



October 11, 2005 - Issue 6

# *Tucson Community Supported Agriculture Newsletter*

*Connect to your food source*

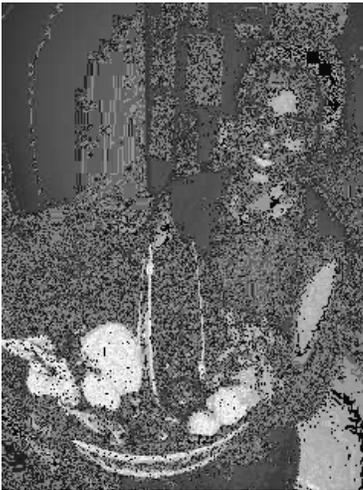
**FALL 05  
WEEK 3 OF 10**

## **RECIPES IN THIS ISSUE**

Callaloo

Okra and roasted green chiles

Rice-green chile-cheese bake



Meet Amy, our afternoon volunteer.

## **COOKING MEDITERRANEAN STYLE**

It is not always obvious how to cook a spontaneous meal out of what you get from the CSA. Yet there are quick and simple ways in which many CSA items can be combined together into delicious meals. For example, try it the Mediterranean way: begin with sautéing chopped onions and garlic in olive oil and then add whatever ingredients are at hand: tomatoes, green beans, okra, summer squash, corn, Swiss chard, mustard greens (or any greens for that matter), eggplant, bell peppers, chile peppers, etc. Cut them into bite size pieces and add the tougher, harder vegetables first, finishing with the more tender, delicate ones. Season with salt and pepper and a sprinkle of basil, thyme, parsley and/or cilantro. It doesn't take more than 10-15 minutes to produce a tasty blend which you can eat as is or serve on a bed of rice or pasta, or bruschetta style on toasted bread. Go ahead. Throw it together and stir it around.

## **THE CHALLENGE OF ORGANIC GROWING**

Organic farming requires sophisticated knowledge of the farming ecosystem. Close observation of weather conditions, intimate knowledge of the soils, crop and insect cycles are essential to success. Without the arsenal of chemicals available to conventional farming (and which kill most field organisms except the crops themselves), the organic farmer must work with the environment rather than dominate it. Organic farming thus becomes a partnership between the farmer and all the physical and biological actors that interact in and around the fields to achieve a balance. All the actors work together to create a non-violent, healthy and sustainable environment.

## **THE TCSA VOTING SYSTEM**

Every week at the CSA you can vote for up to four items from a list of produce that changes with the seasons. At the end of each pickup day, we count the votes and we send a ranked list of produce to Farmer Frank. Frank does his best to bring the four top veggies to the CSA the following week. If one or more of the top four items is not available for harvest, Frank picks the next one(s) on the list. So, four items are "members' picks." Out of the remaining four veggies you get, Frank brings you two "season staples" based on what he has a lot of at any one time and two "farmer's choice" to introduce variety, novelty, or to bring items that do get votes but rarely get into the top four.

## **TCSA Contact**

Philippe Waterinckx

[www.tucsoncsa.org](http://www.tucsoncsa.org)

## CALLALOO

(Philippe Waterinckx)

Ideally, dasheen leaves are used, but they can be substituted with any greens (spinach, braising greens, mustard greens, Swiss chard, kale, etc.)

1 bunch greens, cut in ribbons  
2 potatoes, diced  
½ lb okra, cut in segments  
6 cups vegetable stock  
optional: 4 roasted chiles

### Callaloo seasoning

1 tablespoon olive oil  
1 jalapeno, chopped (or ¼ teaspoon cayenne pepper)  
½ teaspoon thyme  
½ teaspoon black pepper  
2 cloves garlic, pressed  
1 onion, chopped  
½ bunch parsley or cilantro

In a large saucepan, heat the oil and sauté all ingredients of the callaloo seasoning until onions are tender.

Add the greens, potatoes and okra. Sauté for 5 more minutes while stirring.

Add stock, bring to a light boil and simmer for 1 hour. The soup can be blended if you like it smooth.

You can have it as a soup or you can add crab, fish, ham or pork to turn it into a main course.

## OKRA AND ROASTED GREEN CHILES

(Philippe Waterinckx)

¼ lb fresh okra  
½ tablespoon vegetable oil  
1 small onion, coarsely chopped  
1 clove garlic, pressed  
2 tomatoes, diced  
4 roasted green chiles, peeled and cut into segments  
¼ teaspoon salt  
¼ teaspoon black pepper

Rinse okra in cold water. Cut off stems.

Sauté onion in oil in a skillet over moderately high heat, stirring, until golden, about 3 minutes. Add tomatoes, garlic and chile and simmer, stirring, until tomatoes are softened, about 5 minutes. Add okra and cook, gently stirring, until okra is tender, about 10 minutes. Stir in salt and pepper and serve.

## RICE-GREEN CHILE-CHEESE BAKE

(Maggie Newman, *adapted from recipe in PG&E Progress newsletter, July 1973.*)

1 cup uncooked rice  
1 lb. zucchini, sliced thinly  
1 7 ½ oz can whole green chiles or equivalent roasted fresh, peeled, seeded and coarsely chopped  
12 oz jack cheese, grated  
1 large tomato, thinly sliced  
2 cups sour cream  
1 teaspoon oregano  
1 teaspoon garlic salt  
¼ cup chopped green pepper  
¼ cup chopped green onion  
2 tablespoons chopped parsley or cilantro

Cook rice. Cook zucchini until crisp-tender. Oil a large, shallow casserole. Place cooked rice in bottom; cover with chopped chiles. Sprinkle on half the cheese; top cheese with zucchini slices. Add tomato slices on top. Combine sour cream, seasonings, green onion and green pepper. Spoon sour cream mixture evenly over tomato layer. Scatter remaining cheese over all. Bake in 350° oven for 45-50 minutes. Garnish with parsley or cilantro.