



Tucson Community Supported Agriculture

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Summer 2012

Harvest list is online

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Josh's Eggs

Many of you enjoy Josh's amazing pasture-raised eggs and are disappointed when they are sold out.

As many members are re-joining the CSA after the summer break, we may from time to time experience a shortage of Josh's eggs.

There are also several other factors which influence the availability of Josh's eggs at the CSA.

1. Supply and demand: egg supply is highest in spring and early and lowest in late fall and winter, while egg demand is highest when supply is lowest, and it is lowest when supply is highest.

2. Josh's customers: Josh juggles his eggs distribution among several customers. While the Tucson CSA is Josh's biggest customer, he has another fairly large one in Phoenix to whom he delivers eggs once a month. There may be occasions, after a Phoenix delivery for example, when we may not get our full delivery of eggs, especially when production is low.

3. Philippe's schedule: Philippe drives to Josh's farm every other Tuesday to pick up eggs in his little VW Golf diesel. Sometimes things happen that cause him to have to reschedule the farm trip to, and on those occasions eggs may arrive at the CSA a day or two later.

BIG FOOD, BIG FARMING AND BIG PHARMA: HOW THEY ARE KILLING US

Current U.S. food policies and subsidies encourage **Big Farming** to overproduce corn and soy. This extra corn and soy is then used by **Big Food** to create sugary, fatty, factory-made, industrial food products sold as processed, fast, or junk food. These subsidized (\$288 billion) cheap, low-quality foods are then heavily marketed (\$30 billion) and consumed by our ever-widening population with an obesity rate approaching three out of four Americans. The more they eat, the more overweight they become. The more overweight they become the more they develop heart disease, diabetes, cancer and other chronic ailments. Enters **Big Pharma**: the sicker our population, the more medications are sold. In essence, this toxic triad of Big Farming, Big Food and Big Pharma profits from creating a nation of unhealthy citizens.

It is not a failing of personal responsibility, moral fiber, or will power that drives people to over consume these unhealthy foods. We are like rats in a cage with unrestricted access to cheap and addictive processed sugar and fat, while healthy, unprocessed foods are more expensive and harder to find. This omnipresence of cheap, high-calorie, nutrient-poor processed foods (or "food like substances") in homes, schools, government institutions and food programs, and on every street corner creates default food choices that drive bad health. How can you eat fruits and vegetables when you can't buy them in your neighborhood convenience store or their price has increased five times as fast as sugar-sweetened beverages?

The government essentially stands in line next to you in fast food chains and grocery stores helping you buy sugar, fat and processed foods. But at the farmers market or in the produce isle of your supermarket you are on your own—the 2010 Farm Bill offers little support to farmers for growing fruits, vegetables, and healthy whole foods.

Big Food promotes and takes advantage of this glut of processed food to drive up profits through the use of mass media technologies. Other than drinking sugar-sweetened beverages, the number of hours of screen time or television watching is the single biggest factor correlating with obesity which, in turn, drives the diabetes epidemic. In addition to the metabolism-slowing, hypnotic effect of watching television, relentless food marketing focused on children is one of the major factors driving this problem. The average two year old can identify, by name, junk food brands in supermarkets, but many elementary school children can't readily differentiate between a potato and a tomato.

Why isn't the food system subject to self-regulation, like many other market-driven products? Companies can produce and sell poor-quality products, and if consumers choose to not buy them the market regulates itself—companies begin supplying what consumers demand instead. Consider cars or medication: the government has mandated the production of safer, less polluting cars and protects us from harmful medication. In cases like these, government regulation is accepted. Poor diet causes many more deaths than auto accidents, yet as a society we resist government regulation over Big Food. Why?

This structure is built into the very fabric of our economy and culture. It could be called the medical, agricultural, food industrial complex. It is what is known as "structural violence"—the social, political, economic and environmental conditions that foster and promote the development of disease.

For the full article, go to: <http://drhyman.com/blog/conditions>

Roasted Red (or Green) Pepper Risotto

From Chad Weiler, Tucson CSA

I usually serve this with grilled shrimp that I have marinated in garlic and olive oil for 30 minutes.

