



# *Tucson Community Supported Agriculture*

*Newsletter 150 ~ August 11, 2008 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

## **Summer `08**

**WEEK 11 of 13**

**Harvest list is [Online](#)**

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**More recipes at**  
[www.tucsoncsa.org](http://www.tucsoncsa.org)



### **Fall Session Starts the First Week of September**

Fall registration is now open.

**August 1 to 29: registration for renewing and former members**

**August 18 to 29: registration for waitlisted members**

To avoid lines at the front desk, you can mail us your contract and payment, or drop them off in the Drop Box by the front desk.

Subscription details and Contract Form are online, under Join: Subscriptions.

So far, we have been able to give every renewing member their first pick-up day choice. Options could start shrinking after August 18, once we begin registering waitlisted members.

### **Newsletter editor**

Kimi Eisele

## **JOIN THE BACKYARD CHICKEN REVOLUTION!**

Vladimir Lenin, the great Russian revolutionary, reportedly said that you can't make an omelet without breaking some eggs. Yes, well, some revolutions can be hard and messy work. But not all of them.

Consider the "backyard chicken revolution" which may well yield omelets but is as simple as transforming a small part of your yard into a coop, throwing your kitchen scraps to the birds, and waiting for eggs! Here in Tucson, a number of CSA members have already taken up the charge.

Member Ashley Stinnett has been raising chickens for 13 years for the "yummy, good eggs." These eggs, she adds, "are a natural source of protein and a known food source, not store bought ... so we don't have to worry about pesticides, hormones, etc."

Ashley and her partner also raise children, so the chickens have become "pets." "They are a good source of education and responsibility for the girls: they learn how to raise, feed, water, take care of the cycle of life," Ashley says.

Nicole and Kevin Koch can relate. They started a coop over a year ago, in part, "So our kids could ... make the connection that food comes from somewhere other than the store," Nicole says.

CSA member Torey Ligon and her partner, Travis, started raising chickens as way to put their values about food into action. "I eat a ton of eggs and Travis eats a fair amount of meat. For both of us, it is very important to know what goes into the food we are eating, both in terms of food and inputs and the way the animal is treated."

In addition to these benefits, chickens provide fertilizer for plants and gardens through their high-nitrogen-content poop and serve as natural pest control, eating unwanted cockroaches, hornworms, aphids, and even mice.

Chickens are permitted by the City of Tucson, as long as they are confined to a yard and don't exceed 24 in number. Coops must be kept clean and at least 50-feet from a neighbor's house. Male fowl or guinea fowl are prohibited. For more information, visit this link from the City of Tucson's web site (view Article IV on "Fowl"):  
<[www.municode.com/resources/gateway.asp?pid=11294&sid=3](http://www.municode.com/resources/gateway.asp?pid=11294&sid=3)>.

Chickens need shade and shelter where they can eat and lay eggs. To maximize egg production and harness more winter sunlight, put your coop at the southernmost side of the yard. Also, be sure to provide chickens with water and above ground branches or rungs for night roosting.

Feeding chickens is as easy as saving uneaten kitchen waste, weeding the yard, or planting certain types of native vegetation. In Tucson, supplemental organic pellets are available from OK Feeds at \$25 for a 50-lb. bag. Long-time chicken keeper, Brad Lancaster, advocates incorporating native desert plants to backyard chicken areas. Such plants not only enrich the chickens' diet, making egg yolks more flavorful, but also help provide shade and protection from chicken hawks and create native bird habitat. Brad lists native plants for chicken food and shelter at <[www.harvestingrainwater.com](http://www.harvestingrainwater.com)>.

Lastly, for very useful information about joining the backyard chicken revolution, visit the web site of KT LaBadie and Mark Scully of the advocacy group Urban Chickens in Albuquerque, NM, <[www.urbanchickens.org](http://www.urbanchickens.org)>.

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### August Tempura

Lorraine Glazar, Tucson CSA

I realize this isn't the healthiest way to eat your vegetables, but if you would like to see two teenage boys devour a basket of okra in 3 minutes and ask for more, try it!

#### Tempura Batter:

1 egg, beaten  
1 cup ice cold water  
1 cup all purpose flour  
½ teaspoon baking powder.

