

WHAT'S IN THE BOX?

CSA AND PRODUCE DELIVERY COMPANY FACTS

BY NATALIE MORRIS

Information is current as of April 2009 and is subject to change (especially prices). Please verify all information with the CSA or company; one of the companies ceased operations as we were preparing this article! The "date established" refers to the CSA or produce delivery option; the farm or business may have been operating longer. Unless otherwise mentioned, the costs are for a single "full" share. Delivery charges are usually additional.

AVAILABLE IN THE VALLEY:



AGRITOPIA, established 2009, operates as available/requested
Contact: Kasondra Brunson, 480-688-1647, or Gayle, 480-988-1238; agritopia.com

Delivery/Pickup Options: No delivery; pickup at Agritopia

Source(s): Own farm

Costs: \$168 for 6 weeks or \$108 for 6 weeks with volunteer work on the farm

Sample Box: broccoli or cauliflower, lettuces, green onions, Swiss chard or kale, cabbage, beets, 1 bunch fresh herb, a seasonal fruit



BOXED GREENS, established 1996, operates year-round

Contact: Michelle, 480-557-7060; boxedgreens.com

Delivery/Pickup Options: Local and national delivery is available; pickup at the company is also possible

Source(s): Organic produce from the Midwest and California; local where possible

Costs: Boxes \$32 and up; custom selection and pricing also available

Sample Box: Tomatoes, lettuces, celery, cucumbers, onions, 3 to 4 fruits



CROOKED SKY FARMS, established 2001, operates year-round

Contact: Frank Martin or Tonia Munoz, 602-509-8663; crookedskyfarms.com

Delivery/Pickup Options: No delivery; multiple pickup locations

Source(s): Own farm

Costs: \$200 for 12 weeks

Sample Box: 1 bag wheatberries, carrots, potatoes, oranges, Yukina savoy, bok choy, 1 bag green mix, kohlrabi



DESERT ROOTS FARM, established 2001, operates year-round

Contact: Kelly Saxer, 602-751-0655; desertrootsfarm.com

Delivery/Pickup Options: Delivery available in selected areas; multiple pickup locations

Source(s): Primarily own farm; some items sourced from other Valley farms

Costs: Half share is \$216 for 12 weeks; full share is \$276 for 12 weeks

Sample Box: Carrots, green onion, golden beets, baby bok choy, red lettuce, Romaine, Easter egg radishes, kohlrabi, cauliflower



LEWIS' HEN HOUSE AND VEGGIE FARM, farm established 2003, CSA in 2009, operates year-round
Contact: Doug Henderson; lewishenhouse.com
Delivery/Pickup Options: No delivery; pickup at Roadrunner Farmers Market on Saturdays
Source(s): Own certified organic farm
Costs: \$750 for 50 weeks, \$520 for 26 weeks, \$240 for 12 weeks
Sample Box: eggs, lettuces, beets, cauliflower, cabbage, strawberries, carrots, broccoli



LITCHFIELD PARK ORGANICS, established 1999, operates year-round
Contact: Autumn Robertson, 623-695-5333; healthyharvestorganics.com
Delivery/Pickup Options: No delivery; pickup in Litchfield Park
Source(s): Organic produce mostly from the U.S., some local
Costs: One-time fee \$20; \$33 for bi-weekly or \$60 for 2 pickups when pre-paid
Sample Box: cabbage, carrots, celery, collard greens, lettuce, onions, potatoes, Roma tomatoes, cherry tomatoes, apples, bananas, oranges, pears, strawberries



LOVE GROWS FARMS, established 2006, operates year-round
Contact: Michael, 480-297-982; lovegrowsfarms.com
Delivery/Pickup Options: No delivery; multiple pickup locations
Source(s): Own farm, Big Happy Farm and Russo Farm
Costs: \$500 for 20 weeks
Sample Box: Tat soy, baby carrots, gold beets, cilantro, green onions, baby Romaine, turnips, frisee, Lularossa, baby tomatoes, dandelion greens, broccoli, fennel, 1.5 pounds heirloom tomatoes



