



Tucson Community Supported Agriculture Newsletter

August 29, 2006 – Issue 51

Summer 06
Week 13 of 13

This Week's Harvest

Green beans
Trucker's Delight white corn
Amaranth greens
Red Knight bell peppers
Yukon Gold potatoes
Roasted AZ-20 green chiles
(*Tip: These freeze well!
Save some for January!*)
Sweet onions
Summer squash

Recipes

Green Bean Salad
Amaranth Soup with Silken Tofu
Basic Steamed Amaranth Greens
Roasted Bell Pepper Risotto



In addition to vegetables, we also have fresh **goat cheese** subscriptions available for \$30 per session. Above, David and Kathryn Heinger of Black Mesa Ranch in Snowflake, Arizona, prepare logs of goat cheese, which are delivered to the CSA every other week.

TCSA Coordinator

Philippe Waterinckx

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We welcome your questions, comments, and suggestions.

www.TucsonCSA.org

A Few Fall Session Subscriptions Still Available

Today is the **last** pickup of our summer session. The good news is that we still have a few subscriptions available for the fall session. The bad news is that we have *only* a few subscriptions left for the fall session. Thank you very much to everyone who renewed their subscriptions with us.

New Pick-Up Hours Starting Next Week

Starting next week, our new pick-up hours will be **Monday 4:00 to 7:00 pm** and **Tuesday 7:30 am to 1:00 pm**. We will be open on **Labor Day (September 4)**.

New Remote Pick-Up Location at Swan and Sunrise

Also starting next week, there will be a new remote pick-up location near Swan and Sunrise hosted by Lorraine, one of our current members. Pick-up hours at Lorraine's will be on **Mondays** from **6:00 to 8:00 pm**. Space is limited. Call to check for availability.

Mark Your Calendar! Estancia Farm Open Day on September 10

Estancia Farm in Dagoon, from where we receive our free-range, omega-3 eggs, is hosting a **Pick-Your-Own Day** on **Sunday, September 10** from 9:00 am to 3:00 pm. The farm is about 1-1/4-hour drive from Tucson. Farmer Kim Webber will have special prices for Tucson CSA members (50 cents per pound for apples and pears, in addition to other produce). Visit with the farm's beautiful hens, Japanese quail, beefalo (no, this is not a typo—a beefalo is a cross between Bison [American Buffalo] and domestic cattle, resulting in meat very low in fat and cholesterol—see www.ababeefalo.org for more info), and other critters. Stay tuned! More details and directions in our next newsletter.

Eggplant, Tomatoes, and Red Bell Peppers Almost Ready

Consistently higher-than-average temperatures have prevented much of the eggplant from setting much fruit this summer. Now that it is finally getting cooler, Farmer Frank says that the eggplants, though late, are finally taking off in earnest and that they should start showing up in our shares soon. The tomatoes are also setting fruit again after their midsummer rest. And starting next week, we should start getting some red bell peppers.

Notes on This Week's Food: Amaranth and Yukon Gold Potatoes

Amaranth greens, also know as pigweed or quelites, can be cooked and eaten like spinach. Steamed or sautéed for a few minutes, **amaranth greens makes an excellent summer spinach substitute**. Amaranth was a major food crop for the Aztecs and is still widely used in Mexico.

This week's **Yukon Gold** potatoes are fresh from the ground. They don't keep as well as our Red LaSodas, so use them soon! They're also a treat, as we don't get them as often as we get Red LaSodas.

Yukon Golds are yellow-fleshed with a rich, buttery taste and medium starch content. By comparison, Red LaSodas have a low starch content and russets have a high starch content (the higher the starch content, the more readily the potato breaks down).



Green Bean Salad

Chad Weiler, TCSA member

1 pound green beans, cut in half
10 to 12 cherry tomatoes, quartered
4 ounces feta cheese, crumbled
¼ small red or sweet onion or 1 shallot, finely diced
¼ yellow chiles, finely diced*
3 to 4 tablespoons white wine vinegar
Salt and pepper to taste
Olive oil to taste

1. Place the onion or shallot, chile, and vinegar in a medium-sized bowl. Add salt and pepper and stir. Allow to marinate for at least ½ hour.
2. Blanch the green beans in boiling salted water for 1 to 2 minutes. Place the beans in a bowl of ice water to stop the cooking. Remove the beans from the ice water and pat dry. Make sure the beans are thoroughly dry before assembling the salad.
3. Add the beans, tomatoes, and cheese to the vinegar mixture and toss. Drizzle with olive oil, and add additional salt and pepper if desired.

