



Tucson Community Supported Agriculture

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Summer 2019

Harvest lists are online.

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Find many more recipes on our website.

Sprouts from Sunflower Superfoods

Dani from Sunflower Superfoods is at the CSA this week to hand out samples of her sprouts and answer any questions you might have about the products she grows. Dani provides all of the sprouts and microgreens in our sprouts shares, which you can add to your CSA subscription. Sprouts shares are delivered weekly and cost \$24 for a 6-week share. You can choose between a rotation sprouts share, which rotates between sunflower, clover, radish greens, and pea shoots, **or** a sunflower sprouts share, which only consists of sunflower sprouts.

You can add a sprouts share to your subscription by logging into your CSA account. Please remember that changes to your account can only be made on Thursday or Friday of any given week.

sunflowersuperfoods.com

How to Use the Trading Table

If there's something in your CSA share that you don't want, you two have options:

You can trade it at the Trading Table (inside, across from the front desk). Remember to always trade full portions – for example, trade your whole share of, say, tomatoes (1 green basket) for a whole portion of, say, apples (whatever number of apples are in a share that day). There are usually 9 baskets on the trading table, including one empty one and 8 full ones: just put your unwanted portion in the empty basket and take a portion of something else from a full basket.

If there is nothing on the Trading Table you wish to trade your unwanted portion for, just **leave it on the Surplus Bench** for another member to take home and enjoy. Avoid leaving unwanted items at the produce line, as it causes excess produce to be left over at the end of the pickup. **The Trading Table is regulated.** It starts as a full share and, as the pickup progresses, it changes (sometimes quite rapidly). However, it should always have a total 8 portions (or as many portions of produce as that week's share includes, which is usually 7 or 8.) **The Surplus Bench is unregulated.** You can take from it whatever you want (within reason) and you can also add to it: not only unwanted items from your share, but also organically grown produce from your own garden, e.g. surplus basil or fruit. The Surplus Bench can also include produce that is left over from a previous pickup day.

Red La Soda Potatoes

“There are over 400 varieties of potatoes grown at the moment, but ask for any one of 396 at your supermarket and you will be met with a rude comment or, even worse, a vacant stare,” writes Bert Greene in *Greene on Greens* (Workman Publishing, 1984). Indeed, one of the potato varieties we get from Farmer Frank, the Red La Soda, is considered commercially unviable, even though both it and the Dark Red Norland are the dominant, high-yielding varieties of red-skinned potatoes in the West. La Soda's deep eyes, for example, make the potato difficult to peel, and it loses its bright red color in storage (hence its reference as a “fresh-market” potato). Because the Red La Soda is resistant to tipburn (browning of the edges or tips of leaves), however, as well as to wind, heat, and drought damage, it is well-suited to our southern Arizona climate (heat, as you might imagine, presents the biggest challenge of growing potatoes in southern Arizona).

Red La Sodas, however, **don't need to be peeled**: in fact, much flavor resides in the potato skins themselves, and since Farmer Frank doesn't use chemicals, you needn't be concerned about fungicides, pesticides, and other undesirables concentrating in the skin. (If you feel compelled to peel them anyway, don't throw the skins away—use them to add flavor to a soup stock.) Due to its low starch content, the Red La Soda has a creamy texture and is good for boiling, because it holds its shape when cooked. Its firm, waxy texture is perfect for gratins and potato salads. (By contrast, the buttery **Yukon Golds** we receive from Farmer Frank are good bakers and fryers, due to their higher starch content, which gives them a more granular or mealy texture.)

RECIPES

Home Fries and Braised Greens

Philippe, Tucson CSA

The amaranth greens we get in our CSA shares take little encouragement to grow once the rainy season starts but otherwise our options for local greens are pretty limited during the summer. Until now! One more option many of us never considered is sweet potato greens, known in some parts of the world as camote leaves. Like amaranth, the greens are tender and relatively mild with edible stems (though you may want remove tougher stems). Use the greens in your favorite cooked spinach (or chard) dish or try this easy recipe. If you like spice you can substitute some or all of the orange juice with hot sauce.