MAYA'S FARM, established 2008, operates fall, winter and spring
Contact: Maya Dailey, 480-236-7097; mayasfarm.net
Delivery/Pickup Options: No delivery; pickup at the farm or farmers' market
Source(s): Own farm
Costs: Half share is \$265 for 12 weeks; full share is \$315 for 12 weeks
Sample Box: Broccoli raab, baby carrots, green garlic, purple bunching onions, squash, salad turnips, Chioggia beets, rainbow chard, cilantro, chervil, dill, marjoram, 12 eggs, flowers



NATURE'S GARDEN DELIVERED, established 2009, operates year-round
Contact: Ben Rummel or Ron Paradis, 480-659-4290; az.naturesgardendelivered.com
Delivery/Pickup Options: Delivery available; multiple pickup locations
Source(s): Local/Southwest wherever possible; usually within 400- to 800-mile range
Costs: Boxes range from \$28-\$55; á la carte selection and pricing also available
Sample Box: Potatoes, onions, tomatoes, peppers, lettuce, broccoli, mushrooms, radishes, apples, pears, kiwi



ORGANICALLY GROWN FOR YOU, established 2005, operates year-round
Contact: Mary, 602-438-1818; organicallygrown4you.com
Delivery/Pickup Options: Delivery is available; pickup at the company is also possible
Source(s): Organic produce from U.S.; local where possible
Costs: Boxes from \$24 and up; custom selection and pricing also available
Sample Box: Squash, carrots, tomatoes, broccoli, lettuce, cabbage, cilantro, bananas, apples, oranges, pineapple



OUR ORGANICS, established 2006, operates year-round
Contact: Todd Venable, 602-550-0330; ourorganics.weebly.com
Delivery/Pickup Options: No delivery; 4 pickup sites
Source(s): Multiple regional sources of certified organic produce (AZ, CA, NM and Mexico)
Costs: \$60/large box, \$40/small box, optional items available at pickup site such as dry goods, paper products, bath goods, etc. at additional cost
Sample Box: 15–20 varieties of staple items as well as seasonal treats



TONOPAHAH ROB, established 2008, operates winter, spring and early summer
Contact: Rob Lazzarotto, 623-386-3033; tonopahrob.com
Delivery/Pickup Options: No delivery; pickup at the farm in Tonopah on Saturday (complimentary car pools arranged)
Source(s): Own farm
Costs: Half share is \$20 per week; full share is \$32 per week
Sample Box: 4 types greens, potatoes, radishes, carrots, onions, citrus, bok choy, turnips, tomatoes



WHOLE EARTH, established 2006, operates winter, spring, fall
Contact: Shyrryn Kolb, 602-214-9502; wholeearthcsa.blogspot.com
Delivery/Pickup Options: No delivery; multiple pickup locations
Source(s): Own farm
Costs: \$250 for 10 weeks

AVAILABLE IN PRESCOTT AND THE VERDE VALLEY

PRESCOTT COLLEGE CSA, operates year-round
Contact: Erin Lingo, 928-350-1401
Delivery/Pickup Options: No delivery; pickup at the college
Source(s): Woodstone Farms, K&B Farms, Burnin' Daylight Farm, Chino Valley Farms, Crooked Sky Farms, Arcosanti Garden, Granite Creek Vineyards
Costs: \$290 for 17 weeks

VERDE VALLEY CSA, operates summer and early fall
Contact: Sandy Boyce, 928-203-1100; localharvest.org/member/M19008
Delivery/Pickup Options: No delivery; pickup in Cornville
Source(s): Willowbrook Farms, Tickaboo Ranch, K&B Farms
Costs: \$528 for 24 weeks

WHIPSTONE FARMS, operates summer and fall
Contact: Shanti Rade, 928-636-6209; whipstone.com
Delivery/Pickup Options: No delivery; multiple pickup locations
Source(s): Own farm
Costs: \$500 for 26 weeks



Cooking Out of the Box

Having a share in a CSA or receiving a weekly box from a produce delivery company lets you tap in to your imagination. We asked four local chefs what they would do with a typical box containing Swiss chard, beets, onions, spring garlic, carrots, turnips and spinach.

