



# Tucson Community Supported Agriculture

Newsletter 700 ~ September 9, 2019 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2019

*Harvest lists are online.*

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*Find many more recipes on our website.*

### New Bean Sprouts!

Hopefully you got the chance to meet Dani and her team at Sunflower Superfoods when they came to hand out samples at our CSA pickups last week! We're so grateful to have dedicated farmers who grow delicious, nutrient-dense sprouts and microgreens for us.

We've been offering weekly shares of sunflower sprouts and rotation sprouts (sunflower, radish, clover, and pea) for a while, and now **we're adding bean sprouts to the mix!**

Starting this week, you can add a bean sprout to your share for \$4/week (or \$24 for a 6-week subscription). Bean sprout shares will rotate between sprouted mung beans and lentils.

You can add a bean sprout share (as well as any other share) to your CSA subscription by logging into your account and making the change on either Thursday or Friday of any given week. The change will take effect the next week.

## Everything You Need to Know About Summer Squash

The English word "squash" derives from *askutasquash* (a green thing eaten raw), a word from the Narragansett, the native American tribe that inhabited the area surrounding Narragansett Bay in present-day Rhode Island, portions of Connecticut, and eastern Massachusetts. In North America, squash is loosely grouped into summer squash or winter squash, depending on whether it is harvested as immature fruit (summer squash) or mature fruit (autumn squash or winter squash). Gourds and squash are from the same family.

Squash is one of the "Three Sisters" planted by Native Americans. The Three Sisters are the three main native crop plants: maize (corn), beans, and squash. These were usually planted together, with the cornstalk providing support for the climbing beans and shade for the squash. The squash vines provided ground cover to limit weeds, which can be detrimental to the growing conditions of the squash. The beans provided nitrogen fixing for all three crops.

The squash is a versatile vegetable. While some squash, such as winter squash, require cooking, others, such as the zucchini-type squash, can be prepared in every conceivable way: raw, sautéed, grilled, steamed, boiled, broiled, baked, fried, microwaved or freeze-dried. Easily puréed for soups, cakes, pies and quick breads, it also can be spiced and added to rice pilafs, cubed and grilled on skewers, stuffed and roasted, added to stews and made into famous dishes like ratatouille and calabacitas. Served alone or as a side dish, the squash lends itself to many occasions.

To many who grow it in their garden, the summer squash seems to be the vegetable that could solve world hunger. Indeed, they grow fast and in seemingly infinite quantities. Summer squash is harvested during the growing season, while the skin is still soft and the fruit rather small; they are eaten almost immediately and require little to no cooking. The most common types of summer squash we get at the Tucson CSA are yellow crookneck, zucchini, Mexican gray, eight ball, pattipan, gold ball, sunburst and more.

**Yellow crooknecks** are a close relatives of yellow summer squash, but distinguishable by their bumpy skin and, of course, their crooked necks. They are a little sweeter than other summer squashes. **Zucchini**s (also known as "courgettes" in England and France) are usually dark or light green and can grow to be up to one-meter long!

**Mexican gray squash** (also known as "calabacita" in Spanish) is a light green-gray squash that is thicker skinned than a zucchini and is often fatter with a rounder bottom. It is a perfect squash for making the popular and easy Mexican side dish, *calabacitas* (sauté it with chopped onion, fresh corn, and roasted green chiles). **Eight-balls** are zucchini hybrids that are roly-poly round! They have a delicious nutty, buttery flavor and are great stuffers, thanks to their shape. **Pattipans** are round and flattened with scalloped edges. They are usually white, yellow or green. Although also a favorite for stuffing when on the larger size, they are good for pickling when small.

Although it always seems like we get a lot of summer squash this time of year, we eat it with delight knowing we will eventually miss it greatly when the cool weather comes.

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## RECIPES

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### Chilled Cucumber Soup

Philippe Waterinckx, Tucson CSA

½ large cucumber, chopped  
1 cup plain yogurt  
1/4 cup sour cream  
1/2 teaspoon dried mustard  
Salt and pepper to taste  
1/4 cup fresh dill, chopped  
½ lemon, juiced

Save some cucumber slices and dill sprigs for garnish  
In a food processor or blender, purée chopped cucumbers, yogurt, sour cream, mustard, and salt and pepper to taste and transfer to a bowl. Chill soup until ready to eat. Before serving, stir in finely diced cucumber, dill and lemon juice. Garnish soup with cucumber slices, and dill sprigs.

### Squash and Grain Fritters

Sara Jones, Tucson CSA

2 cups grated summer squash  
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice  
1/2 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.

### Green Chile Omelet

Green chile, cheese and eggs have a natural affinity. Wrap this up in a tortilla for an easy breakfast.

2 roasted green chiles, skinned, seeded, and cut into strips  
Fresh goat cheese  
2 eggs  
Salt and pepper  
1 tablespoon butter

Season the eggs with salt and pepper and whisk them in a bowl with a fork. Melt the butter in a 7-inch nonstick skillet, then wait a good 5 seconds after its foaming has stopped. Swirl the slightly browned butter around to coat the pan, then add the eggs. Let them sit over high heat for 10 seconds to begin to cook, then swirl. When the eggs are set but still soft on top, add the chile and some crumbled goat cheese. Fold omelet over and roll or slide off onto plate.

### Picnic Potato Salad

Lorraine Glazar, Tucson CSA

Since we have plenty of roasted peppers, try adding some to this potato salad for extra flavor. The chiles in this week's share should be mild enough to add a few in without making the dish too spicy.

2 pounds potatoes cut into bite-sized pieces  
3 tablespoons white balsamic vinegar (divided use)  
3 tablespoons smooth style Dijon mustard  
2-4 tablespoons olive oil  
1/2 cup finely chopped red onion  
1 large tomato, diced  
Salt and pepper  
Chopped fresh basil to taste

Boil the potatoes until tender. Drain, spread on cookie sheet or large platter and sprinkle with 1 tablespoon white vinegar while still warm. Beat the remaining vinegar together with the mustard and slowly add olive oil to make a dressing, adding salt and pepper to taste. Separately marinate the tomatoes and the potatoes in the mustard dressing. Just before serving, combine the two, add the onions, and garnish with chopped fresh basil.

### Carrot and Apple Slaw

Sara Jones, Tucson CSA

You can shred the apples for this salad but they will brown less and have a better texture if you cut them into matchsticks. Toss the apples with a bit of vinegar as soon as they are cut to prevent browning. This salad is great combined with seeds and nuts. Use roasted sunflower seeds, pepitas or chopped walnuts to add texture and flavor.

2 large apples, peeled and cored, cut into matchsticks  
½ bunch carrots, cleaned and shredded  
1 tablespoon mayo or yogurt  
1 heaping teaspoon Dijon mustard  
About 3 tablespoons orange or lime juice  
1 tablespoon poppy seeds (optional)

Whisk together the mayo, mustard and orange juice. Pour mixture over carrots and apples and toss to coat. Add seeds and nuts just before serving.