



Tucson Community Supported Agriculture

Newsletter 503 ~ August 31, 2015 ~ Online at www.TucsonCSA.org

Summer 2015

Harvest list is online

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Many more recipes on our website

Josh's Grass-Fed Lamb Share

This week is the last week to orders Josh's lamb shares. They will be ready starting next week, Sept. 8-9.

You can reserve your share with a \$20 deposit at the front desk.

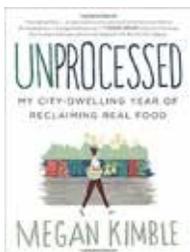
For more info on lamb shares, check our web page at Products > Meats, or ask at our front desk.

Book Signing! Megan Kimble will be at the CSA next Tuesday (Sept. 8) and Wednesday (Sept. 9), 4 to 6 PM.

As many of you know, local author Megan Kimble published her acclaimed book earlier this summer:

Unprocessed: My City-Dwelling Year of Reclaiming Real Food.

Megan is also the managing editor of Edible Baja Arizona and she has been a member of Tucson CSA for many years. She will be in our courtyard next week to sign her book. She will have copies of the book for sale and you can also buy the book at Antigone Books, UA Bookstore and Barnes & Noble. P.S.—It's excellent!



Crooked Sky Farms' Apples



Several years ago Farmer Frank planted a large orchard in his fields near Duncan, including pistachio, pecan, apple, pear, apricot, plum and nectarine, cherry and peach trees. The trees are gradually yielding a little more every year. Earlier this year we already enjoyed Farmer Frank's pecans and pistachios. This year is the first year that some of the apple trees are producing enough apples for our CSA and they are expected to do even better next

year. Frank planted eight different apple varieties and a total of five hundred apple trees. Right now we are enjoying the gala apples.

A Week at My Table, by Paula Redinger

Late August and September usually present a deliciously lazy welcome home after having been working out of state for two months. I spend time on labor intensive projects, stocking my freezer for the busy season ahead of me: ravioli, soups, steamed buns, tamales, a wide variety of sauces... anything that comes to mind based on what comes my way. This year couldn't be more different. My rental property unexpectedly needs thousands of dollars of work and countless hours of time, the USPS has lost three weeks' worth of my mail, and it's past time for me to begin preparing the terrifying amount of music that awaits my attention. And – oh happy bounty! - my CSA volunteer schedule for the next few weeks will probably bring me a bit more produce than I can manage. My goals are twofold: save excess produce for later, and survive the next few weeks on completely effortless meals.

Summer Squash, Eggplant, Sweet Potatoes, White Onion – There's some red chile sauce left in my freezer, which means veggie enchiladas will take no time at all to make. Vegetables can roast while I'm on hold with the DMV trying to acquire another registration sticker. The first was lost by the USPS! The white onion makes a great garnish, especially when chopped finely with some cilantro. A dollop of whole milk Greek yogurt completes the meal.

Guero Chiles – Fermenting produce is a fun, quick, and easy way to put fresh produce on hold. Toss with salt, then "set it and forget it"! Books by Sandor Ellix Katz are a great resource on the topic.

Roasted Chiles – I like making my own hot sauces, and I suspect these, along with some of the fermented gueros will appear in my next batch, just as soon as I have time. But for now, they can wait in my freezer. I'll sacrifice one or two to an omelet, no doubt. Eggs, roasted chiles, and cheddar make a great combination!

Quelites – Greens are easy to save for later. Blanch and freeze! I'll toss them in a minestrone just before serving to celebrate our first autumn-like day.

Gala Apples – Nothing is as quick and easy as a good loaf of bread, a dry sausage, and a good hunk of cheese for lunch. Set out a few pickled items and a sliced apple to round out the meal.

Done and delicious! And nothing will suffer when the insurance guy appears before I've finished.

How To Use Quelites and Verdolagas

Philippe Waterinckx, Tucson CSA

Chances are you still have some quelites in your fridge from last week's share and chances are we will get more of them, and verdolagas too. Just remember, they are one of the very few greens we get in our torrid summers. Don't pass them up!