Michael Stebner, chef at True Food Kitchen, offers the following guidelines for using what's in your weekly delivery:

- Stick to the basics.
- Fresh, seasonal produce doesn't need much help to taste great. The worst thing you can do is to overdo it.
- Keep the natural flavors. Don't use heavy fats or sweeteners as culinary crutches.
 - Pure and simple cooking is what CSAs are about.

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Chef Gwen Walters, freelance food writer and cookbook author, has suggestions for each of the ingredients:

Onions—Caramelize (or grill) for a variety of uses (pizza topping, omelet stuffing, tart filling).

Swiss chard—Delicious simply sautéed... maybe with a little of the spring garlic. Or use it with the caramelized onions for a pizza topping (with Trader Joe's fresh pizza dough, of course... or just use a whole-wheat tortilla, toasted first, then

spread the chard and onions and cheese).

Spring garlic—Pickle with a little vinegar and use as a garnish.

Spinach—Use fresh as salad greens, or as lettuce on sandwiches, or as filling for omelets, tarts and spanakopita, or sauté the spinach as a side dish.

Beets—Roast with olive oil, salt and pepper... eat hot, or chill, cube and use in salads.

Turnips—Give to neighbor... I hate them.

Carrots—Grate for salad with raisins, onions, a little mayo, maybe, or slice on the bias and steam. Glaze with a little orange marmalade or that fabulous Terra Verde Farms Meyer Lemon Marmalade from the farmers' market.

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Carol Blonder, chef and instructor at Sur La Table, offers hands-on seasonal and local cooking classes to provide inspiration for using the ingredients in a CSA delivery. The Kierland Commons store in Scottsdale is a pickup location for the Desert Roots Farm CSA each Tuesday.

Michelle Dudash, chef and dietitian, suggests roasted beets, feta cheese, and spinach salad.

Chef Dudash would also use as many of the ingredients as she could to make a creamy vegetable soup. She says "soups are a wonderful way to use the other ingredients: Sweat the onion, spring garlic and Swiss chard over low heat so that they do not brown. Add stock, salt, pepper. Finish with little cream or low-fat liquid creamer. Simmer. Purée. Great hot or chilled."

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Candy Leshner, director of Cooking Studio AZ, is inspired by the ingredients:

With the onion, I love roasting them in their own skins (wrapped in foil or in a covered baking dish) until very soft; then I use the super-viscous meat from the inside to replace most of the oil in my reduced-calorie pesto that I put on spaghetti squash. I use roasted garlic in that pesto because fresh is too strong with the additional onion flavor.

For the chard, I love to blanch it only momentarily then quickly sauté it in a little walnut oil and give it a squeeze of lemon and sprinkle of *fleur de sel* to brighten it up. Yum!

Spring garlic is fabulous in so many ways... Finely chopped and mixed into Neufchatel, it makes a great spread for sandwiches. Warmed with 50-50 butter and olive oil, it's a great drizzle over pasta. Puréed with classic lemon and oil combinations, it makes a scrumptious salad dressing.

Spinach is my favorite to mound in the bottom of a bowl and sprinkle with a fresh grating of Parmesan, Asiago or Romano cheese; then I ladle hot, fresh broth over the top and a quick spritz of lemon for a fabulous first course. (That spring garlic is good tossed in here too). Very satisfying and very healthy; the spinach is perfectly cooked this way.

Beets, I love to simply scrub, wrap in foil and bake until tender. The skin practically slides off, I slice them and serve them on my salads or make a quick modified caprese salad with tomato, sliced beet (yellow is especially nice), mozzarella or thin slice of feta and a drizzle of olive oil. Wow, is that good!

Turnips are lovely roasted to caramelize their natural sugars, then mashed with a touch of either garlic or fresh ginger and sea salt.

Carrots are sooo good done classically: sliced diagonally 1/3-inch, given a quick 2-minute blanch, then finished in a pan with fresh-grated ginger and honey along with a tad of butter or light oil and sea salt.

