



Tucson Community Supported Agriculture

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Spring 2017

**Harvest lists are
online**

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on our website**

**Pickup as usual on
Tuesday, 4th of July.**

Did you know that vegetables don't stop growing during holidays? Fancy that! So, we will have a pickup as usual on Tuesday, 4th of July. If you don't wish to pick up on July 4th, remember to put your share on hold, and to do so before Friday, June 30.

Recruiting front desk person for Wednesday pickups

With Paul busy running his campaign for city council, and with Roxane leaving our CSA after almost 9 years, we need a new Wednesday front desk volunteer.

Front desk volunteers handle retail sales and the cash register. As such they must have good communication skills and must be good with numbers. If you possess those attributes and would be available to volunteer on Wednesdays between 3:45 and 7:30 PM, please come see Philippe or Sara.

Front desk volunteers get a free produce share per shift.

Tromboncino Squash



We're lucky to get tromboncino squash in our Tuesday shares again. Don't you just love to let the word *trom-bon-TCHEE-no* roll of your tongue. Even better are the different names it is known by, such as zucchetta rampicante, zucchini rampicante, trombolino d'albenga and trombeta.

Tromboncino is an heirloom squash, originally from Liguria, Italy, and it is popular throughout Italy and abroad. While nearly all summer squash are cultivars of *Cucurbita pepo*, tromboncino is a cultivar of *Cucurbita moschata*. Unlike most other summer squash it is more tolerant to some common summer squash pests, including squash vine borer, squash bugs and powdery mildew.

It is a type of squash most often used as a summer squash when picked green. The fruit color starts as pale green when immature and fades to beige upon maturity. For use as summer squash it is picked green, around one foot long, and it can be prepared like zucchini. When left to mature into a winter squash it is often compared to, and can be prepared as a butternut squash.

Missed Pickups

As specified in our Terms Of Agreement, you must collect your shares on your pickup day. The reason for this is that we only get as many shares as there are members scheduled to pick up on each pickup day. So, if you did pick up a share on the wrong day, we would be short of a share for a member scheduled for that day.

Now, if you know ahead of time that you won't be able to pick up, you can set your share on delivery hold via your online CSA account. You must do so by midnight Friday because on Saturday morning we round up the share orders and send them to Crooked Sky Farms and to Sleeping Frog Farms, to Don at Barrio Bread, to Michael the sprout guy and to David at Black Mesa Ranch. You can set delivery holds for any dates in the future.

If you didn't have a delivery hold set and can't pick up your share, try ask a neighbor, friend or co-worker to pick up your share on your behalf: they can have your share or they can store it for you. It's also a great way to spread the word about CSA in your community. Remember that anyone can pick up your share(s): all they have to do is to say your name to the check-in volunteer - it's an honor system.

If you none of the above works, know that your share will not go to waste. It will go either to a local non-profit charity, usually Iskashitaa Refugee Network, or to other people in need, or we can keep some of the less perishable items for the next pickup day's surplus bench when refrigerator space allows. There are two exceptions: bread and cheese shares get frozen for you so that you can pick them up at your next pick up.

Unfortunately we do not have the resources to set aside shares for a later pickup.

Fruit Salsa

Nicole Baugh, Tucson CSA

This colorful salsa is a nice way to use summer fruit in a savory, rather than sweet setting, perfect for less ripe peaches. It's good on chips, with quesadillas or served on top of chicken or fish.

About 2 cups of diced fruit
1/4 jicama, peeled and diced into 1/2 inch or smaller dice (one generous cup)
3 tomatoes or tomatillos, husked and diced into 1/4 inch dice
1 small gold onion or 1/2 large onion, minced fine
1 large garlic clove, minced fine
1/2 – 2 serrano peppers, minced fine (adjust heat to your liking)
Juice of one lime salt, pepper and ground chile powder to taste

Combine everything in a non-metal bowl. Eat immediately, or let sit (refrigerated) for more heat and better flavor. The jicama can be replaced with more fruit or tomatoes, but it adds a nice crunch. Add some freshly chopped herbs for extra flavor.

Grilled Squash

Summer squash and the more mature winter squash are both delicious grilled. The intense heat of the grill will caramelize some of the sugars in the squash, making the flesh smoky and sweet. Peel winter squash and cut into long 1/4" slices. Zucchini and other squash can be left unpeeled and cut into 1/2" thick slices. Once cooked the squash is great on sandwiches or tacos, or chopped into salads.

Several slices of squash
1-2 teaspoons spice blend, Cajun is particularly nice
Balsamic vinegar and olive oil

Rub squash slices with oil and vinegar and sprinkle with seasonings. Place slices on hot grill. Cook about 5 minutes on each side, or until nicely browned and tender.

Braised Greens and Garlic

Any dark green leafy vegetable will work with this basic preparation.

1 bunch kale, or 1 bag of CSA braising mix
1/2 tablespoon olive oil
1-3 cloves garlic, minced
Salt to taste
Lemon wedges

Wash greens thoroughly. Drain. Chop greens into 3-inch pieces. Heat oil in a large skillet. Sauté garlic for 2 minutes. Add greens to skillet. Cover and cook over medium heat for 10 minutes (2-3 minutes only when greens if greens are young and tender), stirring once in a while to coat all the greens with garlic and oil. Sprinkle with salt. Serve with lemon wedges.

Sesame Shishito Peppers

Sara Jones, Tucson CSA

These are great simply sautéed in olive oil until slightly charred all over. Here they are just a touch more dressed up. This should only take about 4-5 minutes, just enough time to get the peppers blistered and taking on a nice roasted flavor. Eat these as an appetizer as is. Or you can serve them together with tuna, sardines or anchovies on toast, crackers or rice.

1 basket whole shishito peppers, cleaned and dried
2 teaspoons oil
1/2 teaspoon toasted sesame oil
1 teaspoon grated or finely chopped fresh ginger
1 teaspoon soy sauce
1 tablespoon sesame seeds

Heat 2 teaspoons oil in a skillet over medium high to high heat. Add peppers and toss gently to coat in oil. Let sit for a couple minutes until starting to blister on bottoms. Meanwhile, mix together sesame oil, ginger and soy sauce. Stir and shake peppers, let sit over heat an additional couple minutes, then add liquid and toss to coat. Remove from heat and serve as is, or pinch off stems and serve over rice or toast.

Tomatillo Escabeche

Sara, Tucson CSA

Escabeche is delicious as a side for tacos, or served on or alongside sandwiches or burgers.

3-4 tomatillos
2 medium bell peppers
3 chiles
6 whole cloves garlic
1/2 onion or one shallot

Brine:

4 cups rice wine vinegar
2 cups water
1/2 cup sugar
2 teaspoons salt
Coriander, fennel, thyme, oregano, allspice or any other combination or herbs and spices that you like.

Prepare veggies for brine by removing stems and roughly chopping into large chunks. Pack into glass jars. Bring brine solution to a boil and cook, simmering, for 10-12 minutes. Pour over vegetables, covering completely, and cool. Put lids on jars and refrigerate. Let sit for one week before using, for best taste. Will keep in refrigerator for several weeks.