



Tucson Community Supported Agriculture

Newsletter 541 ~ June 6, 2016 ~ Online at www.TucsonCSA.org

Spring 2016

Harvest list is online

Chicken Salad with Beet and Tarragon
Calabacitas
Chilled Cucumber Soup
Corn Cob Stock
Carrot Miso Dressing
Quelites and Beans

Many more recipes on our website

No Barrio Bread dates

There will be no Barrio Bread on June 28 & 29.

Desert Ashram Pecan Days

Desert Ashram will be selling shelled pecans from their orchard **this Tuesday, June 7, and, if any pecans are left, Wednesday, June, 15.**

Please consider supporting this wonderful community by purchasing their pecans.

You are welcome to call and visit the ashram. It is located on a 26-acre desert oasis west of town.

3403 W. Sweetwater Dr.
Tucson AZ 85745

Tel: 520-743-0384

info@truthconsciousness.org
www.truthconsciousness.org



Golden Zucchini

Tuesday's harvest will feature beautiful Golden Zucchini from Crooked Sky Farms. Like all zucchinis, they are descended from American squash that were brought back to the Old World and became a hit. Zucchini were bred from these squash in Italy ("zucca" is the Italian word for "squash") and the Golden Zucchini are a lovely modern version with a slightly sweeter taste and a beautiful hue. Zucchini have a long-running joke of being the bane of their neighbors - there's just so much produced from even one plant!

But nowadays, spiralizers are all the rage and a great way to use up these summer gems. You can purchase various types of spiralizers for \$20-30 on Amazon or just use a mandoline or vegetable peeler to turn zucchini into strips. You can use them raw for cool salads or sauté them in oil until slightly caramelized. Then go to town with your favorite sauces or pestos to create memorable and super nutritious meals. Use a marinara or pesto sauce to go Italian or a sesame/peanut sauce for an Asian-style repast that's just right for our hot summer nights!



French Breakfast Radishes

Here's a tip from our Facebook page for our Wednesday members:

It turns out the French Breakfast Radishes are delicious for breakfast! We made a compound butter using butter, fresh dill, tangelo zest and a little salt. On top of a piece of toasted Barrio Bread, we spread the butter and topped it with radishes.

Please 'Like' us at [facebook.com/TucsonCSA/](https://www.facebook.com/TucsonCSA/) for more pics and tips!

Local Pecans: A Word from Desert Ashram

We were long time members of the Tucson CSA before our own garden started producing enough. For several years we have offered pecans from our small orchard (17 trees) at the CSA in the Historic Y courtyard, and we are glad to be able to offer the nuts again this year. We harvest the pecans with tarps on the ground and long poles to shake the nuts loose. Sorting takes the most time since it is all done by hand, so we are a little later getting to the CSA this year. But they are still fresh and local and we hope you will like them!

Desert Ashram, founded in 1976 by Swami Amar Jyoti, is a meditation and retreat center that offers a peaceful haven for spiritual inspiration and enrichment. The teachings of Swami Amar Jyoti are universal and devoted to transforming individual and global consciousness. Visit us in the CSA courtyard this Tuesday for more information.



Chicken Salad with Beet and Tarragon

Sara Jones, Tucson CSA

If you don't eat meat, sautéed tempeh and cashews make a great substitute for the chicken, or use chopped hard boiled eggs.

2 cups cooked chicken, chopped into bite size pieces
2 medium or 1 large beet, cooked and diced into bite size pieces
Handful of tarragon, roughly chopped
1/2 small onion, finely chopped
1/4 cup mayonnaise
1 tablespoon apple cider or red wine vinegar
2 teaspoons Dijon mustard
Salt and pepper to taste
1/4 cup chopped walnuts (if desired)

Mix mayo, vinegar and mustard together and add to beets, chicken, tarragon and walnuts, if using. Stir until well coated.

Calabacitas

1 tablespoon oil
1 onion, chopped
2 cloves garlic, crushed
1 large summer squash
2 ears of corn, kernels scraped off
1 tomato, quartered
2 chiles
1 teaspoon oregano
1 teaspoon ground cumin
1 pinch salt
1/2 cup cheddar cheese or queso fresco

In a skillet, sauté onions in oil until tender. Add garlic, squash, tomato, cumin and oregano and cook for another 5 minutes. Mix in chopped chilies and corn. Add cheese. Cover and simmer for 10-15 minutes.

Chilled Cucumber Soup

Philippe Waterinckx, Tucson CSA, adapted from
www.foodnetwork.com

1 large or 2 medium cucumbers, chopped
1 cup plain yogurt
1/4 cup sour cream
1/2 teaspoon mustard
Salt and pepper to taste
1 teaspoon dried dill
1 lemon, juiced

In a food processor or blender, purée chopped cucumbers, yogurt, sour cream, mustard, and salt and pepper to taste and transfer to a bowl. Chill soup until ready to eat. Before serving, stir in finely diced cucumber, dill and lemon juice. Garnish soup with cucumber slices, and dill sprigs.

Corn Cob Stock

Sara Jones, Tucson CSA

Left over corn cobs make an excellent addition to a vegetable or chicken soup stock. All you need is a large soup pot and a few spare minutes. Use any assortment of vegetables you have on hand. (This is a good time to clean out your produce drawers and use up any old vegetables.) Carrots and onions are particularly good additions to a stock. Cut vegetables into large chunks. Scrape remaining kernels off of cobs and break cobs into pieces. Add any herbs you like together with a few whole garlic cloves and then cover everything with a few quarts of water. Bring to a boil, then lower the heat and ignore it for an hour while it simmers on the stovetop. After an hour, strain liquid into a bowl and cool. The stock will freeze well or keep it in the refrigerator and use within a couple of days.

Carrot Miso Dressing

Sara Jones, Tucson CSA

This is great for salads, sprinkled with some sesame seeds as a garnish. The dressing could also be used as a pasta sauce, tossed over soba or udon noodles.

2-3 medium to large carrots
1-2 green onions
1 inch peeled ginger, chopped
2 tablespoons miso
1 tablespoon toasted sesame oil
2 tablespoons vegetable oil
1/4 cup rice wine vinegar

Clean carrots and remove tops, chop into pieces. Put all ingredients in a food processor or blender and pulse a bit to break down carrots. Puree dressing for a couple of minutes until dressing is mostly smooth and carrot bits are very small.

Quelites and Beans

Adapted from The Vegetarian Times, July 1997

1 bunch quelites, bigger stems removed
1 tablespoon olive oil
3 cloves garlic, minced
1 onion, chopped
1 cup cooked pinto beans, rinsed and drained
1 teaspoon chili powder
Salt and pepper, to taste

Clean greens well. Steam in tightly covered pot until wilted. Drain greens and finely chop them. In large skillet, heat oil over medium heat. Add garlic and onions and cook, stirring frequently, until onions are soft, 2 to 3 minutes. Stir in greens, beans and chili powder. Cover and cook over low heat for 5 minutes or until heated through. Season with salt and pepper and serve.