



Tucson Community Supported Agriculture

Newsletter 504 ~ September 7, 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 Shares are ready

If you reserved one, please go to the front desk to pick it up and pay the balance.

UNPROCESSED: MY CITY-DWELLING YEAR OF RECLAIMING REAL FOOD

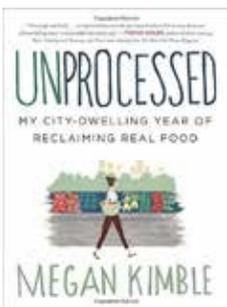
By Megan Kimble

BOOK SIGNING:

TUESDAY (SEPT. 8) AND WEDNESDAY (SEPT. 9), FROM 4 TO 6 PM

Megan is also the managing editor of Edible Baja Arizona and a long time member of the Tucson CSA.

She will be in our courtyard this week to sign her book. Some copies of the book will be available for sale and you can also buy it at Antigone Books, UA Bookstore and Barnes & Noble.



Support Urban Agriculture in Tucson

In Tucson, urban agriculture - the growing, processing and distributing of food in a town or city - is alive and well. But technically it's illegal. Our current zoning laws are tied to the 20th century notion that food production should only happen in rural areas or large commercial factories. These days, urban agriculture in Tucson is booming, allowing people to feed their family, provide high quality nutrition in food deserts and lower their carbon footprint. On September 16, the Tucson Planning Commission will rule on a proposal that updates these laws to protect the rights of small-scale food growers while still keeping peace with their neighbors. You can find more info at pimafoodalliance.org.

The most powerful way to show your support is by attending the Public Hearing on September 16th at 6:00pm. The meeting will be held in the mayor and council chambers at City Hall, 255 W. Alameda, 1st Floor.

Here are some other things you can do:

Sign the online petition: <http://www.change.org/p/tucson-city-council-support-tucson-urban-agricultural-zoning-amendments>

Write a letter or send an email encouraging Tucson's Planning Commissioners to approve the urban agriculture amendments:

Attn: Carolyn Laurie
City of Tucson
Planning and Development Services Department
PO Box 27210
Tucson, AZ 85726

PDSDInquiries@tucsonaz.gov



About Purslane, aka Verdolagas

Purslane, or verdolagas as it is called in Mexico, is native to the Americas where it once was one of the most important wild plant foods of Native Americans. Nowadays, many Westerners consider it as an invasive weed. But it is making a comeback!

Purslane is acclaimed for not one, but two starring attractions: the rediscovery of its cooking possibilities –its tinker-toy eye appeal, crisp texture and lightly tangy taste– and the scientific discovery of its healthful omega-3 fatty acids. If this weren't enough, it has above average values of beta-carotene and vitamin C and provides all of these goodies with only 15 calories in a 100-gram portion (as compared with 76 in a boiled potato). Purslane lowers blood pressure and cholesterol levels as well as makes the blood less likely to form clots. But long before these scientific findings, purslane was eaten as treatment for arthritis, inflammation and heart disease and to promote general good health.

Purslane has succulent, fleshy leaves and stems with a delicate and tangy flavor. Both stems and leaves are eaten. Purslane is harvested when young, before the stems turn woody. It is used as an herb for seasoning, as a fresh green to be served in salads (sprigs of purslane are perfect for salads or tucked into sandwiches or tacos). It can be chopped and folded into mayonnaise-based salads such as egg, tuna, or potato. Cooked purslane is delicious too. It can be sautéed with onions, and added to rice or omelets.

Verdolagas Omelet

2 cups purslane, cut in 1-inch pieces, stems included
1 onion, chopped
Optional: 2 cup greens (Swiss chard, quelites, nasturtiums, mustards, etc), cut in ribbons
½ teaspoon Mexican oregano or thyme, chopped
6 eggs, beaten
Olive oil or butter
Salt and pepper to taste

Heat oil in large skillet. Add onions, purslane, greens and herbs. Sauté for 5 minutes. Add beaten eggs and make an omelet. Season to taste.

Rice Pilaf with Verdolagas

1 bunch verdolagas (purslane), chopped into 1 inch pieces, stems included
1 onion, chopped
1 clove garlic, minced
1 cup basmati rice
2 tablespoons olive oil
2 cups vegetable or chicken stock
1 teaspoon black pepper
Juice of half a lemon

Heat olive oil over medium heat in a skillet.
Add onions and sauté until soft.
Add verdolagas/purslane and garlic. Stir until slightly wilted (about 3 minutes).
Add rice, pepper, lemon juice and stock. Bring back to a boil, reduce heat to low, cover and simmer for 10 minutes.
Turn off heat and let sit, covered, to steam for another 5 minutes.
This is delicious with tzatziki (Greek cucumber and garlic yogurt).

Corn with Verdolagas, Lime Juice and Chiles

2 ears of corn, kernels sliced off
1 (or more) tablespoon butter
1 Anaheim or green chile, seeded and chopped
1 cup coarsely chopped verdolagas
¼ cup chipotle goat cheese, or crumbled queso fresco
1 tablespoon fresh lime juice
Hot chile powder to taste (no need for it if you use chipotle goat cheese)
Salt

Combine corn, butter, chiles and ½ cup water in a sauce pan. Simmer until tender, 10–15 minutes.

Stir in cheese, chile powder, lime juice, verdolagas, and salt to taste.

Green Salsa with Tomatillos and Roasted Chiles

You may still have roasted chiles left from previous weeks, in which case there would be no need to roast the fresh ones from this week.

This recipe is based on the traditional green salsa recipe, but green chiles are used instead of a jalapenos or yellow hot peppers.

1 CSA basket tomatillos, husks removed
1 CSA bag roasted chiles
2 cloves garlic, finely minced
1 medium onion, finely chopped
Juice of 1 lime or half a lemon
¼ cup cilantro
Salt to taste

Peel roasted chiles and remove seeds. Taste the chiles for heat. Depending on how spicy they are, you may want to use less or more of them.

Grill the tomatillos on a barbecue or under an oven broiler until slightly charred.

Place chiles, tomatillos and remaining ingredients in a food processor and blend on pulse until slightly chunky (not puréed). Pour mixture in bowl.

Serve with tortilla chips, or use as a topping for tamales, enchiladas, burritos, or grilled meats, fish or vegetables.

Green Enchilada Sauce

1 basket tomatillos, husked and quartered
2-3 green chiles, chopped
1 medium onion, chopped
Optional: 1/2 lb ground pork, or green chile pork chorizo
2 cloves garlic, chopped
1 tablespoon mole verde
¼ cup chopped cilantro (or basil)
Olive oil
Salt to taste

Sauté onion and chiles in olive oil until tender.

If using meat, add meat now and sauté until meat is browned.

Add tomatillos, green chiles and garlic. Cover and simmer for another 30 minutes, stirring occasionally.

Turn off heat. Add cilantro.

Can be served hot or cold.

Serving suggestions:

Serve as a sauce over enchiladas or with chilaquiles.

Serve with squash fritters, or on a bed of rice.

The meatless version can be served cold as green salsa.

