



Tucson Community Supported Agriculture

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Summer 2016

Harvest list is online

Agua Fresca de Sandia
(Watermelon drink)
Savannah Sautéed Okra with
Tomato and Corn
Beet and Walnut Pasta
Grilled Kale Salad
Watermelon Salad

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

How to freeze fresh herbs in olive oil

It can go from the freezer
straight to the frying pan. No
thawing needed!

Chop herbs with a sharp knife.
You can also chop them in a
food processor on "pulse".

Fill ice cube tray
compartments about 2/3 full
with the chopped herbs.

Pour extra-virgin olive oil,
covering the herbs.

Cover the tray with plastic
wrap and freeze for several
hours or overnight.



Remove the frozen cubes from
the ice trays and store in
freezer bags.

When ready to use, remove a
cube from the bag and transfer
it to a frying pan.

Crunch, crunch... Here Come Asian Pears

Sleeping Frog Farms has Asian Pears for us this week, from their orchard in Aravaipa. Asian pears are native to Japan and China where they have been grown for over 3000 years. Their first documented appearance in the United States was recorded in 1820 when a Chinese sand pear was imported to Flushing, New York. In the mid 1800's Asian pears made their way to the west coast by way of Chinese and Japanese immigrants relocating to California after the Gold Rush. Today Asian pears are grown not only throughout Asia but in Italy, Spain, Australia, France, Chile and New Zealand as well. In the United States the bulk of commercial production comes from California and Oregon with a smaller supply coming out of Washington State, Kentucky and Alabama.



Asian pears vary in color from golden yellow to russeted green and are often speckled with tiny brown spots. They can vary in shape and size: the most commonly grown in the United States are Japanese varieties which have a round squat shape similar to that of an apple. Less common here are the Chinese varieties, which have a more traditional pear shape with bulbous bottom and elongated top, similar to European pears.

Prized for their crunchy texture and creamy white flesh, Asian pears are juicy with a sweet low acid flavor and fragrant aroma. Unlike traditional pears Asian pears are harvested and sold ripe and they maintain their crisp texture long after being picked. Careful handling is required as their thin and delicate skin bruises and becomes discolored easily.

The firm and crisp texture of Asian pears make them a popular addition to salads. They need not be peeled. Add them sliced or cubed to green and fruit salads, or grate and add to coleslaws. Try using as a substitute wherever apples are called for. However, Asian pears are not generally baked in pies or made into jams because they have a high water content and a crisp, grainy texture, very different from the European varieties.

Asian Pears will keep for several weeks in a cool, dry place.

Watermelon pizza anyone?

Surprise your relatives and friends by serving them a fun watermelon pizza! Slice a chilled watermelon into one-inch slices and cut the slices in wedges. Sprinkle with crumbled feta, chopped Kalamata olives, and chopped mint or basil, and lightly drizzle with balsamic vinegar.

This savory dish is great by itself as a snack or it can be served as a side dish with grilled meats or fish.

If you'd like to serve it warm, rub the slices with olive oil and grill the slices on a hot grill, on both sides, just long enough to leave grill marks on each side. Then garnish with the same ingredients.



Agua Fresca de Sandia (Watermelon drink)

Philippe, Tucson CSA

1/4 watermelon
1/4 cup mint or basil leaves (optional)
1 cup water
Juice from 2 limes or lemons
1/2 cup simple syrup (2 tablespoons sugar dissolved in 1/2 cup of hot water)

Note: instead of fresh citrus juice and simple syrup, you can use 1/4 cup frozen juice concentrate (such as Minute Maid) dissolved in 1 cup of water. Remove rind and cut watermelon flesh into cubes. Place watermelon cubes and mint in a blender with 1 cup of water and blend until the seeds have broken down. Note: you can remove the seeds beforehand if you prefer, but blending the seeds with the flesh gives the drink a slightly creamy texture. Pour the obtained juice into a pitcher, through a strainer. Add citrus juice, simple syrup, and stir. Chill in the refrigerator for 1 hour before serving in glasses with some ice cubes. Note: the pulp will separate and sink to the bottom after a while; that's ok, most people prefer to drink the clear liquid only.

Savannah Sautéed Okra with Tomato and Corn

adapted from Terra Brockman, www.consciouschoice.com

1/4 pound fresh okra, chopped into 1/2" wheels
1 tomato, chopped
1 onion, diced
1-2 ears corn, kernels removed
2 tablespoons vegetable oil
1/4 cup broth or water

In a heavy skillet, heat 1 tablespoon of the oil over moderately high heat until hot but not smoking. Sauté the okra with salt to taste, stirring occasionally, until browned, about 3-5 minutes. With a slotted spoon, transfer the okra to a bowl. Add the remaining tablespoon of oil to the skillet and sauté the onion, stirring until it begins to soften. Stir in the tomato and water and simmer 3 minutes, stirring occasionally. Add the corn and simmer until it is crisp-tender and the sauce is thickened, about 3 minutes. Stir in the okra with salt and pepper to taste and cook until heated through.

Beet and Walnut Pasta

Sara Jones, Tucson CSA

Simple ingredients make a satisfying dish in this easy recipe. Precook the beets earlier in the week then this dish will take only as long as the pasta boiling.

1 bunch beets, roasted or steamed, peeled and diced
1 handful parsley or tarragon, finely chopped
1 handful walnuts, roughly chopped
1/2 bunch green onion, thinly sliced
1 pound pasta, cooked
1-2 tablespoons olive oil
1-2 tablespoons balsamic vinegar
Salt to taste

While pasta is cooking, prepare other ingredients. Drain al dente pasta and return to pot. Quickly toss with remaining ingredients. Season to taste with salt and pepper. Serve hot or cold.

Grilled Kale Salad -new

Sara Jones, Tucson CSA

In warm weather, kale and other greens can have a stronger flavor and firmer texture and aren't as good to eat raw. If you like kale salads, you could grill your kale, this will give the greens a smoky flavor and soften the texture a bit. Use any dressing you like, the greens are especially delicious with this tahini Caesar dressing. While you are cooking the greens you can add a few slices of bread to the grill to use as croutons.

1 bunch kale, cleaned and dried
1 tablespoon olive oil
1/2 teaspoon red chile flakes, if desired
1/4 cup tahini
1 tablespoon red wine vinegar
1 tablespoon lemon juice
2 tablespoon warm water
4 garlic cloves
2 teaspoons capers
1/2 teaspoon Dijon mustard
Salt and pepper to taste
1 cup croutons

Rub oil onto kale leaves and sprinkle with red chile flakes, if using. Place leaves onto a HOT grill, cook for about 1-2 minutes, then flip and continue cooking for an additional minute or two until leaves are lightly wilted and have some grill marks. Let leaves cool, remove and discard stems and roughly chop. To make the dressing combine the remaining ingredients in a food processor or blender and pulse to combine. Process until well blended. Toss greens with about half of the dressing and taste. Adjust seasoning and add more dressing, if needed. Garnish with croutons and serve.

Watermelon Salad-new

Sara Jones, Tucson CSA

About 1 quart diced watermelon pieces
1/2 onion, sliced
1 tablespoon white vinegar
Small handful fresh herbs (mint or basil are good)
2 tablespoons oil-cured black olives, chopped (don't use the canned variety)
2 tablespoons crumbled feta cheese
1 tablespoon red wine vinegar
1/4 teaspoon red chile powder (if desired)

Soak onions in white vinegar for at least 10 minutes. Drain and discard vinegar. Gently toss watermelon with onion, herbs, olives, chile powder and red wine vinegar. Garnish the top with feta cheese and serve.