



# Tucson Community Supported Agriculture

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## Summer 2015

### Harvest list is online

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#### CSA members' most frequent question is:

Why isn't my e-check payment showing up on my CSA account when my checking account has already been charged?

The answer to that question is included in the e-mail you receive when an e-check is being issued to us, and it also shows at the bottom of every weekly e-mail.

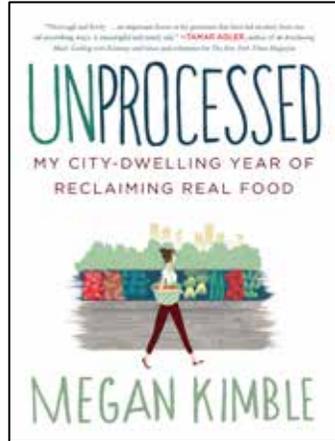
In short, it takes 5 business days for an e-check to reach us and there is nothing we can do about it. The delay is inherent to the e-check company that processes the payments. Once your payment reaches us, your CSA account balance gets updated automatically. During the 5 business days waiting period, you are considered as having paid and you can pick up if you are scheduled for a pickup, even if your CSA account doesn't show your payment (however, your CSA account will say that your payment is "processing.")

#### Josh's Eggs

This week we were going to write about egg processing regulations and how they affect Josh, the CSA and you, but we don't have quite enough room in this issue.

So, stay tuned and look for egg news next week.

## Megan Kimble Goes Unprocessed



Megan Kimble, managing editor of *Edible Baja Arizona* and fellow CSA member, is releasing her first book, *Unprocessed: My City-Dwelling Year of Reclaiming Real Food* (William Morrow/HarperCollins) this week and it's all about a subject dear to our hearts - eating whole, unprocessed food. The book centers around a challenge: for an entire year, Kimble would completely avoid any processed food. Of course that begged the question: what makes a food "processed"? And thus began her journey into the complex web of America's food system "to find out how *this* becomes *that*."

#### Does your book include any local food purveyors?

I was living in Tucson while I was writing this book, so I interviewed and visited lots of local producers. I wasn't sure how flour was made, so I went to Hayden Flour Mills in Phoenix. I went to the Chiva Risa Ranch and talked with owner Lissa Howe about how goat cheese was made. And of course I went to Crooked Sky Farms and talked with Farmer Frank about how local vegetables are grown.

#### What stood out about your talk with Farmer Frank?

I especially remember how Frank was inspired to start farming because of the miracle of food coming from such tiny seeds. He also said one of the challenges of growing food organically is the expectation people have for all vegetables to look exactly the same. And it's true, we'll look in the share box and expect all the eggplant to be the same size.

#### What tips do you have for eating unprocessed food on a budget?

I was a grad student while going through this challenge, so I had to find a way to eat whole foods without much money or time. Of course one of the best ways to save money is to join a CSA like ours. I get all of the fresh, organic produce I need for the week for \$20. Aside from that I buy in bulk as much as possible. Processing food yourself - like buying dried beans or grains in bulk and cooking them in batches - can cut your food cost significantly. And even if you're spending more money for high quality food, it's packed with so much more nutrients and flavor, you end up being satisfied with simpler meals - like combining Barrio Bread, Chiva Risa goat cheese and heirloom tomatoes.

#### What do you think the future holds for unprocessed food in our society?

Since I started writing this book four years ago, the idea of whole, unprocessed foods has become more mainstream. There have also been more studies coming out that show the benefit of not only *what* we eat but *how* we eat. But the most exciting trend is how consumer spending habits are actually impacting the food industry. *Fortune* magazine ran an article recently ("The War on Big Food") about how major packaged-food companies are losing money because people are spending more of their food dollars on fresher, organic options. Reading that just gave me chills about the power that we as individuals can have over something as powerful as the food industry.

#### What's your favorite local summer treat?

Yellow watermelons from the CSA. That's the best thing you can eat when it's hot!

*Unprocessed* goes on sale Tuesday, June 23rd wherever books are sold, including your local book stores. Kimble will also be celebrating her book at MOCA on July 10th as part of the *Edible Baja Arizona* 2nd Year Anniversary party.

