



# Tucson Community Supported Agriculture

Newsletter 698 ~ August 26, 2019 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2019

*Harvest lists are online.*

### Back Page Recipes

- Greens, Beans, and Pasta
- Nopalitos en Pipian Rojo
- Adobo
- Individual Peach Crisps
- Tomatillo-Apple Crisp

*Find many more recipes on our website.*

### Welcome Back!

Now that school is starting back up, many of our members have returned from their travels – and we're so happy to have them back in Tucson! If you've just returned from some time away, please stop to say hello and tell us about the adventures you took, the delicious food you ate, and the (hopefully) much cooler weather you basked in.

As the seasons change from summer to fall and Tucsonans return from their travels, our city—and Tucson CSA—liven's up. In August, the Historic Y courtyard is suddenly awakened with chatter, laughter, and live music. It's no wonder that the "C" in "CSA" stands for community. It's really a wonderful time to experience the lovely community of thoughtful people that is Tucson CSA. Thank you for being part of it!

### Free Compost

For free compost, please email Benita at [benitag@cox.net](mailto:benitag@cox.net).

## Picnic Pick-Me-Up

*Written by Shelby Thompson*



I experience what some might call “cabin fever” in the midst of our hot summers. From inside my cool house, the sun beckons me to come outside – but with one foot out the door I’m quickly reminded that the days are still too hot for desert play. The solution? I pack a delicious CSA-inspired picnic and head up the road to Mount Lemmon for a cool retreat that feels worlds away. Nibbling on a delicious spread of seasonal fruit, corn, tomatoes, potatoes, and green beans in the cool mountain air will give you a taste of summer’s many delights.

With a bit of planning and preparation, you can pack a wonderful and rewarding summer picnic. A baguette accompanied by fresh fruit and a few summery salads makes for a simple meal that is best enjoyed in nature. Prepare a melon for picnic by removing the rind to make it lighter and easier to pack, then dice the flesh into bite-sized pieces and chill in the refrigerator. To make your watermelon even more transportable, scoop the flesh into a blender with a few leaves of fresh mint and blend it into a sweet agua fresca. Store the refreshing drink in a lidded carafe, mason jar, or reusable water bottle and bring it along to serve as a refreshment alongside a slew of snacks and salads. Delicate peaches can be transported in lidded containers and apples are hardy enough to make it up the mountain at the bottom of a backpack.

The right salads can make for great picnic food because they're easy to eat and travel well. While traditional greens-based salads are prone to wilting and soginess, chopped salads made up of tomatoes, corn, potatoes, beans, and cooked grains retain their texture and flavor over time. Replace mayo with a Dijon vinaigrette to make potato salad that keeps better in the heat and is delicious at room temperature. To make it, boil small potatoes and green beans until they're tender, then drain and toss them with a vinaigrette made up of one-part wine vinegar, two-parts olive oil, one-sixth part Dijon mustard, salt, and pepper. For a crunchy and bright summer salad, toss diced tomatoes, cucumbers, cooked corn kernels, and diced jalapeño with a simple dressing made up of equal parts lime juice and olive oil, then sprinkle everything with minced fresh herbs and a sprinkle of salt and pepper. And, if all else fails, rest assured that almost any combination of cooked grains, tender beans, seasonal veggies, and vinaigrette will make for a delicious picnic salad.

Once you have bread, salad, and fruit, choose a few finger foods—olives, nuts, cheeses— and perhaps a bottle of wine or beer to round out your meal. Then, store everything in individual air-tight containers before packing them in a cooler filled with ice. Fill a tote bag with an old blanket or towel, a few plates, utensils, and napkins before heading up the mountain for a wonderful day. Even when you're short on time, a delicious seasonal meal enjoyed in a beautiful setting can help you relax and muster through the hot weather.

