



Tucson Community Supported Agriculture

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Fall 2020

Harvest lists are online.

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Find many more recipes on our website.

Help Us Honor Philippe

We're putting together a book for Philippe to thank him for creating our wonderful Tucson CSA community – and we need your help!

Please submit your CSA photos and stories to our Dropbox folder:

<https://dropbox.com/request/Irb3wAe0KVF5ASyZEJ72>

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**.

Turkeys will weigh anywhere from 14-20 pounds and will come frozen. 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.

The Benefits of Sourdough

Written by Mary Kay Allen, www.raisedonthefarm.com

Editor's note: As a sourdough baker myself, I was recently reminded that the rustic European-style sourdough loaves that have populated our Instagram feeds over the last few months are just one of many varieties of sourdough bread and, in the timeline of sourdough history, are relatively young. Sourdough breads like injera, from Ethiopia, sangak, from Iran, and lavash, of Armenian origin, are some of the oldest sourdough varieties around and have long been thought of as culturally and nutritionally significant by the communities from which they came.

Sourdough is having a moment. People with lockdown time on their hands have re-discovered the delicious healthiness of sourdough bread, though I have to wonder how many moldy sourdough starters are now languishing in refrigerators across the nation...

Sourdough, or *levain*, is simply fermented flour and water, used to leaven baked goods. Unlike manufactured yeast, sourdough relies on wild yeasts from flour and the surrounding air, along with lactobacillus bacteria, to ferment the starches in the flour. These critters burp out alcohol and carbon dioxide. Alcohol bakes off, while carbon dioxide is trapped in the stretchy gluten pockets, making dough light and puffy. With long fermentation the bacteria produce lactic and acetic acids, which give marvelous flavor to the dough, along with improved digestion.

Did someone utter the words “improved digestion”? The difficulty of digesting bread has been an irritating conundrum for years now, spawning the ever-larger gluten-free industry. While most like to blame their wheat sensitivity on gluten, there’s more to it than that.

Wheat berries contain phytic acid, which binds nutrients and inhibits enzymes we need to digest them. *But*, the long fermentation of levain breads allows the yeast and bacteria to neutralize phytic acid, easing digestion while improving the availability of nutrients. Those busy beavers also modify wheat proteins, basically pre-digesting gluten, while also reducing the nasty little FODMAP fructan. Long fermentation produces a higher proportion of soluble fiber and resistant starch, both prebiotics happily munched by your own gut bacteria. The icing on the loaf? The increased organic acids both reduce the amount of starch and slow its breakdown in the body. Yes, well-fermented sourdough bread is a slow-digesting carb source.

Got languishing starter in your fridge? Don’t want to mess with all this kitchen chemistry? Some of us do, but know that the amazing **Barrio Bread** loaves available at our CSA are naturally leavened using levain and locally grown ancient grains. I can digest that bit of info with no trouble at all!

It is important to note that those with diagnosed Celiac's disease or wheat allergy cannot eat wheat products, pre-digested or not. Period. But as a person with wheat sensitivity, sourdough baked goods are one of the few saving graces of my digestive life.

RECIPES

Divine Soup

Alexandra Tracy-Ram, Tucson CSA

Use whatever CSA veggies you have for the veggie portion. Eggplant, summer and winter squash, and potatoes all work well!

Broth:

2 veggie bouillon cubes (or 2 14 ounce cans veggie stock)
1 chile pepper, seeded and diced
1 small onion or 1 small bunch of scallions or Mexican onions chopped
1 chunk of ginger chopped (or 2 teaspoons minced, 1 teaspoon paste)
3 cloves garlic minced (3 teaspoons minced, 1 teaspoon paste)
2 limes leaves
1 stalk lemongrass, finely chopped

Veggies:

2-3 small or 1 larger eggplant
1 cup additional veggies
1 cup chopped tomatoes
Optional: ½ cup coconut milk
1 package Udon noodles, cooked
Dash of fish sauce and/or lime juice

Simmer broth, lemongrass, lime leaves (broken), garlic, ginger, onion and pepper while you prepare the other veggies (at least 10 minutes). Steam remaining veggies until tender. Strain as much of the broth's ingredients out as you would like (consider removing the chili pepper for a milder soup). Add steamed veggies and stir in coconut milk if desired. Salt & Pepper to taste. Also tasty served with udon or other large noodles.

Quick Okra Pickles

Lorraine Glazar, Tucson CSA

One share okra (about 10-15 pods, on the smaller side)
¾ cup vinegar, cider, rice or balsamic
½ teaspoon salt, more to taste
½ teaspoon red pepper flakes OR 1 teaspoon whole pickling spices
Good pinch of whole peppercorns
One nice clean jar that holds 8-10 ounces
Whole herbs if you have them, such as basil or dill (optional)
A few slices of peeled, vertically sliced onion (optional)

Clean the okra while leaving the pod intact. Pack into a clean jar, then add red pepper flakes, peppercorns, onions, and any whole herbs you have at hand. Boil the vinegar in a small saucepan and dissolve salt into the solution. Take off the heat and let cool for 3-5 minutes. Pour over the okra in the jar, seal with lid, and then store in the refrigerator. These make great snacks or additions to salads.

Lemon Cucumber Sandwiches with Garden Herbs

The best way to eat a lemon cucumber is in a manner that allows its flavor to shine. Spread white or wheat bread with an herb butter, thick yogurt or cream cheese and cover with thinly sliced cucumber. Scatter with some fresh chopped herbs and sprouts and sprinkle with flaky salt and fresh ground pepper. Serve open faced on thick slices of bread or as a sandwich between two think slices.

Chocolate Zucchini Cake

2 cups all-purpose flour
1/2 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter, softened
3/4 cup brown sugar
3 eggs
1 teaspoon vanilla
2 cups zucchini, shredded
1 cup chocolate chips
1 cup walnuts

Preheat the oven to 375°F. Grease and flour muffin tin. In a large bowl, whisk together the flour, cocoa powder, baking soda, baking powder and salt. Combine the sugar and butter, and beat until fluffy. Add in the vanilla extract, then the eggs, one at a time, mixing thoroughly between each addition. Spoon in flour, mix well, then add zucchini, chocolate chips and walnuts. Drop batter into prepared tin, filling each cup about 3/4 full. Bake about 20 minutes until a toothpick comes out clean.

Sesame Soy Sprouts

Not sure how to use your sprouts? Roughly chop and then dress them in a bit of this dressing and serve over the top of a grain bowl or fried rice!

1/8 teaspoon dry mustard
1 tablespoon rice wine vinegar
1 tablespoon soy sauce
1 tablespoon oil
1 teaspoon toasted sesame oil
1 teaspoon chili sauce