### **Melon Cucumber Salsa**

theorganickitchentucson.com

This salsa is on the sweet side and could make a nice dessert. To make a more savory salsa, add thinly sliced onions, a sprinkle of salt and red wine vinegar to taste. Use any melons; a combination of watermelon and cantaloupe would be especially refreshing.

1 cup melon, diced into small pieces  
1 tomato, diced (if desired, for savory salsa)  
1/2 small onion, finely sliced (for savory salsa)  
1 small cucumber, peeled, seeded, and diced small  
Grated zest and juice of 1 lime or lemon  
1 tablespoon minced basil  
1 tablespoon chopped mint leaves  
1 jalapeno, seeded and finely diced  
1 small knob of ginger, peeled and grated  
Salt to taste

Mix all the ingredients. Let sit for 30 minutes before serving. Store in the refrigerator and eat within 3 days for best flavor.

### **Squash and Grain Fritters**

Sara Jones, Tucson CSA

2 cups grated summer squash  
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice  
1/2 small sweet onion, sliced thinly  
1-2 eggs  
1-2 tablespoon flour  
Salt and pepper to taste

Mix together squash, corn and grains. Beat 1 egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. If mixture does not hold together as a loose batter, add another egg and a bit more flour. Heat a large skillet over medium heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cook until golden brown underneath, about 4 minutes. Flip gently and cook until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

### **Easy CSA Gazpacho**

Amy Valdes Schwemm, Tucson CSA

1 CSA share of cucumbers  
5 or more (or less!) small tomatoes  
1-2 slices of onion, to taste  
1 or 2 cloves of garlic, to taste  
1 green chile, any kind, or 1/2 bell pepper (optional)  
2 tablespoons olive oil, or to taste  
3 tablespoons red wine vinegar, or to taste  
Salt and freshly ground black pepper

Trim ends off of cucumber, if you are using Armenian cucumbers there is no need to peel, but it is preferable to peel other varieties. Chop coarsely. Trim bruised spots and stem ends off tomatoes. Remove seeds and stems from green chile or bell pepper, if using. Purée all vegetables in a Vita-mix, blender, or food processor, first by adding the garlic, onion, and chile, following with the tomatoes and then the cucumber. Season to taste with oil, vinegar, salt, and pepper. Chill before serving.

### **Paletas**

Lorraine Glazar, Tucson CSA

This recipe will make about 6 popsicles.

1 cup water  
1 cup sugar or sugar equivalent  
2 cups cubed melon  
1 cup peeled and cubed cucumber  
1/4 cup grapefruit juice  
1 tablespoon minced fresh mint or basil (optional)  
6 popsicle molds or small paper cups and wooden sticks

Make a simple syrup by boiling the water and dissolving the sugar in it. Allow to cool. You won't use it all in one batch, but it keeps forever in the refrigerator and can be used to sweeten drinks or in your next batch of paletas. Combine 1/4 cup of syrup, the melon and cucumber, the lime juice and the minced herb in a blender and blend until smooth. Pour into popsicle molds or paper cups. Freeze until firm, about 6 hours. If using cups, check after 2 hours and insert wooden sticks into the paletas.

### **Citrus Sorbet**

Paul Durham, Tucson CSA

1 quart citrus juice (approx. 4 grapefruit or 8 oranges)  
1 rounded tablespoon zest, finely grated  
1/2 cup natural agave nectar\*  
1/4 cup vodka (optional)

Simmer zests in agave nectar for a couple minutes and let it sit. Juice citrus and add juice to nectar. Add vodka if desired. (The vodka contributes a little to the taste, but mostly it keeps the sorbet from freezing as hard, giving it a better consistency.) Refrigerate until cold. Stir thoroughly, then pour into an ice cream maker and freeze according to the manufacturer's instructions. Transfer to a container and freeze until firm.

If you do not have an ice cream maker: pour into 9-inch square metal baking pan; cover and freeze, stirring occasionally, until partially frozen, about 4 hours. In a food processor with knife blade attached, process sorbet until smooth but still frozen.

\* As an alternative to using agave nectar, use the simple syrup from the recipe above.