*The amount of chile I use depends on the heat of the chile. Start small and add more if you want more heat.

Amaranth Soup with Silken Tofu

San Francisco Chronicle (www.sfgate.com)

While Native Americans raised amaranth for its seed and used it as a grain (often as a sacred grain), in Asia, Africa and the Caribbean, amaranth is cultivated and cooked as a green leafy vegetable. When cooked, amaranth greens have a superb flavor that is less assertive than spinach. Its hardy leaves stand up to longer cooking, or they can simply be stir-fried as a leafy green. Rich in vitamins A and C, calcium and iron, amaranth greens are high in protein for a leafy green. The best way to retain these nutrients is to cook amaranth greens for a short time, drop them into curries or soups, or stir-fry them quickly.

This is a clear soup with handfuls of amaranth greens thrown in at the last minute and cooked until they wilt. You can leave out the tofu and top it with a grating of black pepper.

5 cups water or low-fat chicken stock or vegetable stock
1 teaspoon mushroom seasoning granules (if using water)
2 ounces silken tofu, cut into ½-inch dice
1 bunch amaranth leaves and stem tips, washed

Combine the water and mushroom seasoning granules in a saucepan and bring to a boil. Add the tofu. Just as the stock comes back to a boil, plunge in the leaves. Cover and return to a boil, then remove from heat. Serve immediately.

Basic Steamed Amaranth Greens

Spread 1 bunch of **amaranth leaves** on a steamer rack over boiling water. Cover and cook until almost tender, 3 to 6 minutes. Transfer leaves to serving dish and serve hot or at room temperature, with a cruet of **full-flavored olive oil**, a dish of **coarse sea salt**, and **lemon wedges**.

Roasted Bell Pepper Risotto

Chad Weiler, TCSA member

I like to serve this dish with grilled shrimp that I have marinated in garlic and olive oil for 30 minutes.

4 bell peppers
2 tablespoons olive oil
1 tablespoon butter
1 cup Arborio rice
1 medium onion, finely chopped
2 garlic cloves, finely chopped
1 quart chicken or vegetable stock
1 cup dry white wine
6 ounces Manchego cheese
½ cup dry-roasted unsalted almonds
½ cup fresh basil, chopped
Salt and pepper to taste

1. Drizzle peppers with olive oil and roast on the grill or in the oven.
2. Place peppers in a bowl and cover tightly with plastic wrap for 10 to 15 minutes. The moisture built up in the bowl will help to loosen the skins.
3. Peel off the skins and remove the stem and seeds.
4. Place the peppers in a food processor with the almonds and process to a smooth consistency. Add a little olive oil if the mixture seems too dry.
5. Meanwhile, in a small saucepan, bring the stock to a boil. Once it reaches the boiling point, reduce the heat to low, cover, and simmer to keep warm.
6. In a medium saucepan, melt the butter in the olive oil. Add the garlic and onion and cook over low heat, stirring, until softened, about 4 minutes. Add the rice and cook over moderate heat, stirring, until coated with oil, about 1 minute. Add the wine and simmer until almost evaporated, about 3 minutes. Stir occasionally to prevent rice from sticking.
7. Add 1 scant cup of the simmer stock and cook, stirring occasionally, until it is absorbed. Do not let the risotto stick to the bottom of the pan! Continue to add stock, 1 cup at a time, stirring occasionally, until it is absorbed. The risotto is done when the rice is tender but still slightly firm and creamy, about 25 minutes total. I liken the mouth-feel of the rice when it is done to al dente pasta.
8. Remove risotto from heat and add the cheese. Stir until melted. Add the reserved pepper purée and the basil. Season with salt and pepper to taste and serve.

*Manchego is a Spanish cheese available at the 17th Street Market, the Rum Runner, and Trader Joe's.



Visit www.tucsoncsa.org for over 100 more recipes, many of them contributed by yourselves. Please continue to e-mail us with the recipes you use with CSA produce. Thanks!