



Tucson Community Supported Agriculture

Newsletter 197 ~ July 13, 2009 ~ Online at www.TucsonCSA.org

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MUST SEE MOVIES

Food, Inc. – opens July 17th

Food, Inc. exposes the highly mechanized and hidden underbelly of a food system controlled by powerful corporations that don't want you to see, think about or criticize how our food is made. Food, Inc. also reminds us that despite what appears to be at times a hopeless situation, each of us still has the ability to vote on this issue three times a day – at breakfast, lunch and dinner.

The Loft Cinema will host a special opening night event, and the movie will run for a week or more. See <http://www.loftcinema.com/node/1098>

www.foodincmovie.com/

Where: The Loft Cinema

When: Starts July 17th

Fresh – July 14th

FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Forging healthier, sustainable alternatives, they offer a practical vision for the future of our food and our planet.

www.freshthemovie.com/

This film will screen at the July meeting of Sustainable Tucson.

Where: Joel Valdez Main Library

When: July 14th. Meeting begins at 5:45 p.m. Film begins at 6:15 p.m.

Newsletter Editor

Philippe Waterinckx

AT CROOKED SKY FARMS

The first tomato season is coming to an end. It's just getting too hot. There are still green tomatoes on the vines, but they must be harvested before they dry or burn. There will be a second tomato crop in the fall, from Crooked Sky Farm's field in Duncan, which will last until the first frost if all goes well.

The time has arrived for tomatillos, green beans, okra and black eyed peas. The black eyed peas will first be harvested in the "slip" stage when the peas are fresh. Slip stage peas need to be shelled and then cooked. The later stage is when the pods are left to dry in the field and then harvested as dry beans.

LOCAL, NATURAL PORK SHARES

Once a session, we give our members the opportunity to buy local, grass-fed beef. We do the same for local, naturally-raised pork. This time, pork shares will consist of ground pork, chorizo, Italian sausage, pork chops and bacon (nitrate free). Shares will weigh approx. 5 lbs at approx. \$5/lb. The number of shares is limited. A \$10 deposit will reserve your share. They will be available early to mid August.

PICKLING FOOD by Sallie Marston

There are pickled vegetables of all types, not just cucumbers. And fish (such as herring) can be pickled too. Pickling uses acid to preserve food. The acid is usually vinegar. But it is also possible to pickle foods by creating a brine through the careful combination of salt and water. In this latter case, the amount of salt in the solution is carefully measured to allow natural fermentation which produces lactic acid. So pickled foods that are made with brine (salt and water) are really made with lactic acid which occurs by creating the conditions under which fermentation creates its own acid!

The National Center for Home Food Preservation contains a link that answers a wide range of questions about pickling food: www.uga.edu/nchfp/how/can6b_pickle.html
The range of vegetables that can be preserved in this very simple way includes artichokes, asparagus, beets, carrots, cauliflower, cucumbers, green tomatoes, mushrooms, onions, peppers, and zucchini.

An excellent book on natural fermentation is Sandor Katz' (2003) *Wild Fermentation*, Chelsea Publishing.

Another excellent reference book for food preservation—pickling included—is Janet Greene and Ruth Hertzberg's (1992) *Putting Food By* (4th edition), Plume Press.

BILL SEEKS TO END ANTIBIOTIC USE TO SPUR ANIMAL GROWTH

New York Times, July 13, 2009

The Union of Concerned Scientists estimates that 70 percent of antibiotics used in the United States are given to healthy chickens, pigs and cattle to encourage their growth or to prevent illnesses. It is a practice commonly used by big agriculture despite proof that it leads to the development of antibiotic resistance in bacteria.

The measure was proposed by Rep. Louise Slaughter (D-NY). It would ban seven classes of antibiotics important to human health from being used in animals, and it would restrict the uses of other antibiotics to therapeutic and some preventive uses.

The proposed legislation is supported by the American Medical Association, among other groups, but opposed by farm organizations like the National Pork Producers Council. The farm lobby's opposition makes its passage unlikely.

Thai Melon Salad-new

Sara Jones, Tucson CSA

This salad takes its inspiration from the classic Thai Green Papaya salad. It is usually a really spicy dish; use less chile if you want it milder.

