



Tucson Community Supported Agriculture

Newsletter 101 ~ August 27, 2007 ~ Online at www.TucsonCSA.org

Summer '07, Week 13 of 13

Planned Harvest

(May differ from actual harvest)

- Personal Watermelons
- Onions
- Dry Beans
- Eggplant
- Green Beans
- Roasted Green Chiles
- Cherry Tomatoes
- Choice of Herbs



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Watermelon contains more lycopene than any other fruit or vegetable, even tomatoes. Lycopene, besides being the red pigment that gives the flesh its color, is an antioxidant known to help prevent cancer. Studies have shown that people who get lots of lycopene have a lower risk of prostate, uterine, and esophageal cancers.

Newsletter editor

Philippe Waterinckx

SUMMER SESSION OVER. FALL SESSION ALMOST FULL

This is the last pickup of the Summer session. Members who haven't yet renewed their share subscription can still do so. However, we only have shares available for the Friday pickup. The Tuesday pickup is full. We expect to fill the Friday pickup any day now. Over the last couple weeks, we've been inviting waiting list members to join the CSA, sequentially in the order they joined the waiting list. About half have done so, and we are continuing to receive applications from other waiting list members.

SECOND MURAL ON THE WAY

Those of you who have peeked in our back room may have noticed the start of a new project. Joe Silins, who painted our mural in the front room last year, has once again grabbed his palette and begun work on a second mural, this time in the back room. Joe is also a long-time volunteer with the CSA. This past summer, he's been a member of the farm truck unloading team.

We love Joe's work and we are excited to witness the gradual unfolding of his second CSA mural. We invite you to check the progress of Joe's new mural every week.



Panoramic view of front room mural

CROOKED SKY FARMS NEWS

Farmers Frank and Kelsey are already planning next spring's crops. They plan to plant more grains in October, including spelt (a species of wheat which can be used as a substitute for wheat for people with wheat intolerance, although it is not suitable for people with celiac disease) and barley, in addition to wheat and oats. They welcome suggestions as to what types of grains members would like to receive in addition to the above. Let us know! We'll pass your feedback on to them.

This fall, in addition to the produce we are currently receiving, we expect to see tomatoes, cucumbers, summer squash and winter squash (butternut). Also expected this fall is flint corn, also known as Indian corn (great for cooking and to make masa). Jicama should show up in our shares in November.



"WHAT CAN I DO WITH THAT?"

Cooking with CSA produce doesn't come naturally. Many of us are so used to cooking with recipes that we have forgotten how to prepare a meal from ingredients we have on hand. Our website recipe archive has hundreds of recipes, many of them provided by you. Although these recipes are specifically aimed at using the CSA's produce, remember that they are mere platforms from which ingredients can be substituted, added or subtracted. Experimentation and creativity are key to being a successful CSA member!

Green Bean Potato Salad with Tomatillo/Avocado

Dressing

Mary Leuchtenberger, Tucson CSA

5 or 6 medium potatoes
1 share green beans, chopped
2 shallots, chopped
1 stalk celery, chopped
rice vinegar
2 large tomatillos
1 garlic clove
1/2 an avocado
1/2 cup plain yoghurt
3 hard boiled eggs

Cut potatoes in half and boil until cooked through, but not too soft. Chop green beans and add to pot of potatoes during last few minutes of cooking. Drain and allow to cool. Chop warm potatoes and place in bowl with green beans, shallots, and celery. Sprinkle with rice vinegar and refrigerate overnight.

Blend tomatillos, avocado, garlic and yoghurt in blender or food processor until smooth. (This tangy dressing goes well with any salad, and can be used as a dip too.)

Stir dressing into potato salad, while adding chopped hard boiled eggs.

Eggplant and Green Beans with Pasta al Pesto

Philippe, Tucson CSA

1/2 pound pasta
1 share eggplant, diced
1 share green beans, cut in 1/2 inch segments
1 share basil
1 clove garlic
1 tablespoon grated parmesan
1 tablespoon walnuts
1 tablespoon olive oil
salt and pepper to taste

Steam green beans and eggplant until tender (about 10-15 minutes).

While veggies are steaming, boil the pasta.

While the pasta is boiling, make the **pesto**: put basil, garlic, parmesan, walnuts and oil, salt and pepper in food processor. Process until desired consistency (recommended: slightly chunky).

Mix beans, eggplant, pasta and pesto together. Enjoy.

Eggplant and Cheese Toasted Sandwich

Philippe, Tucson CSA

Between two toasted slices of bread, spread a layer of pesto (see above), add a slice of sautéed eggplant, a layer of cheese (parmesan, feta, goat cheese or whatever), and a slice of tomato. It's delicious!

Green Bean Salad

Chad Weiler, Tucson CSA

1 pound green beans, cut in half
10-12 cherry tomatoes, cut in fourths
4 ounces feta cheese, crumbled
1/4 small red onion or 1 shallot, finely diced
1/4 jalapeno or Yellow Hot chile, finely diced
3-4 tablespoon white wine vinegar

1. Place the onion/shallot, chile, and vinegar in a medium sized bowl. Add salt and pepper and stir. Allow to marinate at least a half hour.

2. Blanch the green beans in boiling salted water for 1-2 minutes. Place beans in a bowl of ice water to stop the cooking. Remove the beans from the ice water and pat dry. You want the beans to be completely dry before assembling the salad.

3. Place the beans, tomatoes, and cheese in the vinegar mixture. Mix until all ingredients are well incorporated. Drizzle with olive oil, and add salt and pepper to taste.

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

Summer Dry Bean Salad

Philippe, Tucson CSA

Beans often conjure up memories of cold winter evenings. While beans are a great winter dish, they also make deliciously refreshing summer salads.

1/2 bag dry beans
1/2 cup salad dressing

Soak beans overnight. Drain.

Boil beans for 45 minutes.

Drain and let cool.

Add salad dressing. Place in refrigerator for 1 hour.

Serve cool.



This is very good in itself. But you can complement it with ingredients you might have floating around:

sliced onions or shallots
crushed garlic
steamed green beans
chopped basil, parsley or cilantro
chile flakes
cherry tomatoes
chopped roasted chiles
etc...

If you'd like a more elaborate bean salad, check the fabulous **Rainbow Bean Salad** in our recipe archive (under Recipes, Beans - Dry).