



# Tucson Community Supported Agriculture

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**Spring 2014**

**Harvest list is online**

### **The Back Page**

Melon Salsa  
Calabacitas in Mole Adobo  
Carrots en Escabeche (pickled carrots)  
Briam

**Many more recipes on our website**

### **The United Nations' Food Guy**

Surfing the web a few weeks ago, procrastinating on various household chores, I stumbled on a New York Times article by food writer Mark Bittman. (Read the whole article at <http://www.nytimes.com/2014/05/28/opinion/bittman-foods-big-picture-guy.html>.)

It's about [Olivier de Schutter](#). His title is United Nations Special Rapporteur on the Right to Food. (That's a mouthful, if you'll pardon the pun.)

Bittman relays de Schutter's theme of a shift in the world's food system from "productivism" ("the focus on chemically intensive monocrop agriculture with high yields and cash profits as the main goals") to "agroecology" ("a sustainable form of agriculture that draws on science, tradition and wisdom to treat farmers, earth and consumers respectfully").

There's lots of good stuff here. One sample: "Put another way, producing an adequate number of calories to feed the world has not resulted in either feeding the world completely or well: People still go hungry, and dietary diseases among seemingly well-fed people are the result of failed agricultural policies and malevolent marketing practices."



### **WHY CSA? By Megan Kimble**

The carrots keep coming, so I keep making Sara's miso carrot dressing—the recipe cropped up in the newsletter over a month ago, and although there have been many good alternatives since then, I've stuck with it. Last week, a friend came over for dinner; sitting on my porch, as we slurped up thin zucchini ribbons soaked with carrot-miso dressing, she asked, about the CSA, "Isn't that hard?"

I get this question a lot—and so, probably, do you. So off I went, enumerating the many reasons why being a member of a CSA is not at all hard—how, in fact, it's quite pleasant. Every week, I get two bags full of local, organically grown, seasonal produce for \$20. What a deal! The food is better and fresher, and picking up produce, week after week, becomes something social—you get to see the same people, again and again, so, after awhile, you say hello and ask how they are. "And even better, my share comes with *recipes*," I said. "You get a bag of produce, and then a sheet full of recipes telling me how to prepare that very produce. Literally, it couldn't be easier."

"Oh," she said. "Maybe I should join."

After over three years of weekly CSA pickups, shopping at a store like Safeway or Sprout's has now become a profoundly stressful experience for me. There's so much more to remember, to figure out—are bell peppers in season? Where'd they come from and are they organic? How much do they cost—and what am I using them for, anyway?

Once you've joined a CSA, these questions—these worries—become irrelevant.

Several years ago, I stopped eating processed foods and started exploring how it is that we process foods. (And then I wrote a book about that year, which will be published next summer!) Giving up processed foods was a decision both political and personal. Processed foods represent a \$1.25 trillion market across the globe and this market is controlled by only a handful of companies. One way to take a stand against this influence is to redirect your dollars away from these corporations—and the packaged products they produce—and spend them instead in your community, supporting growers and processors who sell locally (and thus must be locally accountable).

Spending your money at a CSA is one way to shift this inertia—to insist that you won't support growers that cover fields in chemicals; won't endorse companies that engineer seeds or build monocultures.

But really, for me, the reason to join—and stay—with a CSA is because it's easier. I don't have to worry where my food comes from, because I know. I don't have to worry about what it's doing to my body, because, covered in dirt, I know it's clean. I don't have to worry about how my dollars are impacting my community, because I know who's getting them.

And I don't have to fret about what to make for dinner, because I have recipes.

Visit [megankimble.com](http://megankimble.com) for unprocessed ideas and recipes.

### **FED UP – Now Playing at the Loft Cinema**

"Upending the conventional wisdom of why we gain weight and how to lose it, Fed Up unearths a dirty secret of the American food industry--far more of us get sick from what we eat than anyone has previously realized. Filmmaker Stephanie Soechtig and TV journalist Katie Couric lead us through this potent exposé that uncovers why, despite media attention, the public's fascination with appearance, and government policies to combat childhood obesity, generations of American children will now live shorter lives than their parents did." From IMDB (<http://www.imdb.com/title/tt2381335/>).

### **Melon Salsa**

Nicole Baugh, Tucson CSA

This colorful salsa is a nice way to use melon in a savory, rather than sweet, setting. It's good on chips, with quesadillas or served on top of chicken or fish.

1/2 small melon, peeled, seeded and diced into 1/2 inch or smaller dice (about 2 cups)  
1/4 jicama, peeled and diced into 1/2 inch or smaller dice (one generous cup)  
3 tomatoes, diced into 1/4 inch dice  
1-2 small onions, minced fine  
1 large garlic clove, minced fine  
1/2 – 2 serrano peppers, minced fine (adjust heat to your liking)  
Juice of one lime salt, pepper and ground chile powder to taste

Combine everything in a non-metal bowl. Eat immediately, or let sit (refrigerated) for more heat and better flavor. The jicama can be replaced with more melon, but it adds a nice crunch. Other ingredients are also versatile –add different peppers, throw in some cilantro – whatever you have on hand. This recipe may easily be scaled up to use an entire melon and a whole share of tomatoes.

### **Calabacitas in Mole Adobo**

Philippe, Tucson CSA

1 cup corn kernels  
1 bell pepper, coarsely chopped  
1 onion, chopped  
1 summer squash, cubed  
2 tomatoes, quartered  
Salt to taste  
1 tablespoon mole adobo (or mole pipian for a less spicy version)  
1 tablespoon oil  
1/2 to 1 cup vegetable or chicken stock

Sauté onion, corn, bell peppers and mole powder in oil until onions are tender. Add remaining ingredients. Cover and simmer for 15 minutes. Serve with tortillas or on a bed of rice. Note: meat eaters can add 1/2 pound pork sausage to this dish. Just add it at with the onions and mole powder and sauté it until the meat is cooked before adding the remaining ingredients.

### **Carrots en Escabeche (pickled carrots)**

Amy Schwemm, Tucson CSA

These spicy pickled carrots are excellent served alongside tacos and grilled meats or chop them up and add to pasta or potato salads. Make a big batch with all your carrots and enjoy them throughout the summer!

Vinegar, cider or distilled  
Salt, non-iodized  
Carrots, sliced on a bias, about 1/4 inch thick  
Onion, sliced  
Garlic cloves, whole  
Mexican oregano  
Fresh hot pepper (or use 1 or 2 dried red chiles)

Chiles can be left whole with stems or seeded and sliced. Mix vinegar and water in equal parts, making enough brine to easily cover veggies. Put brine in a non-reactive pot with 1 teaspoon salt for each 4 cups of brine. Bring to a boil and add all ingredients, cook veggies for 1 to 3 minutes. Do not let veggies get soft! Remove from heat and let cool. Put in jars, making sure the chiles stay submerged in brine, and refrigerate. They will keep up to a year.

### **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  
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  
Several small onions, diced  
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°. 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 1/2 hours until vegetables are very tender and a sauce forms in the pan. Or set a crockpot on low and cook all day! Serve over rice, pasta or bread. This is even better the next day. Drizzle with additional oil before serving, if desired.