- 1 melon (and/or cucumber), peeled, seeded, julienned or cut into thin strips
- 1 tablespoon dried chile flakes
- 3-4 cloves garlic
- 1 tablespoon fish sauce (or soy sauce)
- 2-3 limes
- 1 handful mint, finely chopped
- 1/2 cup roasted peanuts, chopped

Crush chile flakes and garlic together into a paste. Mix paste with fish sauce and the juice from two limes. Pour mixture over melon and stir well to combine. Sprinkle with mint, peanuts and thinly sliced limes to serve.

Melon Kimchi

Wendy McCrady, Tucson CSA

If you end up with a melon that is not as sweet as you had hoped, you can still enjoy it. One way is to sweeten it up by drizzling warmed honey over it. Another way is to turn it into a savory side dish for dinner. Makes 1 quart jar.

- Not so sweet melon, peeled and seeded
- 2 teaspoons salt
- 1 tablespoon sugar
- 1/2 teaspoons ground dried red chile (from CSA)
- 1 tablespoon vinegar
- 1 small CSA onion, cut in half and sliced thinly

Cut melon into wedges about 1 1/2 - 2" wide. Cut crossways into very thin slices. Mix salt, sugar, and chile powder in quart jar. Add vinegar and swirl to mix. Add melon and onion slices until jar is almost full. Cap and turn upside down to mix seasoning with all of the contents. Shake to distribute through all the slices.

Chill (upright) for 3 hours before serving, shaking occasionally to distribute seasoning.

Panzanella-new

Sara Jones, Tucson CSA

You can use a variety of different summer vegetables in this dish. If you have any cucumbers left from the past week, this is a great way to use them. You could also use melon in place of the cucumber.

- 2 to 3 mixed red and green tomatoes, cut into wedges
- 2 tomatillos, cut into wedges
- 1 medium cucumber, cut into half moons
- 1 large or 2-3 small onions, diced
- 2 to 3 cloves garlic, minced
- 3 slices stale bread, cut into cubes
- 1 teaspoon paprika
- 1 teaspoon ground oregano
- 1 teaspoon thyme
- 2 tablespoon olive oil

- 1 tablespoon vinegar or lemon juice
- Salt and pepper to taste

Mix vegetables together, drizzle with the vinegar, one tablespoon of the oil and a pinch of salt and pepper. Heat the remaining one tablespoon of oil in a large skillet over medium high heat. Add bread cubes to skillet and stir to coat with oil. Sprinkle bread with herbs and spices, and cook, stirring occasionally until crispy and beginning to brown. Add hot bread directly to vegetables and toss to combine. Serve at room temperature.

Briam

Lorraine Glazar, Tucson CSA

- 1 small or three baby or Japanese eggplants, chopped into one-inch cubes
- 1 bell pepper, green or red, cored, seeded and cut into one-inch pieces (substitute roasted chile from the freezer)
- 1 pound potatoes, cut into one-inch cubes, peeled if needed (not generally needed for our CSA potatoes)
- 1 pound zucchini or other summer squash, cut into one-inch cubes
- 1 large red or yellow onion, cut into one-inch cubes
- 1 pound tomatoes, chopped, or one 15 ounce can diced tomatoes, undrained
- 1/2 teaspoon ground nutmeg
- 1 bay leaf
- 1/4 cup chopped fresh oregano, or 1 and 1/2 teaspoons dried
- 2 tablespoons olive oil
- Kosher salt and fresh ground black pepper

Preheat oven to 375 degrees. Mix all the ingredients together in a large mixing bowl. Put into a large non-reactive (i.e., not metal) baking dish. Bake, uncovered, stirring occasionally, 1 1/4 hours until vegetables are very tender and a sauce forms in the pan. This is even better the next day.

Spiced Sweet Potato Kebabs

Chad Weiler, Tucson CSA

- 3 medium or one large sweet potato cut into 1-2 inch cubes
- 1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 1/4 cup olive oil

Boil potatoes in salted water until fork-tender and drain. Place potatoes in a bowl and drizzle with olive oil. Put in the spices. Season with salt and pepper. Skewer the potatoes on bamboo skewers. Grill the potatoes over medium heat for approx. 10 -15 minutes until starting to brown.

