



Tucson Community Supported Agriculture

Newsletter 178 ~ March 2, 2009 ~ Online at www.TucsonCSA.org

Spring '09 Week 1 of 13

Harvest list is online

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More recipes online

Sustainability & Energy Expo

The Sustainability and Energy EXP09 is this Friday and Saturday. See www.pagnet.org. Ride your bike and get in free! A featured speaker is Chris Paine, director of "Who Killed the Electric Car". One of our CSA helpers knows another speaker, Sharon Astyk, who's speaking with others at 2:00 p.m. Saturday on "Sustainable Lifestyles". More on Sharon at www.sharonastyk.com.

Parking

Please read the parking signs and respect the parking rules around The Historic Y. Fines are enforced and hefty. Bike to the CSA if you can. There's a parking map on our website under *About Tucson CSA > Location, Days/Hours, Parking*. (Parking may be tricky this week due to the yoga workshop in The Historic Y Hall.)

Pick-up etiquette

A guide to picking up your veggies is posted online under *About Tucson CSA > Pick-up Routine and Etiquette*. Do it right and make our produce stand helpers happy.

Renewing members -- If you changed your pick-up day, unsubscribe from your old pick-up day e-mail and subscribe to your new one. Weekly e-mail lists are self-managed. Use the links at the bottom of the e-mails (or via our website, under Join > E-mail Lists).

Newsletter Editors

Philippe Waterinckx and Paul Durham

WELCOME TO THE TUCSON CSA SPRING SESSION

Ah! Here we are starting our 22nd session. Tuesday pick-up filled up last week with 250 members. The Friday pick-up has 220 members so far (the deadline for Friday signups is Tuesday, March 3, at 7 p.m.).

Welcome to our 70 new members (we lost 50 and gained 70). Spring is an exciting time to become a CSA member. This is when the farm grows its largest diversity of crops as cold-weather crops are gradually replaced by warm-weather crops.

We will give you a few weeks to adjust to your weekly shares and figure out where your challenges might be. In Week 5, our amazing Sara Jones will hold her once-a-session iron chef cooking show, with free samples, using the CSA's fresh seasonal vegetables. You can look forward to easy and delicious dishes, prepared right in front of you during pick-up times that week.

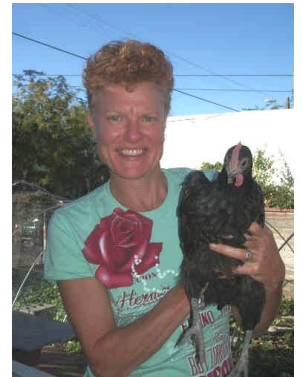
ANOTHER "URBAN CHICKENS" WORKSHOP (if you missed the first one)

So you want to join the revolution? The backyard chicken revolution, that is. Find out how with Kim Fox this Sunday, March 8, at 1:00 pm.

Keeping chickens is an easy and sustainable way to get your own delicious eggs, recycle your kitchen scraps, and provide good fun and responsibility for the kids.

The workshop will cover designing and constructing a hen house, care and maintenance, and for those who wish to stay a little longer, butchering and dressing-out a chicken.

The workshop is \$20. Please RSVP by calling: 622-1917. Learn how to bring food production into your own backyard!



GRASS-FINISHED BEEF

The Tucson CSA is committed to working with farmers and ranchers who are good stewards of the land and who provide quality organic products using sustainable practices. This is true of our meat products as well as our produce.

Our ranchers raise their cattle on pasture. Their beef is thus grass-fed. It is also grass-finished, which is less common. "Finishing" refers to the animal's richer diet during the six to eight weeks before processing. Finishing gives marbling to the meat, adding a little bit of fat to make it more juicy and flavorful. To be grass-finished, an animal is moved to a richer pasture, often planted with alfalfa, or is given supplemental high quality hay. Did you know that commercial grass-fed beef is generally corn-finished, often in feed lots? This is not good for them: cattle are herbivores and are not designed to eat corn (it does fatten them up faster and more cheaply but it also tends to make them sick). The beef from the Tucson CSA is both grass-fed and grass-finished.

