



# *Tucson Community Supported Agriculture*

*Newsletter 643 ~ July 23, 2018 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

## **Summer 2018**

### **Harvest lists are online**

### **The Back Page Recipes**

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Featherweight Pancakes  
with Corn

### **More Recipes on Our Website**

[www.TucsonCSA.org](http://www.TucsonCSA.org)

### **Sprouts Shares Are Back**

Sprouts shares returned last week after a 6-week break! Remember that you can add or remove sprouts shares from your subscription throughout the year.

### **What to do When You Can't Pick Up Your Share**

If you miss the Friday night deadline to put your share on hold for the next week, fear not! Anyone can pick up your share – it's an honor system. Ask a friend, neighbor, or coworker to give your name when they come to pick it up and give them a taste of organic local produce.

Giving your share to someone is a great gift and a wonderful way to introduce others to Tucson CSA. If you can't find anyone to pick up your produce share for you, rest assured that it will be donated to a good cause. We will freeze your cheese and bread shares for up to a month so that you can pick them up the next time you're at the CSA.

## **A Week in My Kitchen, by Sara Jones**

My obsession with good food started with just plain being hungry. I've always had a big appetite and sensitive blood sugar. You know those memes on the internet about being 'hangry'? That's me. I'm usually really conscious about not letting my blood sugar get too low; hands shaking, weak in the knees and yes, impossibly grumpy. But this time of year, with the heat and humidity so bad, the thought of food can turn my stomach and I struggle a bit. I spend more money going out to eat than usual in the summer because sometimes I just get too cranky and weak to conjure a meal in my own kitchen. I guess I am doing my part in supporting local businesses during the slow summer months, right?!

Even though I have been indulging in frequent restaurant meals, I really do prefer cooking and eating my own food. Making my own food is grounding for me and taking the time to take care of myself and the people I care about is nourishing in more ways than one. But producing food in my tiny, hot kitchen in the summer takes some serious strategizing. I cook only at night, never turn on the oven, and try to keep any stovetop cooking under 15 minutes. Everything I make is quick and usually in just one pot or pan.

In the summer I spend more time with prep in order to keep cooking time to a minimum. Cutting veggies like potatoes and sweet potatoes into matchsticks or small cubes helps them cook a lot quicker. I often make a veggie hash with a base of potatoes, sweet potatoes and onions, adding zucchini, okra, tomatillos and greens after the potatoes have cooked for about 5 minutes. I crack an egg or two on top and stir it in and the whole thing is done in under 15 minutes. Not glamorous, but delicious and filling.

I also add finely diced veggies to tuna patties. Last week I mixed some diced tomatillos, squash and onion into a bowl with a can of tuna, one egg, a squeeze of mustard and a handful of crushed potato chips (you can also use crackers). Form the mixture into patties and dredge in flour before pan frying them over medium high heat. The stove top was on for less than 10 minutes! You can use canned tuna, crab or salmon and vary the ingredients depending on what is in our CSA shares. Served on a bed of arugula or raw squash salad, these are really tasty!

I made a huge batch of pasta salad with my share last week. Small pasta like elbows or shells cook fast and are the perfect size mixed with diced veggies. As my pot of water came to a boil I chopped my veggies. First, just after the pasta went in the water, I added carrots from my seemingly unending supply in the back of the fridge. Next went in corn kernels and green beans. And in the last few minutes of cooking I added squash, chopped kale and a can of garbanzo beans. I ate a bowlful that night, served hot with butter and shredded cheese melted in. The leftovers I mixed with a scoop of sour cream, a spoonful of mayonnaise and drizzle of vinegar plus a handful of minced onions and olives for lunch the next day. Quick and easy, two meals in one!

## Quick Okra Jambalaya

Sara Jones, Tucson CSA

Use leftover cooked rice for this easy recipe. The slime from the okra will be absorbed by the rice.

