



October 18, 2005 - Issue 7

Tucson Community Supported Agriculture Newsletter

Eat smart

FALL 05 WEEK 4 OF 10

RECIPES IN THIS ISSUE

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SECOND PAYMENT FOR FALL SEASON IS DUE NEXT WEEK

REMINDER: DAY TRIP TO CROOKED SKY FARMS IS SATURDAY, OCTOBER 29. SIGN UP NOW!



Alison Iles and James Feldmann
enjoying the picnic at the last day
trip to Crooked Sky Farms

TCSA Contact

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PICKUP ETIQUETTE

Lately there have been some unusual combinations of shortages and surpluses of produce at the CSA. While we hate to sound patronizing it is important that all of us get it right when we pick up our produce.

Here are a few reminders on getting it right:

#1: Are you signed up for this season?

If your name or that of a share partners does not appear on the sign-in sheet, check with us to make sure you are signed up for a share this season.

1: Getting amounts right

Farmer Frank brings just enough produce for all members. When someone accidentally or absent-mindedly takes more than their share, they are taking from someone else's share. So, be careful not to take more than the amounts indicated. Example: when weighing your 2 lbs of potatoes, do not take 2.1 lbs, even if you're in a hurry. If you can't get exactly 2.0 lbs, take a little less rather than a little more. Those fractional excess amounts do cumulate to the detriment of later picker uppers who then do not get their fair share.

2: Trading basket

When trading one or more of your portions, trade whole portions as specified on the white board, i.e. trade a whole portion of one produce in your share (e.g. three tomatoes) for a whole portion of produce in the trading basket (e.g. one cucumber). Avoid, for example, trading just one of your tomatoes for one cucumber of the trading basket. It messes up later trading transactions.

3: Surplus basket

If the trading basket does not offer a chance to exchange something you don't want, and you don't want to take the item home, put it in the surplus basket rather than leave it behind in the pickup crates. That way another CSA member can benefit from it.

You can also use the surplus basket to bring extra produce from your own garden and share it with other CSA members. However, avoid bringing produce that is not organically-grown or has been exposed to synthetic chemicals.

4: Out of town?

When we have a surplus of produce at the end of pickup day we donate it to a local food bank. Although we like doing this, we would also like to give our members first pick of that surplus by making it available to them before the end of the day. So, if you know that your share will not be picked up on a particular Tuesday, let us know. We will put it in the trading or surplus basket.

ELOTE BLANCO

This week's corn is Mexico's famed **Elote Blanco** (white corn). It is not sweet corn (do not use it for corn on the cob). However, it is very flavorful. It needs to cook a little longer than sweet corn and is best used in savoury recipes, examples of which are included in this issue.

CORN OFF THE COB WITH CHILI BUTTER

(SamCooks.com)

4 large ears fresh corn, shucked
2 tablespoons butter
1 teaspoon chili powder

- 1) Slice kernels off each ear of corn. Put corn in a skillet with 1/3 cup water and cook, stirring a few times, over medium heat until water evaporates, about 3 minutes.
- 2) Add butter and chili powder. Lower heat slightly and cook about 3 minutes, stirring a few times. Serves 4.

Sam's Cooking Tip: Chili powder is actually a spice mix like curry. You could make your own chile (with an e at the end) powder using ground chiles (New Mexico, Ancho etc.), salt and pepper.

CORN SAUTÉ WITH HERBS AND PEPPERS

(SamCooks.com)

Fresh summer herbs are a natural with corn, as are sweet and hot peppers.

2 tablespoons butter
1 small red bell pepper, chopped, about 1/2 cup
1 or 2 jalapeno peppers, depending on taste, finely chopped
1 small onion, chopped, about 1/2 cup
1 rib celery, chopped
3 cups corn kernels, about 4 ears
1 teaspoon fresh sage, chopped
1 teaspoon fresh summer savory or thyme
2 tablespoons chopped chives
Salt and pepper to taste

- 1) Put butter in a large skillet over medium heat. Add the peppers, onion and celery. Cook about 5 minutes until onions soften.
- 2) Add corn and remaining ingredients and cook, stirring, about 5 minutes. Check for seasoning. Serves 4.

Sam's Cooking Tip: In addition to the total number of peppers you can adjust the heat from hot peppers by using or discarding all or part of the seeds and membranes where most of the heat from hot peppers resides.

CORN AND BLACK BEAN SALAD

(SamCooks.com)

This is a colorful salad that could be served any time of the year, but would look especially nice with grilled or barbecued chicken.

2 cups cooked corn kernels (about 3 ears)
1 can (15-ounce) black beans, rinsed and drained
1 cup chopped tomatoes
1/2 cup mild onions, chopped
2 tablespoons chopped cilantro
1 tablespoon lime juice
1 tablespoon rice vinegar or other mild vinegar
2 tablespoons olive oil
Salt and pepper to taste

- 1) Combine corn, beans, tomatoes, onions and cilantro in a bowl.
- 2) Mix remaining ingredients in a cup. Pour over corn mixture and toss well. Let sit at least 30 minutes at room temperature. Check for seasoning. Serves 4.

TEPARY BEAN COOKING METHOD

(by Terrol Dew Johnson)

To cook, rinse beans with water, pick out and discard any stones or broken pieces, place beans in a large pot and cover with water (8 cups of water to one cup of beans), and add 1 tsp of salt. Partially cover and cook until tender, about two to three hours, they will double in volume. The cooked beans can be frozen and store well in the refrigerator for up to one week (leave them in the cooking liquid). Delicious in bean salads, chili, and dips. Can be used in place of any standard dry bean.

SONORAN DESERT HUMMUS

(by Terrol Dew Johnson)

Delicious on sandwiches, wraps or just plain, this unique twist on Mid Eastern hummus is smooth and full of flavor.

2 cups of cooked tepary beans, cooking liquid reserved
1/4 cup olive oil
1/4 cup lemon juice
1 clove garlic, chopped
1/4 tsp ground cumin
1 teaspoon capers
salt & pepper to taste
Hot sauce to taste

Using a stick blender, food processor or blender, puree the beans with the olive oil, lemon juice and garlic. Add cooking liquid as necessary to achieve desired consistency. Mix in cumin, salt, pepper, capers and hot sauce. Garnish with cilantro and lemon wedges.

Makes two cups of hummus.