and water and then use the sauce as a salad dressing mixed with some olive oil.

They are even sweeter when roasted whole with the skin, about an hour depending on the size (check at 40 minutes) at 400°F, covered. Then remove from the oven but keep covered. Thirty minutes later put each beet in a paper towel and rub the skin off. Then you can serve as a side dish warm with a little salt and olive oil, or use them in a salad with oranges and red onions, or shred them over salad greens (you can also do that with raw beets).

Beets pair nicely with a bleu or feta cheese and nuts - especially walnuts or hazelnuts. Olive oil or walnut oil, vinegar (balsamic or red wine), and orange juice are always nice as a dressing, and can be augmented with orange zest, dill, black pepper, coarse salt and sour cream.

The Chioggia Beet (pronounced Kiódja) is an Italian heirloom beet with white and purple to pink to red rings of alternating color. It has a sweet peppery flavor and is smooth and mild tasting. Chioggia Beets are beautiful when sliced crosswise to show off their color rings. Try them roasted then made into a salad with feta.



Stuffed Artichokes

Philippe, Tucson CSA

Per artichoke:
 1 small onion
 2 garlic cloves
 Oil, vinegar, salt,
 pepper, herbs



With a sharp knife, remove the top third of the artichoke as well as the stem. With scissors, cut the remaining sharp tips off the leaves. Using your thumbs, separate the leaves as much as you can. Don't hesitate to apply force – artichokes are tough babes!

Peel an onion, cut it in half, and slice it into 1/3” thick strips. Peel two cloves of garlic and cut them into 4 to 6 slices each. Insert the garlic slices and ends of the onion strips among the leaves. Pack in as many as you can!

Place artichoke in a small saucepan. Fill the pan with water halfway up the height of the artichoke. Pour 1 tablespoon oil and 1 tablespoon vinegar over the top of the artichoke. Sprinkle the artichoke with salt, pepper, and thyme, Italian herbs, or Herbes de Provence.

Cover, bring to a boil, and simmer for 1 to 1-1/2 hours (or until outer leaves come off with a little tug). Serve hot, warm or cold, by itself or with a garlic-butter dip.

Yes, you did see this recipe here several weeks ago. It's been very popular, so we're repeating it.

Bean and Sweet Potato Burrito

Lorraine Glazar, Tucson CSA

Serves 1

½ cup beans, cooked with chiles and garlic
 ½ cup mashed sweet potato made spicy (can use mashed with chipotle sauce, or see “Chipotle Mashed Sweet Potatoes” recipe on TCSA archive), or just add some cayenne and salt while mashing.

¼ cup shredded cheddar cheese, low fat if desired (omit if you used goat cheese in the potatoes, as per the archive recipe)

Shredded lettuce or cabbage, to taste

Chopped fresh tomato to taste, or pico de gallo

1 burrito size tortilla

Salsa (optional)

Heat the beans and the sweet potato. Heat the tortilla, using some moisture to keep it soft and pliable. Lay the tortilla flat. Spoon beans on in a narrow rectangle in the middle of the tortilla. Spoon another narrow rectangle of mashed sweet potatoes. Sprinkle with cheddar cheese and add lettuce or cabbage and tomato (or pico de gallo) to the limit of the tortilla's tolerance. Fold like a butcher wrap to make a burrito. Enjoy salsa on the side.

I heard that many members are being challenged in keeping up with their beets. Remember our recipe archive on our website. It has many beet recipes, two of which are featured below.



Beets in Orange Sauce

Adapted from Bon Appétit, February 1996

1 bunch beets, trimmed
 1 cup orange juice
 2 tablespoons sugar
 2 tablespoons (1/4 stick) butter
 1 tablespoon minced orange peel (orange part only)
 2 teaspoon red wine vinegar

Preheat oven to 400°F. Wrap 2 beets together in foil. Repeat with remaining beets. Place on baking sheet. Bake until tender, about 1 hour 15 minutes. Cool. Peel beets. Cut each into 8 wedges.

Combine beets and remaining ingredients in medium non-aluminum saucepan. Simmer over medium heat until sauce is syrupy, stirring often, about 8 minutes. Season with salt and pepper.

(Can be made 1 day ahead. Chill. Rewarm over low heat, stirring often.) Serve hot.

Moroccan Slaw

Sara Jones, Tucson CSA

Mix:

1 cup beets, peeled and grated
 1 cup carrots, scrubbed and grated
 1 orange or grapefruit, peeled and cut crosswise in thin slices

Dress with:

1 pinch ground cumin
 1 pinch ground coriander
 ¼ cup yogurt
 cashews, chopped
 fresh cilantro, chopped
 salt and pepper

You can replace the yogurt with oil and apple cider vinegar.

Refrigerate before serving.