Beat the egg until thoroughly combined, add the water and mix. Sift the flour, then sift it with the baking powder, then add to the egg/water mixture all at once. Stir, but don't make it smooth; it should have some lumps. The texture to aim for is pancake batter; it should coat the vegetables but the excess should drip off readily.

#### August Tempura Vegetables:

Green beans, tips and tails trimmed, you can spear two to four together with a toothpick

Okra

Sweet potato, peeled and cut into ¼ inch slices

Onion, peeled and cut into ¼ inch slices, you may also spear the rings together with a toothpick run horizontally through the slice.

Have all vegetables washed and thoroughly dried. Heat ½ inch of canola or peanut oil in a skillet until it just begins to smoke. Dip vegetables into the batter, let excess drip off, then put into hot oil. When browned on the first side, turn over. The goal is to have the vegetable crisp-cooked before the batter burns. Drain them well on a rack set over a paper towel, season with S & P if you like, and pop into a warm oven—or just cook a batch at a time to be devoured by the hordes of family members who have discovered a previously latent love for vegetables.

#### Tempura Dipping Sauce:

2 tablespoons low-sodium soy sauce  
1 tablespoon rice wine vinegar  
1 tablespoon mirin, or other white wine  
½ teaspoon sesame oil

Mix together in a small bowl and enjoy.

### Divine Soup

Alexandra Tracy-Ram, Tucson CSA

Use whatever CSA veggies you have for the veggie portion. Eggplant, broccoli, broccolini, carrots, pak choi, armenian cucumbers, and corn all work well!

#### Broth:

2-3 veggie bullion cubes (or 2 14oz cans veggie stock)  
1 chili pepper or green pepper diced  
1 small onion or 1 small bunch of scallions or Mexican onions chopped  
1 chunk of ginger chopped (or 2 tsp minced, 1 tsp paste)  
3 cloves garlic minced (3 tsp minced, 1 tsp paste)  
2 limes leaves  
1 stalk lemongrass, finely chopped

#### Veggies:

2-3 mini eggplant  
1 cup chopped Armenian cucumber (peeled)

1 cup chopped tomatoes

1-2 ears corn, kernels cut from ear

Optional: ½ cup Coconut milk ; 1 package Udon noodles, cooked

Simmer broth, lemongrass, lime leaves (broken), garlic, ginger, onion and pepper while you prepare the other veggies (at least 10 minutes). Steam remaining veggies until tender. Strain as much of the broth's ingredients out as you would like (consider removing the chili pepper for a milder soup). Add steamed veggies and stir in coconut milk if desired. Salt & Pepper to taste. Also tasty served with udon or other large noodles.

### Sun Cured Pickled Jalapeños

Lorraine Glazar, Tucson CSA

These are excellent in nachos, on pizza, etc. or just eaten straight out of the jar. Not vinegary like most pickled jalapenos.

1 cup jalapenos, sliced

1 tablespoon.

Coarse salt 1 teaspoon

cumin seed 1 tablespoon

mustard seed ½ cup

canola oil 1 teaspoon

chopped fresh ginger 2 tablespoons

fresh lemon juice

Sprinkle sliced jalapenos with salt, toss and let sit for 10 minutes. Toast the cumin and mustard seeds on a hot skillet, stirring constantly, for a couple of minutes or until seeds just start to crackle and "pop".

Heat the oil to 375°; remove from heat and stir in ginger. Let sit for 2 minutes, remove and discard ginger. Stir in jalapenos, seeds and lemon juice and pack into sterilized jars.

Set jars in sun for 5 days, shaking a couple of times a day. Store in 'fridge.

### Quick Okra Pickles

Lorraine Glazar, Tucson CSA

One share okra (about 10-15 pods, on the smaller side)

¾ cup vinegar, cider, rice or balsamic

½ teaspoon salt, more to taste

½ teaspoon red pepper flakes OR 1 teaspoon whole pickling spices

Good pinch of whole peppercorns

One nice clean jar that holds 8-10 ounces

Whole herbs if you have them, such as basil or dill (optional)

A few slices of peeled, vertically sliced onion (optional)

Clean the okra while leaving the pod intact. Pack into a clean jar, then add red pepper flakes, peppercorns, onions, and any whole herbs you have at hand. Boil the vinegar in a small saucepan and dissolve salt into the solution. Take off the heat and let cool for 3-5 minutes. Pour over the okra in the jar, seal with lid, and then store in the refrigerator.

These make great snacks or additions to salads.