



Tucson Community Supported Agriculture

Newsletter 121 ~ January 22, 2008 ~ Online at www.TucsonCSA.org

Week 7 of 12

Winter '07/'08

Planned harvest list is [Online](#)



Red Russian Kale

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Braised Greens and Garlic

Any dark green leafy vegetable will work well. Try kale, mustard greens or chard; mustard greens will be more bitter, while kale has a subtle earthy flavor.

1 bag of CSA braising mix (or 1 bunch kale, mustard greens or chard)
1/2 tablespoon olive oil
1-3 cloves garlic, minced
salt to taste
lemon wedges

Wash greens thoroughly. Drain. Chop greens into 3-inch pieces. Heat oil in a large skillet. Sauté garlic for 2 minutes. Add greens to skillet. Cover and cook over medium heat for 10 minutes (or as little as 2-3 minutes if greens are young and tender), stirring once in a while to coat all the greens with garlic and oil. Sprinkle with salt. Serve with lemon wedges.

Newsletter editor

Philippe Waterinckx

REMINDER - CROOKED SKY FARMS OPEN DAY THIS SATURDAY

Who's your farmer? Take this opportunity to see where your veggies are grown and talk to those who grow them. **This Saturday, 9:30 a.m. to noon.** CSA members will have an opportunity to tour the south Phoenix field with Farmer Frank and Kelsey. Some items will be available for members to harvest themselves. There is no charge.

It takes approx. 1 hour and 30 minutes to get there. If you wish to offer or take opportunities to car pool, meet in front of the CSA no later than 8:00 a.m.

Details and directions are in last week's newsletter (available online).

Questions or lost? Call Farmer Kelsey at 623-206-4435.

THIS FRIDAY - DESERT HARVEST TABLE AT THE CSA

This Friday from 4 to 6 p.m., John Slattery from Desert Tortoise Botanicals will be at the CSA to introduce the many herbal teas, medicines and foods he makes from plants harvested in the desert around Tucson, some of which are available at the CSA.

On Sunday morning, John will also lead a Plant Walk in Catalina Park. See details in last week's newsletter.

WE ARE WHAT WE EAT



Want to dance? Have some good food stories to share? Feel passionate about what you eat? Want to think and talk about the food system in a new way? Join "We Are What We Eat," an innovative project about you, the food you eat, where it comes from, what it means to you, and how you prepare it and share it. A collaboration between NEW ART and the

Community Food Bank, the project uses modern dance and community stories to reveal how food connects us to each other, our environment, and our everyday lives. The project is now seeking community participants.

Participants of all ages and abilities are welcome to share their stories, shape performance material, and perform with NEW ARTiculations. No prior dance experience is necessary!

Rehearsals will take place Sundays, 3:30-5:00 p.m., beginning with a mandatory introductory session on Sunday, February 17, 2008.

All rehearsals will be held at The DanceLoft, 620 E. 19th Street, Suite 150 (warehouse unit on the corner of 19th Street and Euclid Avenue).

We Are What We Eat is now online with a blog at www.newartfoodproject.blogspot.com

Barley, Kale, and Kidney Bean Stew

Lorraine Glazar, Tucson CSA (adapted from Vegetarian Planet by Didi Emmons)

1 ½ tablespoons olive oil
2 cups sliced onions
3 garlic cloves minced
1 cup pearled or hulled barley
2 teaspoons chopped fresh sage or 1 teaspoon dried sage
½ teaspoon salt, or to taste
10 cups water or stock
1 large potato, peeled and chopped into 1 inch cubes
2 cups turnips, cut into ½ inch rounds or cubed if they are large
1 bunch kale
1 ¼ cups cooked and rinsed kidney beans
2 tablespoons fresh lemon juice
Fresh ground black pepper
1/3 cup Parmesan cheese
Olive oil

In a large saucepan, heat the olive oil over medium heat, then add the onions. Cook the onions for 5 to 6 minutes, stirring occasionally, then add the garlic, barley, sage, ½ teaspoon salt, and 7 cups water or stock. Cover the pan, bring to a boil, then turn the heat to low. Let simmer for 25 minutes, then add the potato, turnips, and 2 cups more water or stock. Cover the pan again, and let simmer for 10 minutes more.

Cut the stem and inner stalk from the kale. Coarsely chop the leaves (there should be about 6 cups), and add them to the pot with 1 cup water or stock. Simmer for 10 minutes more, adding more water or stock if the stew becomes dry.

Add the kidney beans, stir well, then add the lemon juice. The stew should be similar to a pilaf, but slightly less dry. Taste the stew, and add salt and pepper, keeping in mind that you'll also be adding Parmesan cheese. Ladle the stew into bowls, sprinkle the Parmesan over, then dribble a teaspoon of olive oil over each bowl. Serve the stew hot.

Radish and Yogurt Spread

Philippe, Tucson CSA

1/2 bunch radishes, cut in slices
1 cup Greek yogurt
a few stalks of green onions, chopped
salt and pepper
sliced bread

Mix together radishes and yogurt. Spread on bread slices. Sprinkle with green onions, salt and pepper.

Carrot Tops Soup

Angel Valley Organic Farm, Jonestown, Texas
(AngelValleyFarms.com)

1 bunch carrots, including the greens
½ cup brown rice
1 or 2 stalks green garlic, chopped (use the whole thing, from the tip of the roots to the tip of the greens)(or substitute 2 garlic cloves, chopped)
6 cups water, light chicken stock, or vegetable stock
Thyme to taste and whatever other herbs suit your fancy
Salt and pepper

In a small saucepan, bring ¾ cup water to a boil and add rice. Simmer until tender and set aside. While the rice is cooking, pluck the lacy leaves of the carrot greens off their stems, enough for 2 to 3 cups, loosely packed. Wash thoroughly, then chop finely. Chop the carrots into fairly small pieces.

Melt a couple of tablespoons of butter in a soup pot. Add the carrot tops and carrots, garlic, and herbs. Cook for a few minutes, turning everything a few times, then add the water or stock and salt. Bring to a boil and simmer until the carrots are almost cooked. Add the rice, heat through until the carrots are tender, then add salt and pepper to taste.

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.