



Tucson Community Supported Agriculture

Newsletter 99 ~ August 13, 2007 ~ Online at www.TucsonCSA.org

Summer 07, Week 11 of 13

Planned Harvest

(May differ from actual harvest)

- Onions
- Green chiles
- Green bell peppers
- Tomatillos
- Okra
- Green beans
- Pecans
- Oats



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Green Chiles



Stuff raw green chiles with grated cheese and put them in your lunch box. They make a crunchy and flavorful snack

Newsletter editor

Philippe Waterinckx

LAST REMINDER: MEMBERS PRIORITY RENEWALS ENDS THIS TUESDAY, AUGUST 14

Members can still sign up after August 14, but available spaces will go fast as we will start filling up with waitlisted people.

TUCSON FOOD NOT BOMBS SEEKS NEW POINT PERSON

As some of you may know, Food Not Bombs is one of the organizations Tucson CSA has been donating its surplus produce to since 2005 (the other ones being Casa Maria and Iskash*taa Refugee Harvesting Network).



The Tucson chapter of Food Not Bombs has a long history here and we would love for it to continue. They are looking for someone to be a point person for the Saturday serving, i.e. coordinate volunteers, organize the food donation pickup and help with cooking, serving and cleanup.

Food Not Bombs is an effort to feed anyone who is hungry. The group calls attention to poverty and homelessness in Tucson and elsewhere in society and shares vegetarian food in public places for the benefit of poor, homeless and other disenfranchised people.

There are four tenets to the Food Not Bombs philosophy:

- * Recycling of (redistribution of otherwise unwanted/unneeded/surplus) food
- * Decision making by consensus
- * Nonviolence
- * Veganism

They are looking for someone to start September 1st.

Contact: tucsonfnb@yahoo.com

CO-OP CONTEST - COOPERATE FOR COMMUNITY

Do you know somebody who is working for more sustainable food in our community, while exemplifying an outstanding spirit of cooperation along the way? July 30, 2007 through Sept. 14, 2007, Food Conspiracy Co-op is excited to join co-ops nationwide to host the first-ever "Cooperate for Community!" contest to honor local community members who deserve recognition. It could be anyone – a neighbor who started an organic garden for kids, a local farmer, or a parent who lobbied for school lunches made with local ingredients. Organizations are also eligible to be nominated!

Two finalists and a winner will be announced on or around Sept. 24, 2007. The finalists will each receive a \$50 donation to the non-profit of their choice; the winner will receive a \$150 donation to the non-profit of his or her choice. The winner will automatically advance to a national contest, sponsored by National Cooperative Grocers Association (NCGA), of which Food Conspiracy Co-op belongs, and Frontier Natural Products Co-op, a wholesale cooperative specializing in natural and organic products, for a chance to win \$7,500 toward the non-profit of his or her choice. Two national finalists also will receive \$2,500 for their favorite non-profit. National finalists and winners will be announced on or around Oct. 8, 2007.

Nomination forms available at the Tucson CSA or online at www.foodconspiracy.org/ They can be dropped off at the Tucson CSA, at the Food Conspiracy Co-op, or they can be mailed to: Food Conspiracy Co-op, 412 N Fourth Avenue, Tucson, AZ 85705.

Green Beans with Pecan

Topping

Sara, Tucson CSA

This is a great side dish, but for a simple main dish you could serve it over pasta and add some grated parmesan cheese. The crumbs can be kept in the refrigerator for a couple of weeks for use later on, if you don't use them all the first time.



- 1 bag green beans, chopped
- ½ onion, chopped
- 1 clove garlic, minced
- 1/3 cup bread crumbs (I prefer mine chunkier rather than fine)
- ¼ cup chopped pecans
- 3 teaspoons oil
- 2 teaspoons butter (or additional oil)
- Salt and pepper to taste

To make topping, heat 2 teaspoons of oil in skillet over medium high heat and stir in bread crumbs to coat. Cook, stirring frequently, until bread begins to brown. Add butter (or additional oil), garlic, and pecans. Continue cooking until pecans are toasted and bread is crispy. Add salt and pepper to taste. Set aside. Return skillet to medium high heat and heat remaining teaspoon of oil and add onions. Cook until onions begin to brown, then add chopped green beans, drizzle with water and cover for about 4 minutes, until green beans are tender. Serve topped with bread crumb mixture.

Oat Groats Pilaf

bobsredmill.com

- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 cup sliced mushrooms
- Salt and pepper to taste
- 2 tablespoons fresh basil
- 2 medium tomatillos, chopped
- 1 green bell pepper, chopped
- 2 cups vegetable broth



Heat oil in a pot over medium heat; add oats and cook, stirring for about 4 minutes. Add onions and mushrooms and cook for about 4 more minutes. Cover with broth and bring to a boil. Reduce heat to a simmer, cover, and cook for 40 minutes. Meanwhile, chop remaining vegetables. Once oats are cooked, stir in veggies, add salt and pepper to taste and serve immediately, or refrigerate and serve cold.

The CSA's do-it-yourself mill can also grind your oat groats into coarse oatmeal that will only take 20 minutes to cook with no prior soaking... great for breakfast oatmeal!

Raw Oatmeal

karenskitchen.com

- 6 tablespoons raw whole oats, soaked overnight in water
- 9 raw almonds (or try the pecans that we received in this weeks share), soaked overnight, in separate container
- 1 fig or 2 pitted dates, soaked overnight in ½ cup water, in a separate container
- 1 teaspoon cinnamon
- 1 banana (optional)

In the morning, drain and discard water from oats and the almonds. Rinse almonds. Put oats, almonds, fruit and the fruit soaking water in blender and blend until fairly smooth. Add banana (if desired) and cinnamon and blend quickly. Eat immediately.

Okra Chilaquiles

I like this dish for breakfast. Served with refried beans and fried eggs, it is hearty enough for a dinner, though. It also great served with tomatillo *Salsa Verde* (see our recipe below) and sour cream.

(Note: always process okra dry! You may wash it but make sure to dry it before chopping it, or it will get slimy).

- 1 bag okra, chopped and stems removed
- ½ green chile, diced
- ½ green bell pepper, chopped
- ½ yellow onion, chopped
- 6 corn tortillas, sliced into inch-long pieces
- 2 tablespoon oil
- Salt and pepper to taste

Unless you have a very large skillet, you may want to do this recipe in two batches to make sure that all the tortillas get crisp. Heat oil over medium high heat in a cast iron skillet. Add onions and sauté for a few minutes until beginning to brown, add tortillas and stir to coat with oil. Cook for about 4 minutes to allow tortillas to begin to crisp before adding the vegetables. Stir in the remaining vegetables and reduce heat to medium. Cook for a while longer, stirring occasionally, until tortillas are mostly crunchy and vegetables begin to brown. Add salt and pepper to taste.

Instant Salsa Verde

Philippe, Tucson CSA

- 1 CSA portion tomatillos (husks removed), cut in quarters
- a few branches of parsley or cilantro
- 1 shallot, or 1 small onion
- ¼ jalapeño or black pepper
- salt to taste

Process all ingredients in food processor to desired consistency (I like it slightly chunky, others prefer it smooth).