



Tucson Community Supported Agriculture

Newsletter 104 ~ Fall '07, Week 3 of 13 ~ Online at www.TucsonCSA.org

Harvest list is online



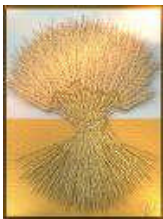
The Back Page

This week we are spoiled with recipes from Sara, Tucson CSA chef extraordinaire (don't miss Sara's next cooking class when we announce it!)

Coconut Curried Squash
Miso Soup
Roasted Squash and Garlic
Enchiladas
Balsamic Lemon Greens
Spicy Greens

**MANY MORE RECIPES
ON OUR ONLINE
RECIPE ARCHIVE!**

This week is our Grains Fest! Come learn how to clean, prepare and eat your grains.



For sale: Organic, GMO-free chicken feed (layer pellets).

We bought extra to get a bulk discount on the shipping. Now we need to sell it! We're selling it at our cost. Help us spread the word. Tell all the hens in Tucson! We're the only place that sells organic chicken feed.

Cost: \$26.25 per 50lb bag.

Newsletter editor

Philippe Waterinckx

News from Crooked Sky Farms

We have a quite a few new members with us this session, so I thought I'd include a little refresher blurb on Crooked Sky Farms and tell you a little bit about what you bought into as well as what to expect.

As a member of the Tucson CSA, you are supporting a small farm: Farmers Frank and Kelsey and six or so workers, including Rosa, Tanya, Chris, Michael, Rory and Rhonda. Finding skilled workers is hard, and training new ones takes time, so Farmer Frank looks after his crew very well. Some of them have been there for years. They get year-round employment, health insurance, fair wages and healthy working conditions. The starting hourly pay at the farm is \$12 per hour.

Farmers Frank and Kelsey believe in good land stewardship: taking good short- and long-term care of the land. Working with the environment rather than against it. Using natural pest control methods. Never using chemicals. Using composted organic manure. Practicing minimal tilling and weeding. Minimal irrigation. The farm's main fields in Glendale use natural rainfall and surface water (from the Salt River Project) to irrigate no more than every 10 to 15 days (and usually less frequently). Water consumption is less than 3 acre foot per acre per year, which is significantly less than either the water consumption of conventional agriculture or housing development. Some argue that when housing replaces agriculture, less water is used. That is not true here!

The farm is not USDA Certified Organic. That label is slowly losing its relevance, as organic standards are increasingly becoming compromised due to political pressure from big agriculture. Crooked Sky Farms has chosen the grassroots *Certified Naturally Grown* label instead. Crooked Sky Farms is beyond organic, as it doesn't even use chemicals now allowed under the Organic label.

Heirloom and open-pollinated varieties are preferred at the farm. Vegetables are grown for their flavor, not for their shelf-life or their cosmetic perfection. Sometimes crops do great, sometimes they don't. It varies. As CSA members, you ride along with those variations. Also, remember that these vegetables grow in a desert environment. The weather is hard on them. Sometimes they look a little tired, even though they are fresh.

It's the opposite of industrial farming. Along with more flavor comes less uniformity and less dependability. It's honest farming, with neither people nor the environment being abused along the way.

Time for a Beef share?

We are gearing up for our next beef share round. Here is how it works: you give us a \$20 deposit. When the beef arrives, you get a share in the form of a frozen pack and pay the balance: an average pack weighs 8 to 10 pounds and costs \$7 per pound. Every share is different, but a typical one includes two packs of ground beef, two steaks, one roast and one other cut (stew meat, soup bones, short ribs, etc...).

This time, the beef comes from the small A Bar H ranch in San Simon (east of Wilcox). We have worked with them before and we like them a lot. Their animals are raised on pasture their entire lives and are finished on a richer pasture, making them both grass-fed and grass-finished. No hormones or antibiotics.

Sign up for a share at the front desk with a \$20 deposit. The packs should be ready for pick-up in early October. Sign up early. Shares are limited.