1 basket okra, cleaned and chopped  
1 handful green beans, cleaned and chopped  
½ can diced tomatoes  
1 tablespoon tomato paste  
1 small sweet onion, sliced thinly  
3 cloves garlic, minced  
1 cup cooked kidney beans (or use leftover chicken or sausage)  
2 cups cooked rice  
1 tablespoon oil  
1/2 teaspoon each of red chili, paprika, black pepper, oregano, thyme and celery salt (or use a pre-blended Cajun spice mix)  
Salt to taste

Heat oil in a large skillet over medium high heat, add okra and onions. Sauté for about 5 minutes then add green beans, tomatoes, tomato paste, garlic and spices. Stir well and cook until some of the moisture from the tomatoes has evaporated. Add beans (or leftover cooked chicken or sausage), rice and about a 1/3 cup of water or broth. Stir well then cover, lower temperature a bit and cook an additional 5 minutes. Add salt to taste and serve.

## Greek Style Smothered Okra

Nora McGinnis, adapted from *The Passionate Vegetarian* by Crescent Dragonwagon

This is a great recipe for green beans, too, or use a combination of both vegetables.

1 tablespoon chopped garlic  
1 tablespoon olive oil  
1 share CSA okra, wiped clean and left whole  
1 medium to large ripe tomato, chopped  
Salt and pepper to taste  
A few dashes of cayenne (optional)  
1/2 to 1 teaspoon dried dill

Place a heavy 10"-14" skillet with a tight fitting lid over low heat. Add the garlic, olive oil, and okra. In contrast to most sautes, the okra is added when neither pan nor oil is hot yet. Scatter the tomato over the okra. Cook uncovered for 10 minutes. Do not stir. Cover and cook for 30 minutes more. Do not stir, but make sure the heat is low enough so nothing burns.

Uncover, stir cautiously, just a few times. The okra should be quite tender, soft and almost golden brown. Be careful not to break the pods open, although a few may have split by now. Season with salt and pepper to taste. Sprinkle with cayenne and dill if desired. Stir once more and serve. Eaters can either cut off the stems at the top of the pods themselves, or pick them up by the stems and nibble their way down, or even eat the stems – they are firmer than the pod but quite edible.

## Watermelon and Tomatillo Salad

April Rawluszki, Tucson CSA, adapted from [Patismexicantable.com](http://Patismexicantable.com)

4 cups watermelon, cut into bite size chunks  
2 cups, about 1/2 pound tomatillos, husks removed, rinsed, quartered and thinly sliced  
2/3 cup, about 3 ounces mild feta or queso fresco, crumbled or cut into small dice

For the vinaigrette:

1 tablespoon fresh mint leaves, about 5 to 6, chopped  
1 tablespoon jalapeño or Serrano chile, or to taste (seeding optional)  
2 tablespoons fresh squeezed lime juice  
1 teaspoon white vinegar  
1 teaspoon salt  
1 teaspoon smoked paprika  
4 tablespoons olive oil

Place the watermelon cubes and tomatillo slices in a large bowl.

In a small bowl, add the chopped mint and jalapeño. Squeeze the fresh lime juice on top, stir in the vinegar, sprinkle the salt and mix. Pour the olive oil and mix with a whisk or fork until well emulsified. Pour the vinaigrette on top of the watermelon and tomatillos, toss well and sprinkle the cheese on top.

## Featherweight Pancakes with Corn

Lorraine Glazar, Tucson CSA

3 eggs, separated  
¼ cup flour  
¼ teaspoon salt  
¾ cup cottage cheese  
1/3 cup corn kernels  
Oil or butter for cooking

This recipe was one of my mother's favorites, as it can easily be served for dinner as well as breakfast. Beat egg whites until stiff. In a separate bowl, beat egg yolks until light and lemon-colored. Stir in salt, flour and cottage cheese. Carefully fold in egg whites. Drop by large spoonfuls onto a hot greased griddle and cook until light brown. Flip them and then cook the other side. You can serve these as traditional pancakes with syrup or to make more savory, add sliced green onions.