



Tucson Community Supported Agriculture

Newsletter 647 ~ August 20, 2018 ~ Online at www.TucsonCSA.org

Summer 2018

Harvest lists are online.

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Find many more recipes
on our website!

Managing Your Subscription

To make changes to your subscription, go to our homepage and click 'Manage Account' to access your online CSA account.

Things you can do: change your pickup day or location; add or remove shares; place your subscription on hold.

Important reminders:

- You can only change your pickup day on Thursdays and Fridays.
- You can make subscription changes starting the day after your pickup until midnight Friday.
- You must have a minimum of 1 produce share or 1 bread share to keep your account open.
- Holds must be placed by midnight Friday in order to take effect the following week.
- You will receive an automatic e-mail confirming your change. Please read the email to verify that it is what you intended to do.
- Adding a share does not require additional payment: your CSA account will simply run out of funds sooner. Likewise, if you remove a share, you won't be reimbursed, but your credit will last longer.

A Little Bit of Quelites Goes a Long Way

In the wintertime, when our shares are filled with endless bunches of kale, Swiss chard, spinach, braising mix, and collard greens, we find ourselves living by the mantra "just add greens." Adding greens to everything from pasta, to eggs, to your morning smoothie becomes a way of life during the colder months of the year. Come August—after weeks of tomatillo salsa and zucchini everything—we forget how easy and delicious it is to incorporate warm weather greens like quelites into our summer recipes.

Quelites are the edible—and oftentimes wild—greens that sprout up from the ground with the first monsoon rains of the season; purslane, amaranth greens, and lambsquarters are the most common quelites in southern Arizona. In Mexico, where these same quelites are often foraged in the summer, entire meals are centered around them. Many traditional recipes call for using amaranth greens the same way you might use spinach - small, tender leaves can be tossed into salads, while more mature leaves are braised with onion, garlic, tomatoes, and chiles.



Revel in the glory of these summertime greens by making them Sonoran-style - simmered with onions, tomatoes, chiles, and beans, they quickly become the star of any meal. Begin by blanching a bunch of washed and chopped quelites for one minute to make them tender. Set the blanched greens aside while you heat a tablespoon of oil, butter, or lard in a pan over medium heat and sauté half of a diced onion until it's transparent. Add one large chopped tomato to the pan, along with the blanched quelites, a few cloves of minced garlic, and two or three (fresh or roasted) chiles. Add half a cup of cooked beans and enough

water or broth to maintain a gentle simmer for twenty minutes. Season the dish with sea salt and crushed dried chiltepins, then top the whole thing with crumbled queso fresco for something a little extra. Served over rice, these Sonoran-style quelites make a quick and hearty meal that will satisfy your summer hunger.

If the thought of eating a whole bunch of quelites in one meal doesn't sound like your thing, try adding them, one or two cups at a time, to various dishes throughout the week. Sauté them in a little olive oil before adding them to your goat cheese omelet in the morning. Throw them into your curry, summer minestrone, or pasta sauce for a pop of color and flavor. Simmer a handful of them in a pot of cooked beans, along with a few pinches of smoked paprika, cumin, and dried chiles, for a quick and healthy side dish. Add the tender leaves to your mixed greens salad for a peppery flavor. Or, for a quelites dish that will go over with almost anyone, add a few handfuls of the blanched greens to a pot of creamy homemade mac 'n cheese, where their presence will hardly be noticed under mounds of al dente pasta and rich cheese sauce. Whether you prefer eating your summer greens all at once or a little at a time, you can find plenty of quelites recipes and tips on our website, TucsonCSA.org.

Simple Greens Bisque (simple greens pasta sauce)

Kusuma Rao, Ruchikala

Since you are pureeing your greens you don't have to fret about removing the stems from your amaranth! Just chop the bunch of greens at the rubber band to get rid of the thickest stems. Thin this bisque to the desired consistency for a creamy soup, or add less liquid and use as a pasta sauce, adding sautéed veggies or freshly sliced tomatoes if you like!

