



Tucson Community Supported Agriculture

Newsletter 542 ~ June 13, 2016 ~ Online at www.TucsonCSA.org

Spring 2016

Harvest list is online

Agua Fresca de Pepino
(Cucumber-Lime Drink)
Squash and Grain Fritters
Quick 'Fried' Okra
Verdolagas (Purslane) and
Walnut Pilaf
Sesame Soy Dressing
Kickin' Collard Greens

Many more recipes and ideas
on our website and on our
page on Facebook

No-Barrio-Bread Dates

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

The Tucson 23: A Mexican Food Festival

When: Saturday, June 18, at
6:00 pm

Where: JW Marriott Tucson
Starr Pass Resort & Spa

The event will feature
weekend staycation packages,
food demos and education,
live music and scrumptious
food.

Tickets are \$45 each and
include samples from up to 35
restaurants, cocktail and beer
samplings, and live
entertainment.

You can buy tickets for this
event online at
<http://ediblebajaarizona.com/>

Barrio Bread Shares – No Waitlist at the Moment



Last winter Don Guerra Barrio Bread reached the maximum number of bread shares he could bake for us and we had to start a waitlist. The wait time was never very long, but it nonetheless caused some members to hesitate to temporarily remove their bread share from their subscription out of concern that they may not be able to re-add it when needed.

Now that membership has dropped for the summer months, there is no more waitlist for bread shares, so you can safely remove and add bread shares. The waitlist will likely kick back into action in mid to late August as members come back into town and membership picks up again.

Amaranth Greens (Quelites)

Slightly astringent when raw, amaranth greens turn soft and mellow as they cook down. Most similar in taste to spinach, they have a mild but deep flavor and a hearty yet tender texture that makes them ideal for use in stir-fries and sautés. Though younger amaranth greens can be eaten raw in salads, the mature plants are best cooked in stir-fries, soups and stews. Amaranth greens need no embellishment aside from a few cloves of crushed garlic. The red-leafed garnet variety exudes a red juice when cooked that stains the garlic and collects in a pool of red. Other varieties, having green leaves, or green leaves tinged with red, are just as flavorful. The stalks of the plant may be eaten as well, as long as they're not woody or fibrous.

Chiles de Árbol

Chiles de árbol (Spanish for tree chiles) are small and potent Mexican chile peppers also known as *bird's beak chiles* and *rat's tail chiles*. They are skinny and about 2 to 3 inches long. Their heat index is between 15,000 - 30,000 Scoville units, which places them between jalapeños and Cayenne peppers. They start out green and turn a bright red color as they mature. Their brightness persist even when dried. They are great in salsas, or for seasoning a stew or an enchilada sauce. Their seeds and inner membranes can be removed to tone down their heat.

Here's Rick Bayless' Chile de Arbol Salsa recipe:

Ingredients: 3 garlic cloves, unpeeled, and 1 ounce (30 to 40) medium dried arbol chiles, stemmed, salt.

In an ungreased skillet over medium heat, roast the garlic, turning regularly, until soft and blackened in spots, about 15 minutes. Remove and add the chiles. Stir nearly constantly until the chiles are considerably darker and they fill the kitchen with their toasty aroma, about 1 1/2 minutes. Peel the garlic and place in a blender jar with the chiles and 3/4 cup water. Blend until nearly smooth (the salsa is best, I think, if it retains a little texture). Taste a little bit (it'll be very spicy) and season with salt, usually about 1/2 teaspoon.

Agua Fresca de Pepino (Cucumber-Lime Drink)

Amy Schwemm, Tucson CSA

Our large Armenian cucumbers are ideal for this most refreshing summer drink. Easy to make and to drink! It will use up your CSA cucumbers faster than you can get them.

1 large Armenian cucumber, unpeeled (equivalent to 3 English cucumbers)
1/2 to 1 cup lime juice
1-2 cups water
1/4 cup sugar, agave syrup, simple syrup, or other sweetener

Juice the whole cucumber (with skin and seeds), or blend and strain it. Add lime juice, water, and sugar. Serve chilled. For added zest, sprinkle with chopped mint or Stevia leaf. Makes approximately 2 quarts.

Substitution: instead of lime juice and sugar, you can use 2 tablespoons of frozen concentrated lime juice per pint of cucumber juice.

Squash and Grain Fritters

Sara Jones, Tucson CSA

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

Drain grated squash in a colander for 30 minutes. After draining, squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. Mix again, adding more flour if mixture seems very loose. 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 the spoon to spread or flatten mixture. Cover fritter and cook until golden brown underneath, about 4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

Quick 'Fried' Okra

Sara Jones, Tucson CSA

This recipe imitates the delicious cornmeal crunch of fried okra, without actually frying it. Very easy.

1 basket okra, wiped clean with a dry cloth and sliced into coins
2 tablespoons cornmeal
1 tablespoon butter or oil
Salt and pepper to taste

In a medium bowl, mix cornmeal with a pinch of salt and pepper (feel free to add any other spices you might like). Toss okra coins into cornmeal and shake until well coated, then remove from mixture. Heat butter or oil in a pan over medium heat. Add okra to pan and let cook, without stirring, for about 2-3 minutes, until

beginning to brown. Stir okra and allow second side to brown. Place cooked okra onto a newspaper or paper towel to drain any excess oil. Serve hot.

Verdolagas (Purslane) and Walnut Pilaf

Lorraine Glazar, Tucson CSA

1 small to medium onion, chopped
2 teaspoons oil
1 cup rice
2 cups water, stock or broth
1 share verdolagas, washed and chopped
1/2 cup toasted walnuts
Salt and pepper to taste

Sauté the chopped onion in the oil until golden. Toss the rice in the pan until it is coated with oil. Add the liquid of choice and bring to a boil. Cover the pan and cook until all liquid is absorbed, 20 minutes to an hour (brown rice will take longer and may require a little more liquid). When rice is tender, toss in verdolagas and walnuts, season to taste, and serve it forth!

Sesame Soy Dressing

This easy dressing is delicious on any number of vegetables, but the refreshing crunch of purslane and/or cucumbers are especially nice with the sesame flavor. You can dress the veggies and serve them right away or let them marinate for a day or two.

1 tablespoon rice wine vinegar
1-2 teaspoons soy sauce
1 tablespoon oil
1 teaspoon toasted sesame oil
1 teaspoon chili sauce

Mix ingredients together in a jar and shake well to combine. Pour over slices of cucumber or roughly chopped purslane and garnish with sesame seeds, if desired.

Kickin' Collard Greens

1 tablespoon olive oil
3 slices bacon
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon pepper
3 cups chicken broth
1 pinch red pepper flakes
1 pound fresh collard greens, cut into 2-inch pieces

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt. Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.