



Tucson Community Supported Agriculture

Newsletter 740 ~ July 6, 2020 ~ Online at www.TucsonCSA.org

Summer 2020

Harvest lists are online.

Back Page Recipes

- Cocido
- Zucchini and Olive Breakfast Cake
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Find many more recipes on our website.

Please Wear a Mask at the CSA

In respect for our CSA members and volunteers, please wear a mask at the CSA. We have brand-new masks if you need one – just ask!

Egg Cartons & Baskets

Thank you for your commitment to reusing and recycling. Right now we're only accepting (clean) Josh's egg cartons and plastic green baskets. We'll have a crate for you to place them in at your CSA pickups.

Now Taking Deposits for Beef Shares

We're now taking deposits for local grass-fed-and-finished beef shares, which should be ready for pickup in a few weeks. To reserve a beef share, please put down a \$20 deposit (card or check) with the CSA Shop volunteer, who is located in the courtyard of the Historic Y.

Crooked Sky Farms Update

Written by Shelby

Sara and I met with Frank last week to get an update on his farmland in Phoenix. There has been overwhelming support from Tucson CSA members, farmers' market customers, local organizations, and concerned citizens. Hundreds, maybe even thousands, of individuals have called and emailed City of Phoenix officials to tell them how important Crooked Sky Farms is to them – and how unacceptable it is to displace the only farm left in Central Phoenix. But there's still more work to be done.

Although in June the City of Phoenix served Frank with a notice to vacate the farm property within ninety days, he believes that realistically it will be 2-5 years before they can force him to relocate. Hurley Properties, *not* the City of Phoenix, currently owns the land that Crooked Sky Farms is on. Although the City wishes to purchase the land to expand a water sewage plant, they do not currently own the land and cannot force Frank to vacate land which is not their own.

Our outcry has been heard loud and clear by the City, which is currently in negotiation with Crooked Sky Farms. Although the City has verbally agreed to allow Frank to stay on his property longer than the original 90-day notice originally stated, they haven't committed their promises to writing. **Farmer Frank has asked that we continue to call and leave voicemails for the individuals listed below to let them know how important Crooked Sky Farms is to our community and demand that they provide a written agreement that says Frank will not be forced to vacate the property in August.**

- Lary Long, Real Estate Consultant for the City of Phoenix: (602) 989-5277
- Jamie Sphere, City of Phoenix: (602) 501-2178
- Nazario Prieto, Assistant Water Services Director: (602) 335-9405

Thank you to everyone who has already called, emailed, and shared as a result of our first call to action. Your voices were heard and your actions are having a direct impact on the livelihood of our farm and our community. Please continue to take action!

Back on the Farm: News from Duncan

Farmer Frank grows many of his summer crops in Duncan, Arizona. Situated along the Gila River at a higher elevation, the property allows Frank to grow crops that might not survive the brutal Phoenix heat. This year, he's planted a delicious variety of our favorite summer produce, including chiles (which we'll get both raw and fire-roasted), sweet corn, cucumbers, summer squash, melons, tomatillos, green beans, yardlong beans, and late-season tomatoes that we'll see in September. Looking towards the fall, we should start to see some heirloom winter squash, of which Farmer Frank planted 12 acres this year! Summer is a great time to relish in beautiful heirloom varieties of produce and we can't wait to see what comes off the farm over the next few months.

RECIPES

Cocido

Sara Jones, Tucson CSA

This soup is usually prepared with soup bones or short ribs, but it is also good as a vegetarian dish if you prefer. It is served with whole chunks of corn on the cob, which really helps to infuse the broth with flavor. Use a large squash, if you have one; its flesh with get tender and tasty. This is a perfect place to use black eyed peas if you are getting them in your share this week. Pop the beans from their shells and add with the other veggies. Serve soup with tortillas or buttered bread and lime wedges.

About 1/2 pound soup bones, short ribs or chuck roast, if desired
2 small onions, chopped into large pieces
3 garlic cloves, smashed
3 carrots, chopped into large pieces
4 to 5 potatoes, chopped into large pieces
1 large to medium squash, chopped into large pieces
2 to 3 ears of corn, husks and silk removed and broken into pieces
1 can garbanzo beans, drained
2 bay leaves
1 teaspoon oregano
1 teaspoon cumin
Red pepper flakes, to taste
Salt to taste

If using meat, bring 2 quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 hour. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients. If making vegetarian cocido, start with all the ingredients together in a pot, with enough water to cover. Cook about 45 minutes, adding salt about half way through cooking. Add additional salt in the end, if needed. Serve in large bowls, ensuring that everyone has at least one chunk of corn on the cob.

Zucchini and Olive Breakfast Cake, French-Style

Lorraine Glazar, Tucson CSA

All cakes don't have to be sweet! This one is lovely French example of "gateaux salés" (savory cakes).

1/3 cup olive oil, plus more for greasing the pan and drizzling
1/2 pound zucchini
1 teaspoon salt
1 large clove garlic, minced
1 3/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon black pepper
3 large eggs
1/3 cup milk
2 ounces goat cheese, crumbled
1/2 cup Kalamata olives, pitted and sliced
Kosher salt

Heat the oven to 350°F. Lightly grease a 9×5 inch loaf pan with olive oil. Grate the zucchini on the coarsest side of a box grater.

Place the zucchini in a colander in the sink, and toss with 1 teaspoon of salt. Let drain while preparing the rest of the recipe. In a large bowl, whisk the minced garlic with the flour, baking powder, salt and pepper. In a separate, medium bowl, lightly whisk the eggs, then whisk in the milk and olive oil. Use a rubber spatula to fold the wet ingredients into the dry until barely mixed. Fold in the crumbled goat cheese and the sliced olives. Press firmly on the zucchini in the colander, pressing out as much water as possible. Quickly fold the zucchini into the batter. Spread the batter in the prepared loaf pan, and drizzle lightly with olive oil. Sprinkle the top with kosher salt. Bake loaf for about 45 minutes, or until golden and a knife inserted in center comes out with a few crumbs attached. Transfer to a rack to cool in pan for 5 minutes. Run a knife around edge to release. Turn out loaf onto rack to firm up before slicing, about 30 minutes; using a serrated knife, cut into 3/8-inch slices, then cut into halves or quarters.

Squash Mint Dip

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. You can also use eggplant instead of squash.

1 large squash, diced
1 clove garlic, minced
2 tablespoons olive oil
1 tablespoon crushed dry mint
Red pepper flakes, to taste
1/2 to 3/4 cup Greek yogurt or labneh
Salt to taste
Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste and place in a bowl. To serve, heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes. Stir quickly and pour oil mixture over the top pureed squash. Sprinkle with chopped walnuts and serve with pita or baguette for dipping.