We are currently taking orders for beef. One steer (from M Triangle Ranch near Mt. Graham) will be available in late March. That one is sold out. The other (from B Bar D Ranch near Benson) will be available in late April. A steer makes about thirty-five to forty individual eight-pound packs (or shares). Packs cost approx. \$7/lb. A \$20 deposit will reserve your pack. Pack contents vary, but typically include two steaks, one or two packs of extra lean ground meat, one roast and one miscellaneous cut. Organs and bones are sold separately. Sometimes we have extra ground beef, also sold separately. Ask Lori or Paul at the front desk for more information.

Roasted Winter Vegetable Salad

Sara Jones, Tucson CSA

To roast root vegetables, cut into similar size wedges, toss with oil and place on a baking sheet. Roast the veggies until tender, about 30-60 minutes, depending on the size of the wedges. This salad is super simple if you have leftover roasted vegetables and leftover grains. Or use couscous as a quick grain. If the leftover vegetable chunks are big, cut them into bite-size pieces.

2 cups cooked grains
Leftover roasted vegetables, cut into bite size pieces
½ bunch cilantro, finely chopped
½ cup pecans, chopped
3-4 green onions, chopped
About 1 tablespoon olive oil
Apple cider vinegar, to taste
Salt and pepper, to taste

Toss all ingredients together in a bowl. Add more oil and vinegar if needed. Serve cold or hot.

Turnips Baked in Dijon Mustard

Maggie Newman, Tucson CSA

5 or 6 small to medium turnips peeled and sliced (about ½-inch thick)

¼ cup softened butter
1 tablespoon Dijon mustard
Cracked Black Pepper to taste

Preheat oven to 350 degrees. Peel and slice turnips. Mix mustard and butter, spread on turnips. Place turnips in a single layer in a lightly oiled, shallow baking dish (8×8) and sprinkle with black pepper. Bake until tender, at least 20 minutes for young turnips; more for older ones.

Braising Greens and Rice Pilaf

From Philippe, TCSA

1 bunch of braising greens (or any greens), sliced in ribbons
1 medium onion, sliced in rings
2 cloves of garlic, crushed
2 tablespoons oil
1 two-ounce can anchovies (optional)
1 stalk lemon grass (optional), cut in 1-inch segments
¼ cup grated parmesan
1 cup rice
salt and pepper to taste

Sauté the rice in 1 tablespoon of oil until it begins to puff. Add 2 cups of water, a pinch of salt and a dash of black pepper. Cover and simmer for 15-20 minutes, or until water has evaporated. Sauté the onion rings, garlic, lemon grass and anchovies in the other tablespoon of oil for 5 minutes or until onions are tender. Add greens and stir gently for another 5-10 minutes until greens are soft but still vivid green. Salt and pepper to taste. Serve on a bed of rice and sprinkle with grated parmesan.

Mustard Greens Gratin

Mustard greens or other spicy greens (**turnip greens, hon tsai tai**) will mellow with fat and cream, so this recipe is a good one if you find their taste too strong. You will probably need at least two bunches of mustard or other spicy greens for this recipe, but use whatever you have on hand and adjust the other ingredients accordingly.

1 bunch or 2 CSA-share bags of mustard or other spicy greens, washed and roughly chopped
1 cup sliced mushrooms
3 cloves garlic, minced
1 tablespoon butter
1 cup ricotta cheese
¼ cup parmesan cheese
3 eggs
1 cup cracker crumbs
Salt and pepper to taste

Sauté mushrooms and garlic in butter, over medium heat, until mushrooms soften. Stir in greens and cook until wilted. Combine greens and mushrooms with ricotta cheese, eggs and salt and pepper. Spread into a greased baking pan and cover with parmesan cheese and crackers. Bake in a 375 degree oven for about 35 minutes, until cooked through.

Moroccan Slaw

Sara Jones, Tucson CSA

Consider using any combination of mixed grated root vegetables- beets, carrots and turnips or kohlrabi.

2 cups grated root veggies
1 orange or grapefruit, segmented and roughly chopped

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 for a dairy free version. Toss together all ingredients and refrigerate for at least 30 minutes to let flavors blend. Serve garnished with extra chopped cilantro and cashews.