



Tucson Community Supported Agriculture

Newsletter 600 ~ August 121, 2017 ~ Online at www.TucsonCSA.org

Summer 2017

Harvest lists are online

The Back Page

Green Salsa
Asian Flavored Pesto
Garlic Soup
Grilled Summer Vegetables

Many more recipes on our website

Roasting Garlic

If you have several heads of garlic handy, why not roast it? Roasted garlic is easy to make. It is sweet, creamy and taste fabulous. It is also easier to digest than raw garlic. You can use it as you would raw garlic, or you can use it as a spread.

- 4 heads of garlic
- 2 tablespoons olive oil

Smash the heads of garlic lightly to loosen but not completely separate the cloves. Place on a large sheet of aluminum foil or in a small casserole with a lid. Drizzle with the olive oil and season with salt and pepper. Wrap up the foil into a tight package or cover the dish and roast until the garlic is soft, about 35 minutes at 425 degrees. When cool enough to handle, peel the garlic by squeezing each clove at one end so that it pops out of the skin.

Keep it refrigerated in a small jar, covered with olive oil, up to a week. You can also freeze it.



Scratchin' It with Shawn Halversen

After reading The Omnivore's Dilemma, by Michael Pollan, Susan and I realized how distorted our national food system is and we decided to look for a CSA. We stopped in and talked with Philippe one afternoon, signed up a share that day and never looked back. We still say it was the best food-related decision we've ever made. I really became interested in cooking about 7 years ago, when I decided to make a cassoulet. I had no idea what it was, just that it sounded warming, delicious, and nourishing. From the library, I checked out Dorie Greenspan's Around my French Table, and I was hooked on the idea of trying out new recipes on a regular basis, working towards making as much as possible from scratch. Two years later, I started a blog (scratchinit.halversen.com), to keep track and present the results.

What kitchen tool or gadget is most important for food preparation for you?

While I have a number of tools that I love to use, I really think that people shouldn't look for a specific tool or gadget thinking they'll somehow improve their skills or quality of cooking. The most important thing is taking the time to taste and season effectively, learning the cues to determine when things are properly baked or cooked, and, most importantly, having fun. That said, I find that a digital scale is indispensable for baking and producing consistent results.

What is your favorite go to dish that is easy and simple to make?

Believe it or not, fresh homemade pasta. The key is to plan ahead. I simply make pasta dough in the morning, which takes 5 minutes, roll and cut it later, another 10 minutes, then boil it up at dinner, 2-3 minutes for fresh pasta, and serve it with Parmesan, black pepper, red pepper flake, and olive oil, or Parmesan cheese, butter, and poppy seeds. Often I'll add a cup of frozen peas to the pasta while it cooks to round out the meal. With that little planning, it only takes a few extra minutes than commercial pasta and tastes much better.

Do you have a dish that you are known for if you host a dinner party or go to a potluck? What is your favorite meal/dish to make for other people?

If I'm known for anything, it's that I rarely bring the same thing twice. Instead, I try to find new recipes, or variations on a particular dish, trying to keep it interesting. My favorite thing to make for people is bread. It generally gets people talking.

Are there any veggies that you were initially intimidated by but learned to like?

At first we were daunted by the sheer number of greens that show up during the winter months. At times it was simply overwhelming to see our refrigerator filled with greens, but, over the years, we've learned ways to use up a lot of greens quickly. Our favorite is Greens Latkes from the CSA recipe archive; just about every type of greens taste great turned into latkes.

What resources do you use when you are looking for a new recipe to try? Is there any resource that has been particularly helpful to you cooking seasonally?

The most helpful resource has been the Pima County Library System. They have thousands of cookbooks that you can reserve and have delivered to a branch near you for easy pickup. Their website has a great feature allowing you to see what books have arrived recently, making it easy to reserve the newly-released and popular cookbooks to peruse, which is how I get new recipes and ideas. But, if I need to cook something that's new to me, I'll first check The Joy of Cooking, by Irma Rombauer and Marion Rombauer Becker. It's my go-to cookbook and has rarely failed me.

Salsa Verde (Green Salsa)

To use as a tortilla chips dip. Can also be used as a topping over broiled salmon or scrambled eggs, or grilled meats, or grilled vegetables.

1/2 pound tomatillos, husked, rinsed, and quartered
2 green chiles
1/2 to 1 jalapeno (you can omit these if the green chiles are spicy)
1 onion, quartered
2 garlic cloves
1/4 cup fresh cilantro leaves (fresh mint works well too and adds a fresh, clean burst of flavor)
1 tablespoon fresh lime or lemon juice
1 tablespoon olive oil
Salt to taste

You can make this salsa with either raw or roasted tomatillos and chiles. Both versions are excellent. The raw version has a fresh, vibrant touch while the roasted one has a more rounded, smoky quality. To roast, simply char tomatillos and green chiles directly over gas flame or under broiler until slightly blackened on all sides. Place in a dish and cover. Let stand 10 minutes. Peel and seed the chilies.

Combine all ingredients in blender. Purée until almost smooth (should be slightly chunky). Add extra salt and lime juice if desired.

Can also be cooked for serving on warm dishes (add a scoop of whipping or sour cream and mix well for added creaminess).

Asian Flavored Pesto

Sara Jones, Tucson CSA

We tend to think of basil as an Italian herb, but it is widely used throughout Asia as well. This is a take on a basic pesto, substituting peanuts or sesame seeds for the traditional Italian pine nuts. It will make a great sauce for noodles. You can also make it without any nuts, to use as an addition to soups. It should freeze just as well as regular pesto, so make extra to freeze into ice cubes that will add some excitement to your wintertime produce.

2 large handfuls basil
1 tablespoon fresh ginger and/or lemongrass
Fresh chile or jalapeno, to taste
1 clove garlic
1/4 cup peanuts or sesame seeds
2 tablespoons sesame oil
Dash of soy sauce, to taste

Pulse nuts in food processor or blender, until well ground. Add garlic and fresh chile pepper and pulse again to incorporate. Finish by adding the rest of the ingredients and purée until smooth. Taste, and add more soy sauce, as necessary.

Garlic Soup

From Chester Aaron's *Garlic is Life: A Memoir*
Contributed by Lissa Gibbs, Tucson CSA

Prep and cook time: 20 minutes
Serves 4-6 people

1 pound green beans (can also use peas or broccoli)
8-12 cloves of garlic (roasted garlic is even better)
1 pound potatoes (peeled and boiled until tender)
6 cups chicken or vegetable broth (seasoned to your liking with salt and pepper)

Put green vegetables in a blender or food processor with garlic. Blend/purée. Add potatoes and blend/purée. Working in batches, add broth and blend/purée at high speed. Pour blended/purèed ingredients into a large pot, warm, and serve. This soup reheats well. For a creamier version, add 1/2 cup of warmed half and half. To intensify green color, blend/purée in a handful of chopped fresh flat-leaf parsley.

Grilled Summer Vegetables

Philippe, Tucson CSA

Summer Squash
Eggplant
Onions
French or Italian dressing

Note: you can make your own quick dressing by whisking together 4 tablespoons oil, 1 tablespoon vinegar, 1 teaspoon mustard, 1 teaspoon dry herbs (e.g. thyme, Italian herbs, oregano, etc.), salt and pepper.

Cut the vegetables in 1/2" slices.
Coat all sides with dressing.
Grill squash slices for 5-6 minutes on each side.

Serve with pasta or grilled meats.