



Tucson Community Supported Agriculture

Newsletter 552 ~ August 22, 2016 ~ Online at www.TucsonCSA.org

Summer 2016

Harvest list is online

Beet Sushi
Puffed Pear Pancake
Low-fat Curried Vegetables
Quelites (Amaranth Greens)
With Eggs

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

Josh's Pork Shares

We are almost sold out, but if you liked them, let us know to help us decide if we should offer them more regularly.

How to roast garlic

Pre-heat the oven to 350° (I usually roast garlic while I am roasting something else).

With a sharp knife, cut the top of the garlic head, exposing the cloves. Place head in a small oven dish and sprinkle with olive oil.

Cover with aluminum foil and roast for 45 minutes. Remove and let cool.

Extract the roasted cloves by grabbing the bottom of the head and gently squeezing it to make the cloves pop out. This is the only moderately time-consuming part of the job.

There you go. That's all there is to it. You can spread roasted garlic on fresh or toasted bread, you can stir it into your favorite sauce. You can use it in any dish that calls for garlic. The pleasures are endless!

Roasted garlic is also a lot more digestible than fresh garlic for those who have a fresh garlic intolerance.

Prickly Pear Fruit Harvesting and Processing



It is the time of year for the desert to yield its magenta magic and for us desert dwellers to make prickly pear juice! It is easy once you know how to do it and it always draws oohhs and aahhs from those who drink it for the first time. The juice, usually with additional sweetening, can be added to lemonades, margaritas and martinis, and it can be turned into jellies, sorbets, slosies, paletas (popsicles) and raspados (shaved ice snowcones).

We like Desert Harvesters' method for its simplicity (www.DesertHarvesters.org).

HARVEST FRUIT: Look for Prickly pear fruits, or tunas, as they're called in Spanish, that are dark red or purple. August and September tend to be the season in Tucson. Using tongs, simply pluck the fruit from the nopal pad. They should come off easily with a little twist of the wrist. The fine, almost invisible hairs on the surfaces of both the fruit and the pads are called glochids -they stick and prick, so you might consider wearing gloves as well. Though the cactus is abundant, be sure to leave ample fruit for wildlife and new cactus generation.

PROCESS FRUIT: To process, first wash the fruit by placing it in a sink full of cool water and swishing it around with a large spoon. Then place whole fruits, glochids and all, into a blender or food processor. Blend to make a slurry. Strain the slurry through a pillow case,



fine mesh strainer or a colander lined with cloth. We recommend using a clean, old t-shirt or pillowcase rather than cheese cloth. Use a spoon to press the juice from the seeds and skins. Let the strained juice settle. Gently pour the juice off the top, leaving most of the sediment behind. Freeze prickly pear juice in ice cube trays then transfer to airtight freezer storage bags.

Alternatively, you can put whole Prickly pear fruits in the freezer. To thaw and process later, line a colander with a clean pillowcase or t-shirt and place over a bucket or large bowl. Place frozen fruits in the colander and allow to defrost (2-5 hours). Press on fruits with a wooden spoon as they soften to push juice through.

DRINK THE JUICE: Prickly pear fruit is a deliciously refreshing fruit celebrated for its vibrant magenta color, its unique flavor, and its cooling properties. It can be diluted with water or added to lemonade or other drinks to make a refreshing beverage. Or use it to make regional favorites such as syrup (to top pancakes or ice cream, or flavor/color margaritas) or jelly (great on toast)! One prickly pear ice cube is enough to flavor a large glass of lemonade.

NOTE: Prickly pear juice has a cooling effect for some people. If you're a person who is sensitive to it, a large quantity of non-diluted raw juice may cause chills and body aches. However, drinking a few glasses of lemonade with a splash of prickly pear juice is absolutely fine and will give you the cooling effect you're seeking in the dog days of summer. Just start with small quantities and increase in small increments to find the amount that is right for you!

Beet Sushi

Sara Jones, Tucson CSA

The vibrant color of cooked beets can look a lot like the raw fish used in sushi rolls. Tossed with a little bit of vinegar and sugar, beets provide an unexpected but delicious vegetarian alternative to fish. You can make actual sushi rolls, which require a bit of manual dexterity and fancy chopping techniques, or you can toss all the ingredients together in a salad and simply garnish with crumbled nori and sesame seeds.

