



Tucson Community Supported Agriculture

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Summer 07 - Week 7 of 13

Planned Harvest

(May differ from actual harvest)

Red LaSoda Potatoes
Onions
Oat Groats
Green Beans
Cucumbers
Corn (Trucker's Delight)
Melons
Farmers Choice



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Newsletter editor

Sara Jones

Pastured Chickens

Last week we received the 60 pasture raised chickens that we ordered from Josh Koehn (who will also be supplying our Thanksgiving turkeys). Members who put their names on the sign up sheet for chickens get the opportunity to buy one first. So, for those of you who put your name on the list, make sure to stop at the front desk and get yours this week. Or, if you can't pick up the chicken now, but you still want it, let us know and we will reserve one for you. Otherwise, next week we will be opening up chicken sales to those who are on the chicken waiting list.

CSA cooking demos

Thanks to a generous grant we received from Slow Food Tucson!, within the next few weeks we hope to start having cooking demonstrations in the courtyard on Monday afternoons. We think that offering cooking demos will be a great way to help our members use their weekly produce in creative ways. Some of our friendly volunteers have offered to lead the first demonstrations. We hope to eventually challenge chefs from some of Tucson's local restaurants to join in and cook with our local, seasonal produce. We will keep everyone posted as things develop.

Wheat and Oats Milling

After a little bit of trial and error, we worked out the grain milling last week. Thanks to those of you who were patient with us in our experiments. This week, we will have a grinder available again for milling your oats into flour (or try just quickly pulsing the grains to make cracked oats, which will cook quicker than whole oats). We will try to offer grain milling for an additional week or two week, as well. If you want to bring grains in from past weeks, we recommend that you sort and clean them at home before you bring them in. That will save a lot of time at the CSA, and keep the line to use the mill short and moving quickly. Remember, after milling, flour begins to lose nutrition and can become rancid much faster than whole grains. Plan on using flour within one or two weeks, or freeze to preserve.

Seasonal Changes

The tomatoes that we got last week may be the last ones we get for a while. Tomato plants have a hard time in the extreme summer heat. We hope that they will come back in production later this summer, after monsoon rains have cooled everything off. On the upside of this, we will soon be getting late summer crops in, things like peppers, eggplant and okra. Enjoy!!

Porridge

A real oat porridge can be a very hearty and satisfying breakfast. The oats we are getting are excellent for making a creamy porridge (but if the thought of a hot breakfast doesn't sound appealing in the summer heat, just store your oats in the freezer until ready for use). To make enough porridge for four people use one cup of oats, sorted and rinsed. Soak the oats overnight in a pan with three cups of water. If you have yogurt on hand, add a tablespoon or two to the soaking water. This will make the grains more digestible and nutritious. In the morning put the pan over high heat and bring to a boil. Stir the oats well, cover and reduce heat to medium low. The oats should be ready in 15-30 minutes. While this recipe is not as quick as the traditional rolled oats, it takes very little attention and prep. Just a little forethought for the soaking. When the oats are done, try adding some sort of fruit, nuts and yogurt to make a well-balanced, tasty meal.

Oat Flour Shortbread Cookies

Lori Adkison, Tucson CSA

This recipe works with all oat flour but a combination of oat flour with wheat flour or all-purpose flour is best. The oat flour provides a sweet nutty flavor to this classic cookie. For extra flavor try adding some fresh herbs from your garden.

1 1/2 cups flour
1/3 Cup sugar
1/2 cup unsalted butter
1 1/2 tablespoons minced herbs (try tarragon, thyme or basil) optional

Preheat oven to 300 degrees.

Butter a round cake pan and line bottom with parchment paper. Mix cream butter and sugar together. Add flour and herbs (if using) to butter mixture. Press the dough into the prepared cake pan. Use a fork to create a decorative pattern in the dough. Score the batter into wedges. Bake shortbread until golden, approximately 40 minutes. Cool pan on a rack for 10 minutes. Run knife around edge of pan and turn out shortbread. Remove the parchment paper and turn the shortbread over. Using the score lines cut the round into wedges.

Raita or Tzatziki Salad

Sara Jones, Tucson CSA

These are yogurt based salads, great served with spicy foods. There is plenty of room for variation in the recipe, as well as how you serve it. I like it best as a side dish,

along with rice and curry. It is also good as a dip or dressing.

1 cucumber, peeled and grated or finely diced
1/2 small onion, finely diced
1 small tomato, seeded and diced
1 cup yogurt
Salt and pepper to taste
Add any variation of the following:
1 tsp ground cumin
1 tsp mustard seeds, toasted in a hot skillet
1 tsp cayenne pepper

Handful chopped fresh cilantro and/or mint
Mix all ingredients together and let sit at least 30 minutes before serving.

Dill Salad

Sara Jones, Tucson CSA

I cut cucumbers into half moons because that is the easiest way to chop them and makes perfect bite size slices. Use whatever vinegar you like best for this recipe.

1 or 2 cucumbers, chopped
1 small onion, sliced finely
1 or 2 tomatoes, chopped
2 teaspoon dry dill
1 tablespoon vinegar
Drizzle of olive oil, if desired
Salt and pepper to taste

Mix all ingredients together and let sit at least 30 minutes before serving.

Cucumbers and Melon Pico de Gallo Style

Sara Jones, Tucson CSA

This is a tasty Mexican treat that traditionally uses lots of tropical fruit. I usually just use melons. Cut everything into long strips, roughly the same size, for the best presentation.

1 cucumber, seeds and skin removed
1/2 medium size melon
Juice of 2 limes
Cayenne pepper to taste
Salt

Dress the cucumber and fruit with lime juice, cayenne and salt. Serve immediately.