



# Tucson Community Supported Agriculture

Newsletter 749 ~ September 14, 2020 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2020

*Harvest lists are online.*

### Back Page Recipes

- Cool Summer Salad
- Mustard-Glazed Yardlong Beans
- Summer Squash Griddle Cakes
- Chilled Cucumber Soup

*Find many more recipes on our website.*

### And the Winners Are

Thanks to everyone who entered our raffle last week! The winners are Nan Rollings and Alison Miller. Support the Rogue Theater by visiting [www.theroguetheater.org](http://www.theroguetheater.org).

### Pre-Order Your Pasture-Raised Turkey

It's once again time to put in your order for a pasture-raised turkey from Josh of Chiricahua Pasture Raised Meats. Josh raises all of his animals on rotating pasture with utmost integrity.

Turkeys will weigh anywhere from 14-20 pounds and will come frozen, with giblets included. They will be available for pickup on November 17 & 18.

If you'd like to pre-order a turkey, please put down a \$20 deposit with the CSA Shop volunteer, located inside of the Historic Y courtyard.

## Happy Little Things

*Written by Shelby*



Lately it's taken all the energy I have to make myself a proper meal. Most nights I think I'll settle for a handful of chocolate chips, a bowl of ice cream, chips and salsa, or some disgusting combination of the three. It's not just the heat this year.

Anxiety, mild depression, and smoky skies have all but made me forget about my love for food. It's not something I've ever experienced before—I usually lay in bed at night plotting my meals for the next day—and it's quite disorienting. On the

chance that you're feeling the same way, I thought I'd share a few things that have inspired me, brought me joy, and encouraged me to get back in the kitchen to prepare a simple (but delicious) meal.

1. **Leah Penniman and Soul Fire Farm.** Leah Penniman is the co-founder of Soul Fire Farm, a farm in upstate New York where she and other Black, Indigenous, and People of Color are growing food for their community and working to end food apartheid. Through her interviews, articles, and podcasts, I've learned how much African crops and agricultural techniques have influenced the modern-day sustainable and regenerative farming movement. Learning from Leah has been humbling, and her teachings are shaping my own community work.
2. **Cooking with the windows open.** As of last week, the nighttime temperatures dipped low enough to start leaving the doors and windows open. There's almost nothing more refreshing than feeling a cool breeze as you stir a pot of nourishing food. In this same way, cooking outside on a camp fire is completely satisfying.
3. **Home Cooking,** a podcast by Samin Nosrat and Hrishikesh Hirway. This hilarious and uplifting podcast revived me just when I thought I might never want to cook again. Hosts Samin and Hrishikesh field questions from home cooks on everything from using up all of your CSA veggies (hint hint) to stretching a \$40 food budget over 12 days. It's a pandemic podcast at its best.
4. **Mission Garden.** A visit to Mission Garden seems to make the whole world around me disappear, even if only for an hour. Inside its mud walls is a lush garden filled with fruiting vines, lush fruit trees, and wooden benches where you can sit and appreciate food and the beautiful way in which it comes to be on our plates. The Garden is currently open to the public and has good safety protocols in place. I highly recommend leaving your house to see what's growing there.
5. **Fermentation station.** I like a good fermentation project because I like delayed gratification pretending like I know what I'm doing. (I made my best batch of lacto-fermented dill pickles in June!) Over the weekend I started a batch of apple cider vinegar with the local gala apples we've been getting in our CSA shares and I'm so excited to use it... in two months. Look out for the how-to video on our YouTube Channel this week.

---

## RECIPES

---

### Cool Summer Salad

Sara Jones, Tucson CSA

This recipe, which calls for a small dice on all the ingredients, is a bit like a chunky gazpacho. The small dice helps the flavors meld and produces a nicer texture. If you have the time, it is really worth the extra work. If not, roughly chopped ingredients will work fine, or blitz everything in a blender or food processor until you have mostly uniform small pieces. If you have an extra large Armenian cucumber, cut it into several 2 inch tall pieces, scoop out most of the seeds and fill with the salad for a fancy, fun presentation.

1/2 medium sized melon, peeled, seeded and diced small  
1 small sweet onion, finely diced  
1 small or 1/2 large cucumber, diced small  
2 medium tomatoes, diced small  
1-2 tablespoon red wine vinegar to taste  
1 tablespoon good quality olive oil  
Small handful crumbles goat cheese  
Salt and pepper to taste

Mix together all ingredients, except goat cheese. Let salad sit at least 30 minutes in refrigerator. Before serving, sprinkle with cheese, taste for salt and add more as needed. Serve in cucumber cups or small bowls.

### Mustard-Glazed Yardlong Beans

Sara Jones, Tucson CSA

Golf ball-size amount of ground pork  
2 teaspoons oil  
1/4 cup chopped onions  
1 bunch long beans, cleaned and cut into 1-2" pieces  
2 cloves garlic, minced  
2 tablespoons mirin, sweet vermouth, or apple juice  
2 tablespoons broth or water  
1 teaspoon Dijon mustard  
2 teaspoons soy sauce

Mix together broth, Dijon, and soy sauce and set aside. Heat oil in a large skillet over medium-high heat. Add pork. Using a wooden spoon, break apart the meat until you have very small pieces. Add onions and cook about 5 minutes, stirring occasionally, until it begins to brown. Add beans and garlic and cook for a few more minutes. Drizzle veggies with mirin, vermouth, or apple juice and stir until liquid is evaporated. Stir in soy sauce mixture, reduce heat to low, cover and cook about 7 minutes, until beans are tender. Taste for salt and add more soy sauce if needed.

### Summer Squash Griddle Cakes

Heidi DeCosmo, Tucson CSA

2 cups unpeeled, shredded zucchini (2 medium), excess moisture squeezed out once shredded  
1/2 cup finely chopped onion  
1 teaspoon Old Bay seasoning  
1/2 teaspoon salt  
1 teaspoon ground black pepper  
1 teaspoon parsley  
1 teaspoon baking powder  
1 egg, slightly beaten  
1/4 cup milk  
1/3 cup all-purpose flour  
Vegetable oil for frying

Combine the shredded squash, onion, Old Bay seasoning, salt, pepper, parsley, and baking powder, and let the mixture rest for 15 minutes. In a small bowl, beat together the egg, milk, and flour. Pour over zucchini and mix: the result should be the consistency of pancake batter. Add a little more milk or flour if the batter seems too runny or too stiff. Pour 1/4-inch of oil in the bottom of a heavy skillet and heat over medium-high heat. Drop the batter by the tablespoon into the hot oil and fry until the cakes are golden on each side. Drain on paper towels and serve.

### Chilled Cucumber Soup

Philippe Waterinckx, Tucson CSA

adapted from [www.foodnetwork.com](http://www.foodnetwork.com)

1 cucumber, chopped  
1 cup plain yogurt  
1/4 cup sour cream  
1/2 teaspoon dry mustard  
Salt and pepper to taste  
1/4 cup fresh dill, chopped  
1/2 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.