



Tucson Community Supported Agriculture

Newsletter 741 ~ July 13, 2020 ~ Online at www.TucsonCSA.org

Summer 2020

Harvest lists are online.

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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!

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.

Check Out Our YouTube Channel

We miss gathering with you in the courtyard for recipes demos! While nothing is the same as in-person socialization, we hope that our videos will help inspire you to keep cooking with local produce. Search "Tucson CSA" on YouTube to find us!

Fig, Higo, Su:na

Last summer, in our thirst for fruit and community, we struck up a conversation with the wonderful folks at Mission Garden. Tucson CSA members had voiced their desire for more local fruit, and where better to find it than an urban garden which features heirloom Sonoran Desert-adapted fruit trees? Now, we're continuing our partnership with Mission Garden by offering their seasonal fruit and sharing more about the Garden's history and mission. This week we're selling a variety of Mission Garden figs in the CSA Shop. While this week's offering will be first come, first serve, you can reserve a basket of figs for next week with our CSA Shop volunteer.



Fig (*Ficus carica*)

Spanish: Higo

O'dham: Su:na

Fig Cultivars in Mission Garden, propagated by the ASDM Kino Heritage Fruit Trees Project:

Sosa Carillo Black Mission Fig: Sourced from the historic Sosa Carillo house in Tucson's Barrio Viejo. Leopoldo Carrillo's descendants believe he acquired the cutting for that tree from the original Mission Garden during the 1880s. First crop, or breva, ripens in late May, early June. The second crop ripens in mid-July. Young plants are somewhat frost sensitive.

Ruby: "White" fig sourced from an old tree in the ghost mining town of Ruby, AZ. Starts ripening in June. Green skin and pink flesh. Less frost sensitive than Black Mission.

Oro Blanco: Sourced from Oro Blanco, a former mining town south of Ruby, AZ. First crop starts ripening in late May, second in early July. Less frost sensitive than Black Mission. Small fruits, when ripe, have pinkish to purple skin and pink flesh.

Quitobaquito: Originally sourced in the 1980s by Gary Nabhan and Wendy Hodgson from the last surviving trees of an orchard in the O'dham settlement of A'al Waipia, known as Quitobaquito Springs, and now part of Organ Pipe Cactus National Forest. Stock preserved and reproduced at Desert Botanical Garden, Phoenix.

Traditional local uses:

Mostly eaten fresh or in jams and empanadas. Skins can be eaten but milky stems may cause skin irritation. Josefina Lizárraga uses leaves to make *atole de higo*, a sweet fig tea thickened with flour. Chinese gardeners also dried figs on screens. Figs are common Tucson backyard trees, especially in older Mexican, O'dham, and Chinese households.

RECIPES

Migas (Skillet Stuffing) with Tomatillos - New!

Sara Jones, Tucson CSA

If you often find yourself with a few leftover heels of Barrio Bread laying around this is a great recipe to try. It is especially hearty with any of the whole wheat varieties but Pan au Levain works just fine. You want to use a good quality sourdough, as a regular sandwich loaf will not hold up well in this preparation. This is for a smaller quantity that would make a nice meal for two people served with fried eggs or chile. Your stale bread will save well in the freezer until you have a large enough quantity to make more servings.

Stale, but not completely hard sourdough bread, torn into pieces, about 2 heaping cups

1 small onion, sliced

3 medium tomatillos, cleaned and diced

2 cloves garlic

¼ cup diced Spanish chorizo or spicy salami, optional

1 generous tablespoon olive oil

1 teaspoon smoked paprika

½ teaspoon ground cumin

Place bread in a large bowl of water and soak for at least 30 minutes. Sauté onion in olive oil over medium high heat, until fragrant and beginning to brown. Add chorizo or salami and stir until beginning to sizzle and release fat then add spices and stir well. Add a bit more oil to pan. Squeeze most of the water from the bread and add to pan with the garlic, stir well to coat, lower heat to medium and cover. After a few minutes bread should start browning on the bottom. Add the tomatillos, stir together and cover. After a few more minutes the bread and tomatillos should start browning on the bottom again. If mixture seems very dry stir in a dash of water or broth. Keep cooking and stirring occasionally until you have a mixture that has plenty of crusty browned bits with tomatillos that are meltingly tender. Season with salt and pepper and serve as the base for fried eggs or a big scoop of chile.

Melon Salsa (Vegan, GF)

Nicole Baugh, Tucson CSA

This colorful salsa is a nice way to use melon in a savory, rather than sweet, setting. It's good on chips, with quesadillas or served on top of chicken or fish.

1/4 melon, peeled, seeded and diced into 1/2 inch or smaller dice (about 2 cups)

1/4 jicama, peeled and diced into 1/2 inch or smaller dice (one generous cup)

3 tomatillos, husked and diced into 1/4 inch dice

1 small onion or 1/2 large onion, minced fine

1 large garlic clove, minced fine

1/2 – 2 hot peppers, minced fine (adjust heat to your liking)

Juice of one lime salt, pepper and ground chile powder to taste

Fresh chopped herbs, if available

Combine everything in a non-metal bowl. Eat immediately, or let sit (refrigerated) for more heat and better flavor.

The jicama can be replaced with more melon, but it adds a nice crunch. Other ingredients are also versatile – use tomatoes instead of tomatillos, add different peppers, throw in some cilantro – whatever you have on hand. This recipe may easily be scaled up to use an entire melon and a whole share of tomatillos.

Nopale Tempura/Prickly Pear Fries (Veg)

Lorraine Glazar, Tucson CSA

Besides grilling, this is one of the best recipes to introduce novice cactus eaters to this vegetable. Cut in the share of French fries, these tempura-covered nopales are delicious dipped in your favorite sauce, from ranch to marinara, or serve with a traditional tempura sauce (recipe follows)

Tempura Batter:

1 egg, beaten

1 cup ice cold water

1 cup all purpose flour

½ teaspoon baking powder.

Beat the egg until thoroughly combined, add the water and mix. Sift the flour, then sift it with the baking powder, then add to the egg/water mixture all at once. Stir, but don't make it smooth; it should have some lumps. The texture to aim for is pancake batter; it should coat the vegetables but the excess should drip off readily. Trim edges and singe or peel glochids (leaflets and tiny spines) from pads. Rinse and pat dry then cut into long ½" wide strips. Heat ½ inch of canola or peanut oil in a skillet until it just begins to smoke. Dip strips into the batter, let excess drip off, then put into hot oil. When browned on the first side, turn over. The goal is to have the vegetable crisp-cooked before the batter burns. Drain them well on a rack set over a paper towel, season with S & P if you like, and pop into a warm oven—or just cook a batch at a time to be devoured by the hordes of family members who have discovered a previously latent love for vegetables.

Tempura Dipping Sauce:

2 tablespoons low-sodium soy sauce

1 tablespoon rice wine vinegar

1 tablespoon mirin, or other white wine

½ teaspoon sesame oil

Mix together in a small bowl and enjoy.