



Tucson Community Supported Agriculture

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Summer 2017

Harvest lists are online

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Fruit Salsa
Grilled Squash
Braised Greens and Garlic
Sesame Shishito Peppers
Tomatillo Escabeche

Many more recipes on our website

Josh's Pork Shares Are Ready For Pickup

And we have a few more still up for grabs!

If you're going to local, sustainably raised meats, you can't do much better than Josh's superior pasture-raised pork.

Pork shares weigh ~8lbs and include a selection of frozen cuts such as ground pork, ground Italian, chops, a roast and a miscellaneous cut.

Recruiting front desk person for Wednesday pickups

Front desk volunteers handle retail sales at the cash register. 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.

Confessions of a part time pizza eater, by Sara Jones



Offering members advice on how to cook their veggies every week, I come to think of myself as a role model and feel I have a standard to live up to. That is why with equal parts dread and shame I finally decided to do something about my overflowing veggie drawer this last Sunday.

These last few weeks of unbareable heat combined with a long weekend getaway added up to an embarrassing amount of food waste at my house! Sure, I did a quick job on my tomatoes and most of the refreshing fruit I got in my share, but beyond that my efforts were

pitiable! Since the temperatures hit 115 a few weeks ago, I have mostly avoided cooking, relying heavily on take out burritos and pizza. Straight into the compost heap went a bunch of greens that were actually yellow, a shriveled baby zucchini that I had been so excited to take home a few weeks ago, plus a few loose green beans, a bag of browning basil and something slimy and unidentifiable! A head of petite cabbage from over a month ago was still looking perky so I sliced it all up with the remainder of a bunch of carrots that was also lingering in the drawer and made a coleslaw. I picked the good parts off an old bunch of kale and added it to the coleslaw, too. The remainder of my cantaloupe and two ears of corn ended up in the freezer for use later on. What was left was a random assortment of squash, greens, potatoes and onions which I chopped and made into huge veggie hash that I will eat for the next couple days.

Yes, sometimes despite our best intentions things get away from us, procrastination and other bad habits spin out of control. The demands of work or even summer vacations can derail our best efforts and unrelenting heat can sap all our motivation. When that happens we have to salvage what we can and move on. I was a terrible CSA member the past few weeks, but the fridge is clean and I am ready to start fresh with my new share this week!

Salads, salsas, dips and other cool things.

Even with clouds and hopefully rain in the forecast it is doubtful I will be doing a lot cooking in the next month or two. Relying on simple, cool dishes like salsas, salads and dips will be the key to using my share! Summer veggies are so good that often times all you need is a sprinkle of salt to make them appealing. To keep things interesting, though, you need to play with seasonings a bit. Dill, mint and basil all work well with fresh summer veggies. You can also experiment with adding toasted spices like cumin or mustard seeds to salsas and salads. Tangy sumac and smoked paprika can also add unexpectedly delicious notes to these dishes.

And don't forget savory ingredients like feta, miso, fish sauce and toasted sesame oil for adding extra flavor, too.

And speaking of salsas and salads...

Melons and other summer fruit are refreshing snacks and great in smoothies and agua frescas, but they can also be delicious on the dinner plate. Adding diced fruit to a savory salsa, gazpacho or salad can be delicious.

Herbed Summer Squash and Potato Torte

Nora McGinnis, adapted from Bon Appetit, June 2001

This torte can easily be made ahead and reheated as you need it for guests. In fact, it's even *better* reheated because there is something about potatoes that have been cooked twice – getting browner at the edges and more tender inside, creating an excellent contrast.

1 onion, thinly sliced
1 cup grated Parmesan cheese
2 tablespoons all-purpose flour
1 tablespoon chopped fresh thyme leaves (optional)
1 1/2 teaspoons salt
3/4 teaspoon ground black pepper
2 pounds potatoes, peeled and cut into 1/8-inch-thick rounds
12 ounces summer squash, cut into 1/8-inch-thick rounds
6 teaspoons olive oil
Basil, cut into thin ribbons, if desired

Preheat oven to 375°F. Butter two 8 inch round cake pans. Toss onions, cheese, flour, thyme, salt and pepper and basil in medium bowl to blend. Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture.

Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.) Cut each torte into wedges.

Melon and Serrano Ham

Sara Jones, Tucson CSA

Serrano ham and melon is a classic Spanish combination. The salty richness of the ham is a great contrast for the cool, sweet melon. Use whatever salty cured pork you can find easily. Or use a firm, salty cheese, like manchego, in place of the ham. This dish could be as simple as chunks of melon served alongside thin slivers of ham or cheese. Make it fancier by puréeing or finely dicing the melon to make a gazpacho, then garnish each bowl with strips of ham or cheese.

1 small, or 1/2 large melon, cut into pieces
2 teaspoons sherry vinegar
2 teaspoons olive oil
3-4 long slices of ham or cheese, cut into pieces
Flaky salt, to garnish

Summer Squash and Pea Tacos with Tomato-Avocado Relish

Kusuma Rao, Tucson CSA

3 summer squash or 1-2 eggplant
1 jalapeño
1 onion
1 cup frozen sweet peas
1-2 tomatoes
3 tablespoons sunflower seeds
Arugula or greens of your choice or finely minced cilantro
Olive oil
Salt and pepper
Lemon/lime
Handful of dates or dried cranberries (optional)
10-12 flour/corn tortillas

Cut the summer squash or eggplant into bite-sized pieces. Finely dice onions and jalapenos. Fry the onions with a good pinch of salt in 1 tablespoon of olive oil. When onions are browned (about 4-5 minutes) add minced jalapeno. Cook 1 minute and add summer squash (fry on medium high heat for 3 minutes or to desired doneness. Assemble relish: finely mince 1/2 a small onion, add 2 finely minced avocados, salt and pepper to taste and finish with a drizzle of teaspoon of olive oil and diced dates/cranberries (optional). Assemble the tacos: spoon about 1/4 cup of the vegetable mixture onto the taco, sprinkle with 1 teaspoon of sunflower seeds per taco and then top with 1-2 tablespoons of relish. Top with a small handful of greens or sprinkle with cilantro.

Quick Honeydew Sorbet

Sara Jones, Tucson CSA

Cut up and freeze your melon and you can have this easy sorbet any time you like.

4 cups frozen honeydew melon
1-2 cups apple juice
1 handful fresh mint (optional)
Sugar, as desired

Using the pulse button, mix melon and 1 cup juice in food processor or blender. Add more liquid as needed to make a soft sorbet. Add sugar, if needed and serve immediately.

Toss melon with oil and vinegar. Serve on a plate, sprinkled with salt and beside the ham or cheese.