---

## RECIPES

---

### **Greens, Beans and Pasta – Aglio e Olio style**

Paula Redinger, Tucson CSA

This is a simple recipe, great for the mild flavored amaranth greens we get in our summer shares. I've always found the traditional Italian aglio e olio pasta (garlic and olive oil) disappointing until I stopped following a recipe and did it my own way, using raw garlic. For me, the key is lots of garlic and lots of pepper flakes. I've adapted my recipe to make a more substantial meal adding greens and cannelloni beans. If you don't like the punch of raw garlic, feel free to sauté it with the olive oil and greens. I use a smaller amount of pasta than is traditional. Double the amount of pasta for a more traditional balance of sauce to pasta. Aglio e olio is traditionally made with spaghetti or thin spaghetti, but in this case I think short pasta shapes work better.

Per serving:

2 ounces short pasta shapes (such as penne)  
1-2 tablespoons olive oil – this is the time to use the good stuff!  
1-2 cloves crushed garlic – take the time to really mash it well  
hot pepper flakes  
1 bag amaranth greens, washed, large stems removed and finely chopped  
½ 15-oz can cannelloni beans  
a splash of broth – optional  
parmesan cheese

Combine the olive oil, crushed garlic and hot pepper flakes. You will have to decide how much you like. I usually do this right in my serving dish. Cook pasta to al dente in heavily salted boiling water. Drain, while retaining pasta in the pot. While pasta is still hot, wilt the greens in the water clinging to them and add a teaspoon or so of olive oil. Add a splash of broth if you like, cover and cook for a few minutes. Add the beans and cook briefly until all is combined and hot. Add the cooked pasta and heat for a few seconds. Take some time to mix everything thoroughly, since the greens tend to clump together. Toss with olive oil mixture and lots of parmesan.

### **Nopalitos en Pipian Rojo o Adobo**

Amy Valdés Schwemm, Tucson CSA

1 tablespoon oil  
1/2 tin Mano Y Metate Mole Powder (Pipian Rojo or Adobo)  
1/2 cup broth  
2 pads nopalitos, cooked and sliced  
Dash cider vinegar (optional, for Adobo)

In a saucepan, gently heat oil. Add the whole tin of mole powder, stirring to prevent scorching. When the paste is fragrant and a shade darker in color, add broth. Stir and simmer until the sauce thickens. Add chopped nopalitos and cook until tender, about 7 minutes. Thin the sauce with more broth if it becomes too thick. Add salt to taste. Serve with hot tortillas, beans and salad.

### **Individual Peach Crisps**

Sara Jones, Tucson CSA

Peaches and cream are the ultimate match. Here the fruit is cooked to resemble a pie filling and topped with premade granola. Serve with any creamy, rich dairy product; yogurt, mascarpone, crème fraiche or a scoop of ice cream would all be delicious.

1 share peaches, washed, pit removed and cut into small pieces  
1 teaspoon lemon juice  
Scant tablespoon butter  
1 tablespoon sugar or brown sugar  
½ teaspoon cinnamon, optional  
1 handful granola

Melt slice of butter and sugar together in a small saucepan over medium heat. Add cut fruit, a squeeze of lemon juice and the cinnamon. Cook for about 3 minutes, until fruit is cooked through and meltingly tender. Place in one or two bowls and top with granola and a scoop of cold ice cream, yogurt or whipped cream. Serve immediately.

### **Tomatillo and/or Apple Crisp**

Rachel Yaseen, The Organic Kitchen

What a great surprise that you can use tomatillos in a sweet crisp! This is a recipe that Rachel used for a CSA cooking demo a while back and it got rave reviews. You can use a mix of tomatillos and apples or just one or the other.

Tomatillos and/or apples diced– enough to cover bottom of oven pan  
1/4 cup coconut sugar  
1 1/4 cup dried coconut flakes  
1 1/4 cup oats  
1 cup coconut sugar  
1 stick butter, cold, cut into 8 pieces  
1/2 teaspoon cinnamon  
1/2 teaspoon salt

Preheat oven to 350 °. Mix tomatillos and apples with 1/4 cup sugar and spread over bottom of 9×14 inch pan. Mix oats, coconut, coconut sugar, salt, and cinnamon in a separate bowl. With your fingers or the back of a spoon, smooch the butter into the dry mixture until it blends in. Sprinkle on top of the tomatillo mixture. Bake 45 minutes. Serve warm or at room temperature.