



# Tucson Community Supported Agriculture

Newsletter 544 ~ June 27, 2016 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2016

### Harvest list is online

- Brilliant Beet Dip
- Greek Style Smothered Okra
- Simple Melon Salsa
- Quick Pickled Turnips
- Easy Cold Summer Squash Soup

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

### Reminder: No Barrio Bread THIS Week

Bread will return to normal next week!

### Manage Your Account

Things you can do via your online CSA account include changing your subscriptions, changing your pickup day, placing your subscription on hold, and recharging your account. For help on each of these operations, click on the pulldown menu items under Help: Manage Account on our homepage.

**Important:** Subscription changes can be made only after your pickup day and before midnight Friday.

Why the midnight Friday deadline? Every Saturday morning we start planning the share orders for the week to come, so by midnight Friday we like to have an exact count of the number of shares to be ordered. Once we send the share orders to the farms or other suppliers, we can't change them.



## Purslane, aka Verdolagas

Native to the Americas, purslane once was once an important wild plant food of Native Americans. Nowadays, Westerners consider it as an invasive weed although it is making a come-back in progressive restaurants. Purslane is currently acclaimed for not one, but



two starring attractions: the rediscovery of its cooking possibilities, i.e. its tinker-toy eye appeal, crisp texture and lightly tangy taste, and the scientific discovery of its healthful omega-3 fatty acids.

Along with quelites, purslane is one of the few summer greens we get it from both farms throughout the summer! Purslane is a succulent. It can be used as an herb for seasoning, or as fresh greens 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. You can add to yogurt with some minced garlic to make a variation of tzatziki! Cooked purslane is delicious too. It can be sautéed or stir-fried. Sautéed, it is excellent with scrambled eggs!

## Ooooookra!!!

Okra is typically stewed with tomatoes and onions, or dipped in batter and fried like a fritter, or added to gumbos and stews. Try Nora's version of Greek-Style Smothered Okra on the back page, it's delicious! Here are some additional tips on how to fix it!

**STORING:** Store fresh okra in the refrigerator and use within a couple days. Beyond that, it begins to lose its freshness, flavor, and nutrients.

**PREPARING:** Wash the okra in cold water and dry thoroughly. If you plan to cook the okra pods whole, no further preparation is necessary. Keeping the okra whole keeps the mucilage that's on the inside contained. If you plan to use them sliced, slice off the stem end, and cut the okra crosswise into short segments.

**RAW:** Thinly slice crosswise and add to a bowl of salad greens with your favorite dressing. Or combine with your favorite chopped vegetables such as tomatoes, sweet onions, avocado, cashews and cucumbers.

Thinly slice okra and marinate for 2-3 days in a dressing of olive oil, apple cider vinegar, fresh lime juice, finely diced red or green chiles, and seasonings. Use as a condiment.

**SAUTÉING:** Slice washed okra and sauté until tender in oil along with onions, garlic, and ginger. Season to taste.

**BRAISING:** Okra can be combined in a stew or "gumbo" along with your favorite vegetables, legumes or grains, onions and tomatoes. Season with spices and cook covered on top of the stove until the legumes or grains are cooked through.

**SOUPMAKING:** Add okra to your favorite vegetable soup ingredients and enjoy its ability to thicken the soup naturally. Purée if desired or enjoy the soup with the texture of bite-sized vegetables.

**GRILLING:** Make a dressing with oil, salt, pepper and spices. Gently mix it with whole okra until all pods are coated. Throw on a hot grill until browned, about 2 to 4 minutes per side.

**BOILING:** Boil whole okra for a minute or two. Drain, sprinkle with sea salt and pop in your mouth.

### **Brilliant Beet Dip**

Lori Adkison, Tucson CSA

2 pounds beets  
1/4 cup olive oil  
1/4 sour cream or tofutti (vegan sour cream)  
2 tablespoons red wine vinegar  
2 cloves of minced garlic  
Salt and pepper to taste  
Chives

Steam beets and slip off skins while still hot but cool enough to handle. Let cool. In a food processor, mix beets, olive oil, tofutti, vinegar, garlic, salt and pepper. Mix until dip consistency. Transfer to a serving bowl and sprinkle with chives.

