



Tucson Community Supported Agriculture

Newsletter 742 ~ July 20, 2020 ~ Online at www.TucsonCSA.org

Summer 2020

Harvest lists are online.

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Find many more recipes on our website.

No CSA Pickup on August 4th & 5th

We've been working nonstop to adapt to the new safety protocols and heightened demand for local food in the last four months. In an effort to reset and get some rest, we're closing the CSA for a week in August.

There will be no CSA pickup on August 4th and 5th. There's no need to put your subscription on hold. The schedule will be paused and you will not be charged that week. Pickups will resume the week of August 10th. Thank you for understanding!

Check Out Our YouTube Channel

We miss gathering with you in the courtyard for recipes demos! Search "Tucson CSA" on YouTube to find our recorded recipe demos for your at-home enjoyment.

The Resilience of a Local Food System

Written by Mary Kay Allen, www.raisedonthefarm.com

"It's the economy, stupid."

First these words defined elections. Now they are defining life itself. The economy to which this statement refers is a huge global affair, with rigidly established product streams. Disadvantages have become obvious, as the economy has taken a distinct hit due to the corona virus pandemic. Our current times show just how fragile these complex economic webs can be, particularly when it comes to food production.

I would propose a new phrase:

"Take care of your local economy."

While sheltering at home these past months, we have taken care to support the local Tucson economy. We have prioritized local independent restaurants and shops, as possible; frequented our local farmer's market; and also made donations to some of our unique local resources that we desperately want to stay afloat. We have what feels like a caring partnership with many of these businesses.

Tucson CSA makes the support and strengthening of the local economy easy, as well as safe in these pandemically perilous times. Every dollar we spend at the CSA strengthens our local economy in the following ways:

- A greater share of dollars stays in and recirculate right here in southern Arizona.
- Less fuel is used for refrigeration and transport of produce.
- Our direct model bypasses the middleman, and our farmers, growers, bakers and other suppliers have guaranteed cash flow.
- The direct supply line from our providers is simply more sustainable, and can adapt to our needs more quickly.
- Local businesses contribute to the unique and quirky character of Tucson!

But perhaps most importantly, buying local through our CSA allows us to support our values. Every dollar we spend supports environmental integrity and animal welfare, while simultaneously nourishing our bodies with naturally grown, whole foods. I like supporting the economy that allows me to purchase foods that are grown and produced by businesses known to me. And even though we must distance ourselves, each week I continue to enjoy connecting with our hard working CSA volunteers, as well as viewing the home cooked creations our members post on the Tucson CSA Facebook group.

So here's to local. Let's keep it alive and thriving.

RECIPES

Coo-Coo from Barbados (Veg, GF)

Amy Schwemmer, Tucson CSA

Adapted from Elisabeth Lambert Ortiz's *The Complete Book of Caribbean Cooking*

This is basically polenta with as much sliced okra as you like. If you manage to have any leftovers, it's great pan-fried the next day!

6 or more small, young okra

3 cups water

1 cup yellow cornmeal

3 tablespoons butter (optional)

Salt, to taste

Wash and dry okra, cut off the stems, and slice into $\frac{1}{4}$ -inch slices. Bring water to a boil, add salt and okra, and cook for 5 minutes. Whisk in cornmeal in a slow stream. Cook, stirring to prevent sticking, until thick and smooth, about 5 minutes. Serve hot with butter.

Okra with Chickpeas and Tomatoes (Vegan, GF)

Paula Karrer

Adapted from *Saveur Magazine*

Okra with chickpeas and tomatoes is a traditional Egyptian dish. Feel free to substitute fresh tomatoes for the canned variety the recipe calls for. Served with couscous or rice, it makes for a hearty and delicious summer meal!

1 cup dried, soaked and cooked chickpeas, or 1 cup rinsed canned chickpeas

2 tbsp olive oil

1-2 cloves garlic, peeled and minced

12 okra pods

1 can fire roasted tomatoes, drained and coarsely chopped (fresh tomatoes are certainly fine! (peel, core and seed them))

1 $\frac{1}{2}$ tsp. ground cumin

$\frac{1}{2}$ cup chicken or vegetable stock

Juice of $\frac{1}{2}$ lemon

1/4 cup chopped fresh parsley

Salt and pepper

Heat oil in deep skillet and sauté garlic until fragrant. Add okra and cook, stirring, a few minutes until it turns bright green. Stir in tomatoes and cumin. Cook for 1-2 minutes.

Add stock, lemon juice, salt and pepper. Cover, reduce heat to medium low, and cook until okra is soft and sauce is almost caramelized (this is what gives a delicious unique flavor)- about 35 minutes. Check occasionally to see that sauce is not sticking or burning – you may need to add small amounts additional liquid.

Add chick peas and cook until heated through. Add parsley and adjust seasoning.

Summer Corn Salad (Vegan, GF)

Rachel Gioannini, Tucson CSA

This delicious summer salad is bursting with naturally sweet corn, tomatoes, and peaches. Make a big pot of wheat berries at the beginning of the week to add to salads, like this one, and cut down on the amount of time cooking with heat.

Yellow tomatoes, cut into quarters

A handful or two of cherry tomatoes, cut into quarters
basil, sliced thin

Summer squash or cucumber- chopped into small, bite-sized pieces

Corn, uncooked, cut off the cob

1 cup or so of cooked wheat berries

1/2 a red onion, diced

2 nectarines or peaches, cut into small pieces

Olive oil

Vinegar of choice

Salt and pepper, to taste

Combine all of the ingredients together in a bowl. Dress with a very simple dressing of 1/4 cup olive oil, 1/4 cup vinegar (I used blood orange vinegar), salt and pepper.

Cucumbers and Melon, Pico de Gallo Style (Vegan, GF)

Sara Jones, Tucson CSA

This is a tasty Mexican treat that traditionally uses lots of tropical fruit. I usually just use melons. Cut everything into long strips, roughly the same size, for the best presentation.

1 cucumber, seeds and skin removed

1/2 medium-sized melon

Juice of 2 limes

Cayenne pepper to taste

Salt

Dress the cucumber and fruit with lime juice, cayenne and salt. Serve immediately.

Tomato Vinaigrette – New! (Vegan, GF)

Adapted from Samin Nosrat's *Salt, Fat, Acid, Heat*

This vinaigrette is amazing on panzanella, grilled meat/tofu, and really anything else you can think to put it on!

2 tablespoons minced I'itoi onions (or use shallots)

3 tablespoons red wine vinegar

1 large tomato (about 8 ounces), grated

4 basil leaves, torn in half

$\frac{1}{4}$ cup olive oil

1 large clove garlic, peeled and smashed

Sea salt, to taste

Place the minced I'itoi onion and vinegar in a mason jar and allow to sit for 15 minutes. Add the grated tomato, basil, oil, garlic, and salt and shake/stir everything together. Allow the vinaigrette to sit for 10 minutes before using.