



Tucson Community Supported Agriculture

Newsletter 589 ~ May 29, 2017 ~ Online at www.TucsonCSA.org

Spring 2017

Harvest lists are online

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Many more recipes on our website

Organic Heritage Turkeys - \$6.50/lb

Marcia Lincoln raises heritage turkeys from hatch on soy-free, certified organic feed here in Tucson. She is currently running a Memorial Day weekend/week sale until her inventory is cleared.

Regular price is \$8.50/lb, now for sale at \$6.50/lb.

Toms only, weights vary, most are 13 to 16 lb.

You can reach Marcia at 520-744-4211 or at: featheredreptilesoultry@gmail.com

For more info, go to: www.featheredreptilesfarm.weebly.com

No Bread Days

Even your baker must have days off! There will be no bread this week, May 30 and 31, and again on July 4 and 5. You will of course not be charged for bread on those days.

No Cheese Week

Because of Memorial Day, cheese could not be shipped in time for this week's delivery. It will be delivered next week instead.

Tomatoes in bulk

Crooked Sky Farms' tomato season usually last through the month of June, although weather conditions may affect availability by shortening or extending the tomato season.

Tomatoes are available for purchase in bulk to members of both pickup days. They are sold by the flat (~15 pounds).

The prices are:

- Yellow Taxi Tomatoes: \$25
- Mixed Red Tomatoes: \$25
- Heirloom Tomatoes: \$30
- Roma (plum) Tomatoes: \$30
- Cherry Tomatoes: \$40



Spanish Tortilla with Greens and Root Vegetables

We are still getting greens and roots from both farms. Why not make a creative Spanish tortilla? It is easy to make, can be eaten warm, at room temperature or even cold, and is very portable. The Spanish tortilla, also known as Spanish omelet, is more a method than a recipe. Its core ingredients are potatoes, onions and eggs. To that you can add diced root vegetables and finely chopped greens and make it a Tucson CSA tortilla!

Recipe:

Finely dice a total of 2 pounds of a mix of potatoes and root vegetables (carrots, turnips, beets). Chop a medium onion. Sauté them all in olive oil in a large skillet until soft - about 15-20 minutes. Add a bunch of finely chopped greens and gently fold them in the sautéed root vegetables until wilted. Add 6 beaten eggs. Season with salt, pepper and any herb of your choice (I like thyme or parsley). Cook for 5 minutes. Turn over by sliding the tortilla onto a plate and then flipping the plate over into the skillet. Cook for another 5 minutes. Don't overcook it, as the eggs should ideally still be slightly runny. Cut in wedges and serve, warm or at room temperature.

Shishito Peppers



Bright and glossy green, slightly curvy and wrinkly, Japanese shishito peppers are a sensation all by themselves. They should be called Russian Roulette peppers: although fairly mild, 1 in 20 shishito pepper is moderately hot.

Although it is believed that Iberian missionaries brought the shishito pepper to Japan, it is thought that possibly the Japanese had experienced chiles in the 17th century during their trade route journeys in Southeast

Asia. Japan grows chiles mainly for export as Japanese cuisine doesn't usually use chiles as a frequent ingredient in their classic dishes.

Minty Squash Pasta Salad

Sara Jones, Tucson CSA

This is great hot or cold. Try using basil instead of mint and parsley for variation.

1 box penne or bowtie pasta
About 2 teaspoons olive oil
About 2 medium summer squash, cut into half moons
2 cloves garlic, minced
1 handful mint, chopped finely
1 handful parsley, chopped finely
Zest of two limes
Juice from one lime
2 teaspoons walnut or hazelnut oil (optional)
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook stirring occasionally until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture herbs, lime zest and juice. Drizzle with nut oil and salt to taste.

Blistered Shishito Peppers

Shishito peppers carry all the flavor of green chiles with none of heat. This is an easy way to fix them. It only takes 5 minutes and makes a great appetizer.

1 CSA basket whole shishito peppers, tails included
2 teaspoons oil
1 teaspoon sea salt

Heat 2 teaspoons oil in a skillet over medium high to high heat. Add shishitos and toss gently to coat in oil. Sauté for a couple minutes until they start to blister and pop. Toss again and sauté for an additional couple minutes until they are slightly charred. Sprinkle sea salt. Remove from heat and serve as is.

Calabacitas

Use any summer squash you have available in this recipe. Serve with some beans and tortillas for a quick meal.

1 medium summer squash, sliced into half moons
1 tomato, chopped
1 small can corn
1 small onion, sliced
2 cloves garlic, minced
2 tablespoons oil
1 teaspoon cumin
1 tablespoon Fresh Savory or Oregano (or use 1 teaspoon dried)
Salt and Cayenne pepper to taste

Heat oil over medium high heat and add onion. Saute onion for a few minutes then add garlic and spices. Cook, stirring continuously, until garlic and spices release fragrance. Add vegetables and oregano, cover and lower temperature to medium-low heat. Cook for about 5-7 minutes, stirring occasionally, until squash is tender. Salt to taste.

Fruity Beety

Maggie Newman, Tucson CSA

4 beets
3 oranges
2 tablespoons grated coconut
1 teaspoon honey
juice of ½ lemon
grated peel of ½ lemon
2 tablespoons currants (I substituted raisins)
1 teaspoon vinegar, if desired
pinch salt

Wash beets and steam whole until tender; then peel. Grate on ripple- shaped grater or slice into long, thin sticks. Peel, seed and cut up oranges. Place half the oranges in blender with coconut, honey, lemon juice and peel, and blend 2 minutes. Mix all ingredients, balancing the sweetness with the additional vinegar if needed. Chill, letting the flavors blend for two hours or so.

Italian Greens

Sara Jones, Tucson CSA

Add squash and garbanzo beans to make this dish more substantial.

½ yellow onion, chopped
2 large tomatoes, cored and chopped
3 cloves garlic
1 bunch greens, washed and roughly chopped
¼ cup chopped olives and/or capers
2+ tablespoons goat cheese
Red pepper flakes, to taste
1 tablespoon olive oil
Salt and pepper to taste
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10-15 minutes, stirring occasionally to prevent sticking. Add goat cheese and serve over cooked pasta, toasted bread or polenta.