



Tucson Community Supported Agriculture

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Summer 2017

Harvest lists are online

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Time for a beef share?

To order a beef share, make a \$20 deposit at the front desk (you'll pay the balance when you pick it up later this month). A beef share weighs 8 to 10 pounds and costs \$7.50 per pound. Every share is slightly different, but typically includes two packs of ground beef, two steaks, one roast and one miscellaneous cut (stew meat, soup bones, short ribs, BBQ ribs, etc...). All frozen. You can select a share of our choice when you pick it up.

The beef shares should be ready by late August. The next round of beef shares will in the November.

CSA Account Help

We are always happy to answer your questions about your CSA account or subscription, in person at the CSA, or by email.

However, to save time you can always check our online help: it's called Help: Manage Account and it is a tab on our home page).

You can learn about changing your subscription, such as adding or removing shares, about setting delivery holds, about recharging your account, and generally about how to best manage your CSA account and subscription.

Jalapeños

You may find them in your CSA share or you may see them at the farmer's market. The time of the jalapeños has come. We're all familiar with them. The name *jalapeño* is Spanish for "from Xalapa" (also spelled *Jalapa*), the capital city of Veracruz, Mexico, where the pepper was traditionally cultivated. The name Xalapa is itself of Nahuatl origin.



Jalapeños were in use by the Aztecs prior to the Spanish conquest; Bernardino de Sahagún in the Florentine Codex writes of Aztec markets selling chipotles (smoked jalapeños), mole made from chipotles, besides the sale of fresh chilies. The use of peppers in the Americas dates back thousands of years, including the practice of smoking some varieties of peppers in order to preserve them; further well preserved samples and genetic testing would be needed to determine the usage and existence of the jalapeño clade and pod type into the past.

Perhaps the most versatile and well-know among chiles, there are many ways to use jalapeños, but try them with cream cheese and garlic stuffing as in the jalapeño poppers. And it's even better when wrapped in bacon with a toothpick, but then, what isn't better wrapped in bacon?

If you you don't want to eat your jalapeños all at once, you can pickle them in an escabeche (see recipe on the back page) or you can just freeze them whole in a ziplock bag and take them out one at the time when you need one for that salsa you're making or that dish you need to spice up.

Eggplant

Eggplant has been cultivated in southern and eastern Asia since prehistory. The first known written record of the plant is found in Qimin Yaoshu, an ancient Chinese agricultural treatise completed in 544. The numerous Arabic and North African names for it, along with the lack of the ancient Greek and Roman names, indicate it was introduced throughout the Mediterranean area by the Arabs in the early Middle Ages. A book on agriculture by Ibn Al-Awwam in 12th-century Arabic Spain described how to grow eggplant. Records exist from later medieval Catalan and Spanish.[9]

Eggplant is unrecorded in England until the 16th century. An English botany book in 1597 stated:

This plant groweth in Egypt almost everywhere... bringing forth fruit of the bigness of a great cucumber... We have had the same in our London gardens, where it hath borne flowers, but the winter approaching before the time of ripening, it perished: notwithstanding it came to bear fruit of the bigness of a goose egg one extraordinary temperate year... but never to the full ripeness.

Because of the plant's relationship with other nightshades, the fruit was at one time believed to be extremely poisonous. The flowers and leaves can be poisonous if consumed in large quantities due to the presence of solanine.

The eggplant has a special place in folklore. In 13th-century Italian traditional folklore, the eggplant can cause insanity. In 19th-century Egypt, insanity was said to be "more common and more violent" when the eggplant is in season in the summer. You have been warned!

Kumi's Grilled Eggplant Salad

Kusuma Rao, Ruchikala

2 large eggplants
½ teaspoon Cayenne pepper
Salt and pepper
2-3 tablespoons of whole grain mustard
1/3-1/2 cup of plain Greek yogurt (or thick strained yogurt)
Finely minced raw garlic
Extra virgin olive oil
Bread/pita bread if desired

Slice eggplant into planks ½ inch thick and sprinkle them with salt, pepper, cayenne pepper and olive oil. Grill eggplant 2-3 minutes on each side. Dice into 1 inch pieces. Mix the garlic, mustard, and yoghurt together and season with salt and pepper to taste. Mix the eggplant with yoghurt/mustard mixture. Top with some sautéed or caramelized onions and fresh herbs. This can be used as a vegetarian substitute for chicken or tuna salad.

Tomatillo Avocado Sauce

Sara Jones, Tucson CSA

This is a salsa bar standby and is a great taco condiment. This also makes a great dressing for any type of salad. The sauce is just the basic salsa verde recipe, with avocado and sour cream added in.

1/2 pound tomatillos, husked, rinsed
1 jalapeno, or to taste
1 onion, chopped
2 garlic cloves
1/4 cup (firmly packed) fresh cilantro leaves
1 tablespoon fresh lime juice (optional)
1 tablespoon olive oil
1 whole ripe avocado, diced
2 tablespoons sour cream or plain yogurt (optional)

Roast tomatillos under the broiler until charred. In a food processor or blender, puree all ingredients until smooth. Add salt to taste.

Chiles en Escabeche (pickled chiles)

Amy Valdes Schwemm, Tucson CSA

Fresh chiles (fleshy types with thin skins like jalapeno, serrano, and güeros/yellow hots are better than long chiles with thinner walls)

Vinegar, cider or distilled
Salt, non-iodized
Extras: Carrot, Onion, Garlic, Mexican oregano

Cut slices of onion, garlic and carrot. Chiles can be left whole with stems, or seeded and sliced. Mix vinegar and water in equal parts, making enough to easily cover chiles. Put solution in a non-reactive pot with 1 teaspoon salt for each cup of solution. Bring this brine to a boil and cook veggies for 1 to 3 minutes (more time for whole chiles, less for sliced). Remove from heat and let cool. Put in jars, making sure the chiles stay submerged in brine, and refrigerate.

Garlicky Sauté of Amaranth Greens and Tomatoes (ensalada de bledo blanco)

Serve with grilled meat or with a toss of rice, beans, and corn for a meatless meal.

1 bunch amaranth greens or kale
1-2 tomatoes, seeded and diced if large
½ medium onion, thinly sliced
2 garlic cloves, minced
4 tablespoons olive oil
Salt and pepper to taste
¼ teaspoon ground allspice
½ teaspoon ground cumin
1 to 2 teaspoons balsamic vinegar
1 tablespoon toasted sesame seeds

In a very large skillet, heat 3 tablespoons oil over fairly low heat. Add onion and stir until light golden. Add garlic, tomatoes, salt, pepper, allspice, and cumin. Raise heat to moderately high and sauté until tomatoes are juice and tender but not soft, about 2 minutes. Add amaranth leaves. With tongs, turn to mix evenly with tomato mixture. Stir and twist leaves constantly until they barely wilt, a minute or two. Turn off heat. Add remaining 1 tablespoon oil and 1 teaspoon vinegar. Taste and add more vinegar and pepper if needed. Scoop into dish. Sprinkle with sesame seeds and serve hot.

Squash and Grain Fritters

Sara Jones, Tucson CSA

2 cups grated summer squash
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice
1/2 small sweet onion, sliced thinly
1 egg
1 tablespoon flour
Salt and pepper to taste

Drain squash in a colander for 30 minutes. After draining squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. Mix and add more flour if mixture seems loose. Heat a large skillet over medium heat and add 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cover fritter and cook until golden brown underneath, about 4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.