



Tucson Community Supported Agriculture

Newsletter 687 ~ June 10, 2019 ~ Online at www.TucsonCSA.org

Spring 2019

Harvest lists are online.

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Find many more recipes on our website.

Be a CSA Volunteer!

We're looking for volunteers to join our awesome Tucson CSA crew. If you're interested, please see Sara or send an email to tucsoncsa@tucsoncsa.org.

Tomato Flats

We are still taking orders for tomato flats 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.

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 for reuse. Thanks!

Cool Recipes for Hot Days

Written by Shelby Thompson

Believe it or not, much of the seasonal produce in your summer CSA shares make it possible to eat wonderful meals that don't require any heat at all. Seasonal produce like tomatoes, cucumbers, summer squash, melons, onions, carrots, peppers, and stone fruit can be eaten without any time in the oven. Along with a loaf of **Barrio Bread** and a log of **Fiore di Capra** goat cheese, your CSA produce will cool you down all summer long.

For an easy lunch or light dinner, layer hummus and thick slices of tomato and cucumber between two slices of rustic bread for an easy yet intensely satisfying sandwich. Blend raw tomatoes, cucumbers, onions, garlic, and peppers with a few other ingredients to make **Easy CSA Gazpacho** in a matter of minutes. Tear up half a loaf of stale Barrio Bread and add it to a bowl with diced juicy tomatoes, basil, and sliced ripe peaches, then drizzle everything with olive oil and balsamic vinegar for a beautiful bowl of **panzanella** that pairs perfectly with a bottle of chilled wine. Near the end of June, when the monsoons still haven't come and even the simplest no-cook meal seems like too much work, gently toss chilled and cubed melon with thinly sliced red onion, feta, fresh mint, lime juice, and a little olive oil to enjoy while you wait for the rain. Many more of these cooling summertime recipes—which can save your energy, time, and sanity—can be found at **TucsonCSA.org**.

All About Armenian Cucumbers

Written by Philippe

If you're a new Tucson CSA member, you may be a bit overwhelmed by the large, strange-looking cucumbers we've started getting in our shares. They certainly don't look like the tame, unobtrusive cucumbers you're used to seeing in the supermarket, and indeed they are not. In fact, these are **Armenian cucumbers** – heirloom cucumbers that are specifically adapted to our desert conditions. They come in two varieties: the pale green ribbed variety and the darker green striped and crooked variety. Not surprisingly, the latter is also known as snake melon. The online *Cook's Thesaurus* notes they are “hard to find, but one of the best-regarded slicing cucumbers.” Luckily they're not hard to find at Tucson CSA!

Many Armenian cucumbers don't require much preparation, but some will benefit from peeling and seeding. Despite their limp appearance, you'll notice that they're still crisp when sliced. As soon as you slice one, the perfumed aroma begs you to take a bite... and when you do, you won't be disappointed. You'll be amazed at how little it resembles the flavorless, tough-skinned cucumber varieties you're used to. You could use slices of this cucumber to perfume and brighten mixed drinks, lemonade, and even plain water, or simply eat it with a light sprinkling of salt.

RECIPES

Agua Fresca de Pepino (Cucumber-Lime Drink)

Amy Valdez Schwemm, Tucson CSA

Our gigantic Armenian cucumbers are ideal for this most refreshing summer drink. Easy to make and to drink! It will use up your CSA cucumbers faster than you can get them.

1 large Armenian cucumber, unpeeled (equivalent to 3 English cucumbers)
1/2 to 1 cup lime juice
1-2 cups water
1/4 cup sugar, agave syrup, simple syrup, or other sweetener

Juice the whole cucumber (with skin and seeds), or blend and strain it.

Add lime juice, water, and sugar.

Serve chilled.

For added zest, sprinkle with chopped mint or Stevia leaf. Makes approximately 2 quarts.

Substitution: Instead of lime juice and sugar, you can use 2 tablespoons of frozen concentrated lime juice per pint of cucumber juice.

Chili Powder and Cumin-Rubbed Corn on the Cob

Adapted from *Cooking Light*, June 2006

Chili powder and cumin pair well with sweet summer corn. Soak the corn before grilling to prevent the husks from burning.

2 ears corn with husks
½ teaspoon ground cumin
1-1/2 tablespoons butter, melted ¼ teaspoon ground pepper
1 teaspoon chili powder 1/8 teaspoon ground red
½ teaspoon salt pepper
Lime wedges

Prepare grill.

Place corn in cold water, and soak for 20 minutes.

Combine butter and next 5 ingredients (through red pepper) in a small bowl; set aside.

Pull husks back from corn; scrub silks from corn. Brush butter mixture evenly over corn. Wrap husks around corn. Place on a grill rack, and grill 16 minutes or until done, turning occasionally.

Serve with lime wedges.

Easy CSA Gazpacho

Amy Valdez Schwemm, Tucson CSA

1 large Armenian cucumber
5 or more (or less!) small tomatoes
1-2 slices of onion, to taste
1 or 2 cloves of garlic, to taste
1 green chile, any kind, or ½ bell pepper (optional)
2 tablespoons olive oil, or to taste
3 tablespoons red wine vinegar, or to taste
Salt and freshly ground black pepper

Trim ends off of cucumber and chop coarsely. Trim bruised spots and stem ends off tomatoes. Remove seeds and stems from green chile or bell pepper, if using. Purée all vegetables in a Vita-mix, blender, or food processor, first by adding the garlic, onion, and chile, following with the tomatoes and then the cucumber. Season to taste with oil, vinegar, salt, and pepper. Chill before serving.

Amaranth Greens and Zucchini Vichyssoise

Shelby Thompson, Tucson CSA

A creamy spin on potato leek soup that can be eaten hot, cold, or anywhere in between.

1 tablespoon olive oil
1 tablespoon butter or olive oil
3 cups chopped leeks, white and light green parts only
2 cups potatoes peeled and quartered
2 cups zucchini, diced
1.5 cups amaranth greens
4 cups vegetable stock
3/4 teaspoon Sea Salt
Freshly ground pepper, to taste
8-10 leaves fresh basil, plus more for garnishing

Heat olive oil and butter in a large soup pot over medium-low heat. Add the chopped leeks and sauté them, stirring frequently, for about 5 minutes or until the leeks are translucent.

Add the potatoes, zucchini, amaranth greens, vegetable stock, salt, pepper, and basil to the pot and stir.

Bring the soup to a boil, then immediately reduce the heat to medium-low and allow it to simmer for 30 minutes, or until the potatoes are tender and cooked through. Remove the soup from the heat and allow it to cool.

Spoon the soup into a blender and blend it on high until it is smooth and creamy. Serve with freshly cracked pepper and fresh basil leaves.