2 tablespoons of butter or olive oil
1 medium-sized onion (diced very fine)
4 cloves garlic (minced)
1 cup of pureed greens
1/2-1 teaspoon (to taste) crushed red chili flakes
½-1 cup of heavy cream/milk/coconut milk/unflavored almond milk
Salt to taste

On a medium-low flame, add chili flakes to 2 tablespoons of butter/olive oil for 1-2 minutes. Add onion, a heavy pinch of salt and sauté until the onions start to turn a lovely brown (about 4-5 minutes). Add minced garlic and sauté for one minute. Add pureed greens and cook until most of the moisture has been evaporated (about 5 minutes). Thin mixture out with the milk of your choice and simmer for another 5 minutes. Season with salt to taste. Top with a drizzle of extra virgin olive oil and cream – serve with Barrio bread. To make this into a pasta sauce, simply add basil/oregano or fresh herb of your choice, thin out with only 1/4 cup of “milk” (preferably a richer option, heavy cream or coconut milk) and add to half a package of cooked pasta.

Chile and Cheese Soup

Nothing cools the heat of green chiles quite like melted cheese!

1 share fresh green chilies-remove and pull skin from flesh of chilies and remove seeds and membranes
2 tablespoons butter
2 onions, diced
4 cloves fresh garlic, chopped
5 ripe tomatoes, diced
6 medium white potatoes, peeled and cut into 1” cubes
3 quarts cups water
1 1/2 pounds Longhorn Colby or Cheddar cheese, shredded
Salt to taste

In a large soup pot, melt butter and saute onions and garlic over medium heat. When onions are soft, add green chilies and tomatoes. Simmer 10 minutes, stirring every minute or so. Add potatoes and water. Cook over medium heat until potatoes are done, 10 to 20 minutes. Add cheese. On very low heat, simmer about 30 minutes. Add salt to taste. For best results, allow to cool overnight and serve the next day.

Cocido

Sara Jones, Tucson CSA

This soup is traditionally prepared with soup bones or short ribs, but it is also good as a vegetarian dish if you prefer. It is served with whole chunks of corn on the cob, which really helps to infuse the broth with flavor. Use a large squash, if you have one; its flesh with get tender and tasty. Serve with warm tortillas and lime wedges.

About 1/2 pound soup bones, short ribs or chuck roast, if desired
2 small onions, chopped into large pieces
3 carrots, chopped into large pieces
4 to 5 potatoes, chopped into large pieces
1/2 of a large squash or 1 medium squash, chopped into large pieces
2 to 3 ears of corn, husks and silk removed and broken into pieces
1 can garbanzo beans, drained
2 bay leaves
1 teaspoon oregano
1 teaspoon cumin
Red pepper flakes, to taste
Salt to taste

If using meat, bring 2 quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 to 1 1/2 hours. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients. If making *vegetarian* cocido, start with all the ingredients together in a pot, with enough water to cover. Cook 1 hour, adding salt about half way through cooking. Add additional salt in the end, if needed. Serve in large bowls, ensuring that everyone has at least one chunk of corn on the cob.

Apple Avocado Salad

Sara Jones, Tucson CSA

This is a great quick and simple side dish. Spice it up with some finely diced green chiles if you like! Use extra dressing and mix in some cooked, diced chicken for an easy meal.

2 apples, cored and diced into ½” squares
2 ripe avocados, diced
2 teaspoons Dijon mustard
¼ small onion, finely minced
1 tablespoon apple cider vinegar
1 tablespoon sour cream or yogurt
1 tablespoon good quality oil
Salt and pepper to taste

Gently toss apples and avocados together and set aside. Whisk remaining ingredients together until well blended. Pour over apples and avocados and stir gently to mix. Serve garnished with freshly chopped herbs if available.