The next beef share round will be for delivery near Christmas.

Coconut Curried Squash Soup

Sara Jones, Tucson CSA

Indian curry seasonings go especially well with winter squash. Use any curry mix you like for this recipe, or for a sweeter flavor use a garam masala, which uses spices like cinnamon and clove. I usually use a pre-mixed curry powder and then adjust it to my taste by adding more of the spices that I like best. I use pink lentils here because the color goes best with the squash, but use whatever you have on hand.

1 medium size butternut squash, peeled and chopped into large chunks

1 red or green bell pepper, chopped

1 bunch cooking greens, chopped finely

½ large onion, chopped

¾ cup dry pink lentils

2 tablespoons oil

Garlic to taste

About 1 tablespoon grated fresh ginger

Curry spices; adjusted to your taste

1 can coconut milk

Salt and pepper to taste

In a large stock pan, heat oil and sauté onion, pepper, garlic and ginger for about 5 minutes, stirring frequently. Stir in chunks of squash with curry spices and lentils, then cook for a few more minutes. Add about 2 quarts of water, bring to a boil and add greens. Cook over a medium low heat until lentils and squash are soft, about 35 minutes. Add coconut milk and salt and pepper and cook for 5 more minutes. At this point you can either puree the soup and make it creamy and smooth, or leave it chunky.

Miso Soup

Sara Jones, Tucson CSA

This recipe uses greens and the same spice combination as the Spicy Greens recipe (at right) and turns it into a delicious soup. Soba noodles taste best here, but you can use any long, spaghetti type noodle you have on hand.

¼ block of firm tofu

1 cup mushrooms, sliced

1 bag braising greens

Soba noodles

½ inch ginger, grated

2 cloves garlic, minced

Red chili flakes, to taste

2 tablespoons miso paste

Soy sauce to taste

Start with the spice combination used in the Spicy Greens recipe and sauté very briefly in a soup pot. Add a quart or so of water, bring to a boil and add chopped greens, noodles, cubed firm tofu and mushrooms if desired. When noodles are ready remove pot from heat and add about 2

tablespoons of miso and a dash of soy sauce. This is an incredibly easy and nutritious soup, I think of it as my vegan chicken soup recipe.

Roasted Squash and Garlic Enchiladas

Sara Jones, Tucson CSA

This is the easiest and tastiest enchilada filling ever! You can use this filling in any number of ways. It is great as a layer in lasagna, or stuffed in a filo dough pie. You could add cheese but it is incredibly rich as it is. Also, the mashed squash, diluted with water or wine, makes an excellent pasta or pizza sauce!

1 winter squash

1 whole head garlic

1 tablespoon oil plus enough to coat baking pan and vegetables

Salt and pepper to taste

Cut squash in half and scoop out seeds. Oil a baking pan well then coat inside of squash and entire bulb of garlic with plenty of oil. Lay squash cut side down in pan with garlic and bake for about 40 minutes at 350 degrees. When flesh is tender, remove it from the skin by scraping out with a spoon, and place in a bowl. Cut the top off of the bulb of garlic and squeeze insides into bowl. Add oil, salt and pepper, and mix well. Roll filling in corn tortillas and top with red enchilada sauce, green chili sauce, or a mole. Sprinkle with cheese if using and bake for 20 minutes or cover and freeze for an easy dinner in the future.

Balsamic Lemon Greens

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of braising greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew. Wash and chop greens, leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

Spicy Greens

Sara Jones, Tucson CSA

This is a quick way to use your braising greens. Adjust the spice to your taste. Start by grating about ½ an inch of fresh ginger and combine with a few cloves of minced garlic and red chili flakes. Wash and chop greens, leaving moisture on leaves (this should leave just enough moisture to briefly steam the greens without leaving them soggy). Briefly fry spice mix in about 2 teaspoons of hot oil, stirring quickly to avoid burning spices. Add greens and stir well to coat. Reduce heat to low, cover and cook 2 or 3 minutes until greens are tender. Splash with soy sauce and serve.