### **Greek-Style Smothered Okra**

Nora McGinnis, Tucson CSA. Adapted from *The Passionate Vegetarian* by Crescent Dragonwagon

1 tablespoon chopped garlic  
1 tablespoon olive oil  
1 or 2 baskets CSA okra, washed well but not cut open in any way  
1 medium to large ripe CSA tomato, chopped  
Salt and pepper to taste  
A few dashes of Cayenne (optional)  
1/2 to 1 teaspoon dried dill

Place a heavy 10" to 14" skillet with a tight fitting lid over low heat. Add the garlic, olive oil and okra. In contrast to most sautés, the okra is added when neither pan nor oil is hot yet. Scatter the tomato over the okra. Cook uncovered for 10 minutes. Do not stir. Cover and cook for 30 minutes more. Do not stir, but make sure the heat is low enough so nothing burns. Uncover, stir cautiously, just a few times. The okra should be quite tender, soft and almost golden brown. Be careful not to break the pods open, although a few may have split by now. Season with salt and pepper to taste. Sprinkle with cayenne and dill if desired. Stir once more and serve. Eaters can either cut off the stems at the top of the pods themselves, or pick them up by the stems and nibble their way down, or even eat the stems – they are firmer than the pod but quite edible.

### **Simple Melon Salsa**

Philippe Waterinckx. Tucson CSA

1/2 melon, peeled and seeded and cut in small cubes  
2 cloves garlic, minced  
1/2 onion, chopped  
1/4 cup cilantro or basil, chopped  
Jalapeno or Serrano pepper, finely chopped or 1/2 tablespoon chile flakes  
Juice of 1 lemon or 2 or 3 limes  
Salt

Gently mix all ingredients. Refrigerate for 1 hour before serving.

### **Quick Pickled Turnips**

Sara Jones, Tucson CSA

Lightly pickled, with some of their greens, they also make a great side dish. Adjust the seasoning to your taste.

1 bunch turnips, cleaned and thinly sliced, plus a few turnip greens, roughly chopped  
1 large pinch of salt  
1 tablespoon rice wine or apple cider vinegar  
Drizzle soy sauce  
1 pinch sugar  
Freshly grated ginger  
Red chile flakes  
Sesame seeds, for garnish

Toss sliced turnips and greens with the salt. Squeeze and toss gently. Let sit for 15 minutes, then rinse and drain. Combine rest of ingredients and massage those into turnips. Put turnips into a sealable bag and refrigerate for at least 1 hour before serving. Serve sprinkled with sesame seeds, if desired.

### **Easy Cold Summer Squash Soup**

Paula Wilke, Tucson CSA

1/2 to 1 cup vegetable stock or water (enough for about 1/2 inch of liquid in the bottom of the cooking pot)  
1 small onion  
2-4 cups of summer squash  
2-3 cloves garlic  
1 tablespoon White Miso (possible substitutes are soy sauce or salt)  
Good goat milk yogurt (plain)  
Salt and pepper  
Black olive as a garnish

Heat stock or broth and roughly chop the onion, the squash and the garlic, keeping them separate. When the water starts to boil, add the chopped onion and cover. After a few minutes add the squash and garlic and cover. Cook until the vegetables are tender (5-10 minutes), stirring occasionally, and then remove the pan from the heat. When it cools a bit, pour the mixture into a blender, add the miso and puree. Chill the mixture. Just before serving, stir in 6 ounces (small container) goat's milk yogurt. You can also add a little more milk or cold water if you like it less thick. Add lots of freshly ground black pepper and salt to your taste. Garnish with a black olive.