



# *Tucson Community Supported Agriculture*

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## Summer 2015

### **Harvest list is online**

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#### **Many more recipes on our website**

#### **A Review of the Latest News on Josh's Eggs**

As you know, we recently had to raise the price of Josh's eggs by \$1 as a result of Josh passing on the cost of complying with state regulations. (The regulations apply because Josh's egg production has grown.) Josh has built a new building with an egg-washing facility and a walk-in cooler, but there are two main consequences for us, his customers. First, the regulations require the eggs to be washed. This removes a natural coating, and as a result, the washed eggs must be refrigerated. (The requirement to wash the eggs may well make sense for factory-farm produced eggs, but these are one size fits all regulations.) Second, the regulations require the eggs to be dated with a sell-by date. It's important to remember that this is a sell-by date, not an expiration date. It allows for an amount of time to use the eggs, but it's important of course to refrigerate them until you do so. Josh's eggs are just as good as they've always been, and, in our opinion, are the best eggs we've ever had!

## **A Word On Meats**

Compared to produce, we don't sell much meat at all. Meats constitute a tiny portion of our sales (less than 10%) and we primarily do it as service to those of our members who want access to local, sustainably raised meats.

Here's what's coming this summer:

In August, we will take orders for Josh's pork shares. This is possibly some of the best pork you can get: locally and humanely raised on pasture land by Josh and his brother Thad.

Also coming in August are grass-fed ground beef and stew meat. This past year it has been very hard to source locally raised grass-fed beef this at an affordable price. Grass-fed beef prices have increased a lot in the past year. Stay tuned for when we get it. We will do full beef shares in October.

In September, we will take orders for Josh's lamb shares.

We always carry some frozen meats. Just come in and look at the chalkboard near the front desk. We almost always have ground pork (plain ground, Italian sausage and breakfast sausage). We also try to carry one type of pork roast (tenderloin, loin or shoulder butt roast) at all times. We currently have loin roasts and shoulder butt roasts. Availability of other cuts, such as pork chops, chorizo, bratwurst and Italian links varies: you can't count on seeing those all the time, but we attempt to rotate through them, so buy them when you see what you like. We currently have chorizo, Italian links and pork chops.

We also now have the last of the pork belly and fresh side (sliced pork belly), which we won't get again until late fall. Fresh side and pork belly are what bacon is made from, just raw, i.e. not cured, smoked or salted. Don't treat it like bacon or you will be disappointed. Find a good recipe for pork belly and go for it. Sliced pork belly is good in bean stews. Or it can be cooked like rashers of bacon, but make sure to add a little sugar, salt, pepper, some herbs and a dash of Worcester sauce to it to make taste nice, or else it will just taste like flavorless bacon.

Finally, we have leaf lard and we pretty much have it all the time now. Leaf lard is the best quality fat found in a pig. We sell it un-rendered so you must render it before using. To render, you just cut it up in cubes, add it to a crock pot with a cup of water, cook it on low overnight or for eight hours. You then strain the liquid and voila, you get some excellent cooking fat. It's also what our grandmothers used to make pie pastry in the old days.

Of course, we have Josh's chickens. Probably the best chickens you can get anywhere: 100% pasture-raised, fed GMO-free grains as well as the pasture greens and bugs for which they forage themselves. These chickens are pricy, but they're really good, and you know that they were raised with none of the shortcuts or unhealthy cost-saving methods used by the rest of the poultry industry. Equally important, they really have flavor! Not like store-bought chickens, which simply taste like whatever you put on them.

We also sell Josh's chicken livers and chicken feet. Chicken feet are rich in gelatin and are great for making chicken stock.

## **Cold Squash and Corn Chowder**

Philippe, Tucson CSA

2 pounds or more of summer squash  
Kernels of 2 ears of corn  
1 onion, chopped  
2 cloves garlic, minced  
1 tablespoon oil  
1 jalapeno, if desired  
2 roasted chiles, fresh or roasted, or 1 tablespoon of chile powder  
Salt to taste  
Garnish: 1 tablespoon oregano, some chile powder

Cube the squash. If the squash are large, scoop out the seeds first. Sauté all ingredients in oil until the squash is tender (about 20 minutes). Add 4 cups cold water or vegetable stock. Blend. Add more water if necessary to achieve a creamy texture. Refrigerate for 4 hours. Serve in bowls and sprinkle some chile powder on each before serving. Garnish with some fresh oregano, basil or mint.

## **Sweet Potato and Quinoa with a Lime Vinaigrette**

Rachel Yaseen, The Organic Kitchen Tucson

1 cup quinoa (uncooked)  
1 1/2 cups water  
1 large sweet potato, peeled cut into small chunks  
1 unpeeled apple, cut into small chunks  
1/2 cup toasted pecans, chopped  
1/2 cup dried cranberries  
1/2 cup (each) cilantro and parsley, finely chopped  
1/2 teaspoon salt  
1/2 cup grated coconut (optional)  
1/4 teaspoon cinnamon  
1/2 cup lime juice  
3-4 tablespoons, agave (to taste)

On a baking sheet, roast the sweet potatoes at 350° for 45 minutes. Meanwhile, wash quinoa. In a saucepan, cook quinoa in 1 1/2 cups water (covered with a lid) until water completely evaporates (approximately 15 minutes)—do NOT stir while cooking. When quinoa and sweet potato are cooked, mix them together and then add the apples, pecans, cranberries, cilantro/parsley, salt, coconut, and cinnamon. For the vinaigrette, in a blender, mix lime juice and agave nectar. Pour desired amount over quinoa.

## **Squash Mint Dip**

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. You can also use eggplant instead of squash.

1 large squash, diced  
1 clove garlic, minced  
2 tablespoons olive oil  
1 tablespoon crushed dried mint  
Red pepper flakes, to taste

1/2 to 3/4 cup greek yogurt or labneh  
Salt to taste  
Toasted pecans, chopped, for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of the mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste. Pour mixture into a medium bowl for serving. Heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes, stir well and pour oil mixture over the top of dip. Sprinkle with chopped nuts and serve with pita or baguette for dipping.

## **Calabacitas In Mole Adobo**

Philippe, Tucson CSA

1 cup corn kernels  
2 bell peppers, coarsely chopped  
1 onion, chopped  
1 medium 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.

## **Individual Peach Crisps**

Sara Jones, Tucson CSA

Use this recipe if you don't have enough fruit to make a whole cobbler or crisp. Serve with vanilla yogurt or a scoop of ice cream.

1 basket peaches, washed and sliced  
1 tablespoon sugar or brown sugar (optional)  
1/4 teaspoon cinnamon  
1 handful granola  
1 thin slice butter  
Small handful toasted pecans

Melt one slice of butter and sugar in a small saucepan over medium high heat. Add cut fruit and the cinnamon and stir to coat. Cook for about 5 minutes, until fruit is cooked through and meltingly tender. Place in one or two bowls and top with granola, nuts and yogurt or ice cream. Serve hot.