2 tablespoons rice wine vinegar
2 teaspoons sugar
2 ½ cups cooked short grain rice
4+ sheets nori (seaweed wrappers)
1 bunch beets, cooked, peeled and cut into ½ inch strips
2-3 carrots, sliced into matchsticks
½ bunch green onions, sliced in half lengthwise
½ bunch shingiku
1 tablespoon soy sauce
1 teaspoon wasabi paste
Toasted sesame seeds for garnish

Mix the vinegar and sugar together, and stir until sugar is dissolved. Toss half of the mixture with the cooked rice and the other half with the cooked beets. Assemble rolls by spreading a thin layer of rice over the top ½ of a sheet of nori.

Add the vegetables across the top half of the rice, then roll up, starting at the top end where the rice comes all the way to the edge of the nori. Ideally, you want the rice on the top of the roll to just meet the rice where it ends in the middle as you roll up your sushi. A sushi mat is helpful but not necessary. (There are more detailed instructions at various places on the web.)

Seal the edge with water. Use a very sharp knife to cut into bite-size pieces. Mix wasabi paste with soy sauce. If making a simple salad, use this for a dressing. If making rolls, use this mixture as a dipping sauce.

Puffed Pear Pancake

Amy Schwemm, Tucson CSA.

Adapted from Jane Brody's Good Food Book

4 large pears
1 tablespoon butter
2 tablespoons sugar
1 teaspoon vanilla
a few dashes cinnamon
1 cup white flour (whole wheat works, but it is much heavier in this)
1 cup milk
4 eggs
1 tablespoon sugar
1/4 teaspoon salt
Confectioner's sugar for dusting, if serving as a dessert

Peel, core and slice fruit. Melt butter in a skillet. Add pears and sprinkle with 2 tablespoons sugar. Cook, gently stirring, until most of the liquid has evaporated. Add vanilla and cinnamon. If skillet isn't ovenproof, transfer to a deep dish pie plate. Mix batter ingredients. Pour over hot fruit and bake at 425° for 20

minutes. Reduce oven to 350, and bake for 10 to 15 minutes more, until puffed and brown. Dust with confectioner's sugar if desired. Serve immediately.

Low-fat Curried Vegetables

Wendy McCrady, Tucson CSA member

Curry is a tasty way to prepare many of your vegetables. Curry paste is sold in the Asian foods section of grocery stores and makes an easy and delicious dinner.

1 onion, chopped
2 cloves garlic, minced
1 tablespoons grated ginger
1 can coconut milk
¼ cup water
1-2 teaspoons sugar, if desired
1½ tablespoons low-sodium soy sauce
1½ teaspoon curry powder
½ teaspoon cumin
1-3 teaspoons red, green or yellow curry paste
¼ teaspoon crushed red pepper flakes, if desired
Vegetables (sweet potatoes, potatoes, carrots, green beans, black eyed peas, etc.), diced
Cooking greens, roughly chopped
2 teaspoons chopped cilantro
Cooked rice

In a large non-stick skillet, sauté onion, garlic, and ginger over medium-high heat for 5 minutes in a small amount of oil. Stir in the water, coconut milk, seasonings, and vegetables other than greens. Bring to a boil. Reduce heat and simmer for 15 minutes until veggies are tender. Stir in the greens to cook for a few minutes. Remove from heat. Serve over hot cooked grain and sprinkle with cilantro.

Quelites (Amaranth Greens) With Eggs

Adapted from ediblebajaarizona.com

1 bunch amaranth greens, stems included, roughly chopped
1 onion, chopped
2 jalapeño or güero chiles, finely chopped
1 tomato, finely chopped
4 eggs
1 tablespoon of oil or lard
Chopped cilantro, to taste

Sauté onions and chiles in oil or lard for a couple of minutes on medium heat, then add tomato. Sauté for another couple of minutes.

Add chopped greens, and sauté until wilted.

Add eggs, turn down heat, and scramble until they are set.

Top with chopped cilantro.

Serves 4.