1 share red potatoes, cut into chunky bite size pieces
2 tablespoons olive oil
1 bunch greens, cleaned and chopped
1 basket fresh tomatoes, quartered
¼ cup Mayonnaise
2 tablespoons orange juice, or 1 tablespoon vinegar plus 1
tablespoon water
Salt, pepper.

Sauté potatoes in olive oil on medium hot. Cover. Toss regularly. When potatoes are done, about 15 minutes, add chopped greens. Sauté until greens are wilted. Add seasoning and tomatoes. Whisk mayo with orange juice or vinegar water combo. Add to potato dish and toss until well mixed.

Green Chile Mac and Cheese - *New!*

Sara Jones, Tucson CSA

The green chiles in our shares this year have been pretty spicy! Chiles and cheese taste amazing together, plus dairy is one of the best ways to alleviate the burn of peppers, so why not give this recipe a try? Add corn and shredded chicken to bulk this side dish up to a main dish. You can also put the finished noodles in a baking dish and top with additional cheese and bread crumbs then run it under the broiler for even more cheese-y goodness but it is delicious straight from the stove top too.

1 package large shells, elbows or similar shape pasta
Kernels from 2 ears of steamed corn
2-4 chiles, seeded, skinned and chopped
4 tablespoons butter
4 tablespoons flour
½ cup broth
2 ½ cups milk
2-3 cups grated cheddar cheese
2 cups leftover roasted chicken, shredded (optional)

While pasta is cooking make the cheese sauce. In a large saucepan over medium heat stir together flour and butter to make a paste. Continue stirring until paste darkens a bit, about 2-3 minutes. Add about ½ cup of broth and whisk until smooth. Slowly add 2 cups of milk, whisking constantly to incorporate.

Simmer sauce, stirring often, until thickened a bit, about 4 minutes. Add handfuls of cheese and stir gently to melt. Add corn kernels, chiles and chicken if using, then the cooked pasta and stir well to

incorporate, adding a bit of extra milk or another tablespoon of butter if needed to keep the cheese saucy.

Apple or Peach Shrub - *New!*

Sara Jones, Tucson CSA

A shrub is a fruit and vinegar based concoction that adds a fruity, tart and sweet flavor to wine spritzers, cocktails or seltzer water. You can have fun with the recipe by adding elements like lavender, ginger or basil or keep it simple.

About 2 cups sliced peaches or shredded apples
2 cups sugar
2 cups apple cider vinegar

Toss fruit with sugar to coat and place in a glass or ceramic dish with a lid. Refrigerate for a couple of days, stirring once or twice if you think of it. Drain syrup in a sieve over a large bowl, pressing on fruit to remove as much juice as possible. Discard fruit. Add vinegar to syrup mixture and stir well to mix and dissolve any remaining sugar crystals. Pour into a glass bottle and age in refrigerator for at least 3 days. Use a tablespoon or two to add flavor to cocktails or make a homemade soda with bubbly water. Store in the refrigerator for up to 3 weeks.

Summer Pasta with Goat Cheese

Shelby Thompson, Tucson CSA

¾ lb whole wheat spaghetti
1 tablespoon butter
1 tablespoon olive oil
½ large yellow onion, thinly sliced 3 gloves garlic, smashed
1 teaspoon red chile flakes
3 cups summer squash, thinly sliced 1 large heirloom tomato, diced
1 teaspoon capers, minced
4oz goat cheese
Sea salt, to taste

Heat olive oil and butter in a large skillet over medium-low heat.

Add chile flakes, onions and garlic and cook for 7 minutes, until tender. Add summer squash to the skillet and cook for 5 minutes.

Salt the veggies with a few pinches of sea salt. Add the diced tomato (with its juices) and capers and simmer everything for 10- 15 minutes over low heat while pasta is cooking. Add spaghetti to the skillet with goat cheese and ½ cup pasta water and toss to evenly coat pasta. Serve immediately.