



Tucson Community Supported Agriculture

Newsletter 160 ~ October 20, 2008 ~ Online at www.TucsonCSA.org

Fall '08

WEEK 8 of 13

Harvest list is [Online](#)

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More recipes at
www.tucsoncsa.org

I'toi Onion: A Revered Bulb

The tasty clump of onions in your share this week is one of the oldest cultivars of the Sonoran Desert.

Called I'toi onions (pronounced "ee-toy"), these onions are named after the "Elder Brother" or creator deity of the Tohono O'odham people, said to reside on I'toi Mountain, also known as Baboquivari Peak, believed by the O'odham to be the birthplace of human beings.

Many believe the I'toi onion was originally cultivated by the Tohono O'odham, though some believe it was brought to America in the late 17th Century by Jeusit missionaries.

The I'toi is well suited to low desert environs. The O'odham planted near large washes, taking advantage of the monsoons, which carried rich natural fertilizers like animal scat and natural mulch from native trees and shrubs.

Similar in appearance to the scallion, the I'toi onion has a sharp, peppery taste. Little-known in mainstream cuisine, I'toi onions are listed on the Slow Food "Arc of Taste," a catalog of over 200 foods in danger of extinction. Fortunately for us, I'toi onions have been kept alive by the O'odham and other desert farmers and backyard gardeners.

Newsletter Editors

Philippe Waterinckx &
Kimi Eisele

OUTSTANDING IN THE FIELD AT CROOKED SKY FARMS

by Philippe Waterinckx

Imagine a five-course dinner in field, at sunset, with local food and wine and over one hundred guests...

"Outstanding in the Field is a roving culinary adventure--literally a restaurant without walls. Since 1999 we have set the long table at farms or gardens, on mountain tops or in sea caves, on islands or at ranches. Occasionally the table is set indoors: a beautiful refurbished barn, a cool greenhouse or a stately museum. Wherever the location, the consistent theme of each dinner is to honor the people whose good work brings nourishment to the table. Ingredients for the meal are almost all local (sometimes sourced within inches of your seat at the table!) and generally prepared by a celebrated chef of the region. After a tour of the site, we all settle in: farmers, producers, culinary artisans, and diners sharing the long table."

From www.outstandinginthefield.com

By the time I found out that Crooked Sky Farms was hosting Outstanding In The Field on October 12th, the event had already sold out, but I was lucky to be invited by Farmer Frank at the last minute. It was quite an event! A table for 160 guests was set on a talus overlooking Farmer Frank's field, with the Phoenix skyline in the distance. The menu included Josh's chicken provided by your Tucson CSA!



Menu

Crooked Sky Vegetables Pickles
Double Check Ranch Beef Carpaccio
Arizona Medjool Dates with Superstition Farms Goat Cheese
Page Springs Cellars "Pink Wine"

Tortilla Chips with Adam's Salsa and Tepary Bean Dip
Melon Soup with Cactus Fruit and Basil
Arizona Stronghold "Tazi" 2007

Frank's Eggplant, Heirloom Tomato, Yulu Nuts, I'toi Onions and Greens
Page Springs Cellars, "Mule's Mistake" 2007

Tequila and Lime Chicken, Butter Braised Radishes, Mustard Greens and Farm-Style Potatoes
Arizona Stronghold "Mangus" 2007

Superstition Farms Handmade Vanilla Ice Cream with Candied Arizona Green Valley Pecans and Sonoran Brewing Sassafras Rootbeer

Italian Arugula Salad with Beans-new

Lorraine Glazar

This salad calls for arugula, but the mild mizuna and ruby spikes greens will work well, too.

For the salad:

1 cup diced tomato
1 15 ounce can of cannellini beans
6 cups torn arugula
½ cup thinly sliced onion (red looks best)
2 tablespoons Parmesan cheese
½ cup thinly sliced basil
1 teaspoon grated lemon rind
1 ½ tablespoon lemon juice
½ teaspoon fennel seeds, toasted and crushed

Vinaigrette:

1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon fennel seeds, toasted and crushed
¾ teaspoon honey
Pinch black pepper

Combine first nine ingredients in a bowl, cover and chill. Prepare vinaigrette by combining the oil and remaining ingredients in a small bowl, and stirring with a whisk. Add to salad and toss well. Served 3-4

Spaghetti Squash

(Philippe, TCSA, adapted from Cooks.com)

This is a basic recipe for using spaghetti squash. You could follow this recipe and then add your favorite marinara sauce to make spaghetti squash spaghetti!

1 medium spaghetti squash (about 2-3 lb.)
2 tablespoon butter
2 garlic cloves, crushed
1/2 cup grated Parmesan (optional)
1 teaspoon chopped fresh basil (or 1/2 teaspoon dried)
Salt and pepper to taste

Cut squash in half lengthwise and scoop out seeds. Place half the butter and garlic in each squash half and set in a pan with 1/2 inch of water. Cover and cook for 30-45 minutes or until flesh is tender. Using a fork, scrape pulp out of the shells and break it apart, making it look like spaghetti. Set empty shells aside. Leaving squash in skillet, add cheese, basil, salt and pepper. Toss and serve inside it's shell. Instead, the spaghetti squash can also be served with an arugula pesto topping.

Yoghurt and Wheat Berries

Carrie Naughton, Tucson CSA member, adapted from Moosewood New Classics cookbook

More of an idea than a recipe: cook the wheat berries, cool, and serve with fresh yogurt and fruit (my fave is Trader Joe's greek style yogurt and sliced peaches).

Southwestern Wheat Berry Pilaf

Adapted from www.cookinglight.com

¾ cup uncooked wheat berries
3-4 roasted chiles, diced
1 cup diced red bell pepper
1 cup diced peeled jicama
1 bunch green onion, sliced
1/3 cup minced fresh cilantro
3 tablespoons fresh lime juice
1 1/2 tablespoons olive oil
1/2 teaspoon salt
2 garlic cloves, minced
1 (15-ounce) can black beans, rinsed and drained
Cilantro sprigs (optional)

Place wheat berries in a medium bowl; cover with water to 2 inches above wheat berries. Cover and let stand 8 hours. Drain. Place wheat berries in a medium saucepan; cover with water to 2 inches above wheat berries. Bring to a boil; reduce heat, and cook, uncovered, 1 hour or until tender. Drain and set aside. Combine chiles, wheat berries, bell pepper, and next 8 ingredients (bell pepper through beans) in a large bowl; stir well. Serve chilled or at room temperature. Garnish with cilantro sprigs, if desired.



Miso Soup

Sara Jones, Tucson CSA

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 bunch bok choy, cleaned and chopped
Soba noodles
½ inch ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
Green onion, thinly sliced for garnish
2 tablespoons miso paste
Soy sauce to taste

Sauté grated ginger, minced garlic, and red chili flakes 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, a dash of soy sauce and the green onions. This is an incredibly easy and nutritious soup, I think of it as my vegan chicken soup recipe.