



Tucson Community Supported Agriculture

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Spring 2019

Harvest lists are online.

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Find many more recipes on our website.

Reserve Your Tomato Flat this Week

We will start taking orders for tomato flats this week for folks who want a large quantity of tomatoes for canning or other projects. The flats will initially be mixed, but we should have the option to request Roma-type tomatoes specifically for canning sometime in June. We will have a limited number of small bags of tomatoes available for sale this week at the front desk for members who want more than what's in their CSA share.

Each tomato flat contains 10 - 15 pounds of tomatoes, costs \$30, and must be paid in full when you place your order. If you would like to order a flat, please see the front desk volunteer.

We Need Your Bags

Do you have extra paper and plastic grocery bags? Please donate them to the CSA so that we can reuse them! Thanks so much!

Late Spring Farm Report

Written by Sara Jones

We have all been remarking on what an amazing May we've had this year! Scattered showers and temperatures well below triple digits have been unusual but welcome. This mild weather has given the tomato crops at **Crooked Sky Farm** a good start, and Farmer Frank reports that the plants are loaded with fruit. The **yellow taxi tomatoes** that arrived in our shares the past couple of weeks have been a reliable early producer and a favorite of Farmer Frank's for the last several years. We will continue to see plenty of those in the coming weeks! Crooked Sky also planted 33 other varieties of tomatoes this year, so we can expect to see some interesting and unique specialties – from **striped green zebras** and oversized **Cherokee purples** to varieties of smaller cherry tomatoes.

Cooler weather out along the San Pedro River this month allowed the farmers at **Sleeping Frog Farms** to get in a late planting of turnips and radishes, which we can expect to see in our Wednesday shares in June. The second plantings of chard and kale are still thriving at the farm, so we won't have to say goodbye to greens just yet! We are also hoping to get a few weeks of spicy baby arugula in our shares soon, though this crop seems to be a delicacy for summertime pests.

Tomāto, Tomato!

Written by Shelby Thompson

When I found myself with a flat of juicy red and yellow **tomatoes** last week, I spent the bike ride home daydreaming about all the ways I would prepare them. Instantly my mind travelled to last summer's most favorite discovery: tomatoes slow roasted with lots of olive oil, thick-sliced garlic, and fresh herbs to make a sweet-savory thing known as **tomato confit**. If you can resist eating it all right off of the pan, it makes a most wonderful companion for **Barrio Bread**, pasta, or a creamy puddle of polenta. As I biked through the quiet University campus, my mind conjured thoughts of a day spent **canning** tomatoes for future sauces, pizzas, and gifts. Oh, how happy I would be to open a jar of canned local tomatoes in January! But, alas, my impending move across town put those fantasies to rest.

Instead, I made good use of my tomatoes in a few excellent recipes that caused them to disappear in less than a week. The very night I brought them home, I made a **simple tomato sauce** with green garlic, quartered tomatoes, amaranth greens, and half a log of fresh chèvre from my goat cheese share. Tossed with pasta, it was a simple and divine meal – perfect at the end of a long and demanding day. On Friday, around that time in the afternoon when hanger becomes a real threat, I made a few pieces of **bruschetta** with a simple topping of diced tomatoes, olive oil, and sea salt. (It did the trick.) For dinner that night, we had a take on one of my favorite salads, the **Niçoise**, with a bed of butter lettuce topped with quartered tomatoes, boiled potatoes, and hard boiled eggs, all drizzed with a punchy Dijon vinaigrette. Those lingering tomatoes that made it past the first few days without being eaten were made into a velvety **cream of fresh tomato soup** (Ina Garten's recipe is my go-to), which will soon be enjoyed with classic grilled cheese sandwiches.

It doesn't matter if you eat your CSA tomatoes immediately or preserve them for a future feast – it's tomato season and we're celebrating!

Easy Cold Summer Squash Soup

Paula Wilke, Tucson CSA

½ to 1 cup vegetable stock or water (enough for about ¼ inch of liquid in the bottom of the cooking pot)
1 small onion
2-4 cups of summer squash
2-3 cloves garlic
1 Tablespoon White Miso (possible substitutes are soy sauce or salt)
Good goat milk yogurt (plain)
Salt and pepper
Black olive as a garnish

Heat stock or broth and roughly chop the onion, the squash and the garlic, keeping them separate. When the water starts to boil, add the chopped onion and cover. After a few minutes add the squash and garlic and cover. Cook until the vegetables are tender (5-10 minutes), stirring occasionally, and then remove the pan from the heat. When it cools a bit, pour the mixture into a blender, add the miso and puree. Chill the mixture. Just before serving, stir in 6 ounces (small container) goat milk yogurt. You can also add a little more milk or cold water if you like it less thick. Add lots of freshly ground black pepper and salt to your taste. Garnish with a black olive.

Squash and Grain Fritters

Sara Jones, Tucson CSA

2 cups grated summer squash
About 1-1 ½ cups cold cooked grains, preferably quinoa or white rice
½ 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 again, adding more flour if mixture seems very loose. Heat a large skillet over medium heat and add about 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.

Sautéed Greens

Philippe, Tucson CSA

2 tablespoons olive oil
1 bunch greens, tough stems removed
1 small onion, chopped
2 cloves garlic, minced
1-2 teaspoons red chile flakes
2 tablespoons grated Parmesan cheese
salt and pepper to taste

Chop the greens in 2-inch segments and blanch them in salty water until tender (about 5 minutes). Drain the greens in a colander. Sauté onions, garlic and red chile flakes in olive oil on medium heat until onions are translucent. Add greens and stir gently until well mixed. Salt and pepper to taste. Sprinkle with Parmesan cheese before serving.

Tomato Bruschetta

Lorraine Glazar, Tucson CSA

Letting tomatoes marinate allows the flavors to develop so try to prepare this at least an hour before serving.

1 tablespoon finely minced onion, shallot or scallion
4 medium tomatoes
2 teaspoons finely minced parsley
Olive oil
Balsamic vinegar
Salt and freshly ground pepper
Four to six basil leaves, cut in a fine chiffonade
Prepared toast rounds or thin slices of baguette, toasted.

Cut the tomatoes into ¼ inch dice, including the juice and seeds. Combine with onion, and parsley. Judiciously add olive oil, starting with one teaspoon. Add salt and pepper, then balsamic vinegar (also starting with a teaspoon). Adjust oil and vinegar if needed. It is there to blend the flavors, not as a salad dressing. Cover and let macerate for one hour or all day if desired, a step which intensifies the tomato flavor. Serve on small toasts, garnish with the finely sliced basil. Variation: Spread the bruschetta on toasts, top with a sprinkling of parmesan cheese, and warm in a 350-degree oven.