4 Bell Peppers (I usually use red but any color will do)
2 tablespoons olive oil
1 tablespoon butter
1 cup arborio rice
1 medium onion finely chopped
2 garlic cloves finely chopped
1 quart chicken or vegetable stock
1 cup dry white wine
6 oz. Manchego* Cheese
1/2 cup Dry Roasted Unsalted Almonds
1/2 cup fresh basil chopped

Drizzle peppers with olive oil and roast on the grill or in the oven until nicely charred. Place peppers in a bowl and cover tightly with saran wrap, or place in a paper bag for 10-15 minutes. The moisture built up in the bowl will help loosen the skins. Peel off the skins, remove the stem and seeds. Place peppers in a food processor with the almonds and process to a smooth consistency. Add a little olive oil if mixture seems too dry. Reserve for later use. Meanwhile in a small saucepan bring the stock to a boil. Once at a boil reduce heat to low, cover, and simmer. In a medium saucepan, melt the butter in the olive oil. Add the garlic and onion and cook over low heat, stirring, until softened, about 4 minutes. Add the rice and cook over moderate heat, stirring, until coated with oil, about 1 minute. Add the wine and simmer until almost evaporated, about 3 minutes. Stir every so often to prevent rice from sticking. Add 1 scant cup of the simmering stock and cook, stirring occasionally, until it is absorbed. Do not let the risotto stick to bottom of the pan! Continue to add the stock, 1 cup at a time, stirring occasionally, until it is absorbed. The risotto is done when the rice is tender but still slightly firm and creamy, about 25 minutes total. I liken the mouth feel of the rice when it is done to al dente pasta. Remove risotto from heat and add the cheese. Stir until melted. Add in the pepper puree, and the basil. Season with salt and pepper to taste and serve.

*Manchego is a Spanish cheese that can be found at 17th Street Market, Rum Runner, and sometimes Trader Joe's

Quick Okra Jambalaya

Sara Jones, Tucson CSA

Use leftover cooked rice for this easy recipe. If you have any leftover chicken or sausage this is a great way to use that up, too.

1 basket okra, cleaned and chopped
Kernels from one ear of corn
2-3 tomatoes, cleaned and chopped
1 tablespoon tomato paste
1 small sweet onion, sliced thinly
3 cloves garlic, minced
1 cup cooked kidney beans (or use leftover chicken or

sausage)
2 cups cooked rice
1 tablespoon oil
1 teaspoon each of cumin, red chili, paprika, black pepper, oregano and thyme
Salt to taste

Heat oil in a large skillet over medium high heat, add okra and onions. Sauté for about 5 minutes then add corn, tomatoes, tomato paste, garlic and spices. Stir well, cover and reduce heat to medium. Cook for about 7 minutes, adding water if necessary to keep vegetables from sticking. Add beans (or chicken or sausage) and rice. Cook, stirring frequently until rice is heated through. Add salt to taste and serve.

Whole Wheat Zucchini Quick Bread

Wendy McCrady, Tucson CSA (Original recipe by Jan Tzinski)

2 cups flour 1/4 cups brown sugar
2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon dried ginger powder
Pinch each cloves and nutmeg
1 1/4 cup soymilk, rice milk, or water
1 tablespoon + 1 teaspoon white vinegar
1 cup peeled & shredded zucchini (Wendy only peels if rind is tough.)

Preheat oven to 350 degrees. Grease an 8 inch by 8 inch baking pan or line with parchment paper. Combine dry ingredients in a bowl. Combine wet ingredients in a separate bowl. Do not combine yet! When the oven has preheated completely, pour wet ingredients into dry. Mix quickly and do not over-mix. (Fat free batters will come out tough if over-mixed!) Pour into the prepared pan and bake for 45 minutes. Use the toothpick test for doneness. Remove from oven and let stand 10 minutes. Loosen the edges with a spatula and remove from pan. (Remove parchment paper from bottom if used.) Let cool before slicing.

Grilled Watermelon and Feta Salad

Sara, Tucson CSA

If you have the grill fired up at all this week try tossing some slices of watermelon on it. Grilling brings out the sugar in any fruit and intensifies the flavor. Cut watermelon into one inch thick slices and coat with olive oil. Place on a very hot grill and cook on each side just until you begin to see grill marks. Garnish sliced melon with crumbled feta and thin slices of onion that have been marinating in vinegar for at least 10 minutes. Sprinkle with chopped fresh basil and coarse salt. Yum!