Quelites are neither bitter nor spicy but they have a lovely earthy flavor reminiscent of spinach. Verdolagas have a slightly more citrusy flavor. Both are very easy to use. You can eat them raw in salads, or you can cook them. But don't overcook them because, like spinach, they get mushy quickly. Just chop them, stems and all, and add them to a dish of your choice.

You can add them to a cold bean salad, rice salad, pasta salad, or a tabbouleh.

Shelby from Edible Baja Arizona makes a pesto out of them, served with linguini and summer squash strips and she has the recipe in this week's online edition (<http://ediblebajaarizona.com>).

If you want to cook them, add them to a dish at the last minute, so they just have enough time to wilt but not disintegrate. For example, if you're making beans and rice, chop the quelites, stems and all, and toss them into the beans before serving. They wilt instantly and add a great flavor to the beans. Beans and rice are just one example—you can add them to any casserole or stew.

You can also serve them the traditional way of greens: sauté some onions and garlic and toss in some chopped quelites. It makes a yummy side dish, or a delicious filling for tacos, quesadillas or empenadas.

Eggplant Pasta With Pesto

Philippe Waterinckx, Tucson CSA

1/2 pound fusilli pasta, cooked
2-3 cups eggplant, diced
1 tablespoon olive oil
1/2 cup basil walnut pesto (see pesto recipe below)

Sauté the eggplant in olive oil until tender (about 10 minutes). Combine cooked pasta, eggplant and pesto. Serve hot. Using the spiralled fusilli with their augmented exposed surface allows the pesto to thoroughly coat all the grooves of the spirals, making for incredible explosions of flavor with every bite.

Pecan, Basil & Quelites Pesto

Shelby Thompson at EdibleBajaArizona.com

3/4 cup pecans, toasted
1 clove garlic
1/2 cup Parmegiano-Reggiano, grated
1/2 teaspoon sea salt
1/4 teaspoon freshly ground pepper
2 cups quelite leaves
1 cup basil leaves
1/4 cup olive oil

1/4 cup water
1 teaspoon salt

In a food processor, add pecans, garlic, Parmigiano-Reggiano, salt, pepper, quelite leaves, and basil leaves. Pulse the mixture until everything is combined and the pecans achieve a chopped texture.

Add the olive oil, purified water, and lemon juice to the food processor. Pulse just until everything is combined. The pesto should be mostly smooth but should still retain some texture from the pecans.

Combine cooked pasta, eggplant and pesto. Serve hot.

Using the spiralled fusilli with their augmented exposed surface allows the pesto to thoroughly coat all the grooves of the spirals, making for incredible explosions of flavor with every bite.

Caramelized Onions

Adapted from www.ReluctantGourmet.com

We've had a lot of onions lately. One way to preserve them is to caramelize them and freeze for future use. Caramelizing onions takes time, so it is best done while you're cooking something else.

1 large onion, sliced in half then in 1/8" slices
2 tablespoons olive oil, butter, or a mixture of the two
Salt and pepper

Heat oil/butter to medium-low heat in a large sauté pan. Add onions and sprinkle with salt. When you salt the onions at the beginning, it will take longer to achieve browning because of the extra water it draws out, but ultimately, your onions will have a much better flavor and will brown more evenly.

Cook the onions over medium low heat. Cooking the onions at a relatively low temperature, called sweating, allows all the water to release into the pan and then evaporate slowly. Sweating also ensures that your onions will be soft and caramelized all the way through, and not just on the outside.

Stir the onions every couple of minutes, and adjust the heat so you hear just the merest sizzle. If your pan would not hold all of the onions, add more as the ones in the pan cook down and free up more room in the pan.

Continue cooking the onions until they are soft and anywhere from honey-colored to deep brown, depending on how caramelized you want them to be.

The process can take anywhere from ten to fifteen minutes to upwards of half an hour, depending on how many onions you are cooking and your preferred level of caramelization. Don't worry; as long as you cook them slowly and stir them frequently, you will not end up with burned onions.