



Tucson Community Supported Agriculture

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Summer '08

WEEK 2 of 13

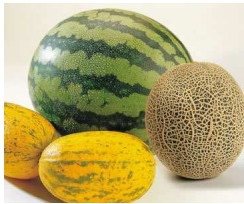
Harvest list is [Online](#)

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More recipes at www.tucsoncsa.org

Nice Melons!



You've probably been enjoying melon season! We'll

continue to get melons until mid-October or so. Most of us know cantaloupe and honeydew well. Aside from these favorites, we've seen the following varieties:

Canary melons have bright yellow rinds. Farmer Frank plants a drought tolerant Tohono O'odham variety, which is very sweet.

Golden honeydew are also very sweet. Instead of green on the inside they are golden, inside and out!

Sharlyn melons are a cross between honeydew and cantaloupe with a green-orange rind with a netted outer layer.

Hami melons are a Chinese melon reputed for their very crispy texture...but not their sweetness.

Newsletter Editors

Philippe Waterinckx & Kimi Eisele

NATURALLY- AND PASTURE-RAISED TURKEYS AVAILABLE FOR THANKSGIVING (\$20 deposit)

On my last visit to Josh's farm I was greeted by his large flock of loud and inquisitive young white turkeys (see picture to the right). They checked me out thoroughly and noisily and then went back to their grazing. In the distance, they looked like snow patches on the grass.



As he did last year, Josh has agreed to reserve 75 of his turkeys for the Tucson CSA. He raises his turkeys entirely on pasture, which makes for a high-quality, very tender and flavorful bird. We had excellent feedback from CSA members who bought them last year.

Josh will start to process his turkeys in early November and he will deliver them to the CSA the week before Thanksgiving. They will be frozen, weigh approximately 16 pounds each and cost \$4.20 per pound (an average of \$68 per turkey).

A \$20 deposit is required to order your turkey. The balance payment will be due on pick-up. The number of turkeys is limited, so place your order soon.

Important: we will not have the freezer capacity to store your turkeys when they arrive at the CSA, so you must pick up yours on your pick-up day the week before Thanksgiving. Make sure you will have room in your freezer or refrigerator to take your turkey home on those days (Tuesday, November 18 and Friday, November 21).

-Philippe Waterinckx

EAT LOCAL CHALLENGE JUST ONE WEEK AWAY

A reminder to all Tucson CSA members to sign up for the "Eat Local America" challenge beginning next week!

For two whole weeks, can you challenge yourself to eat food from within a 100-mile-radius? How about 80% local? Along with the food you get each week from Farmer Frank, you can supplement your local diet at the Food Conspiracy Co-op, which will be selling local foods and providing menus and recipes to help you out. Visit the Food Conspiracy's webpage at www.foodconspiracy.coop for more information.

And, in case you can't remember why eating locally is good, here's list of "Ten Reasons to Eat Local Food" from the Eat Local Challenge website: www.eatlocalchallenge.com.

- 1) Eating local means more for the local economy.
- 2) Locally grown produce is fresher.
- 3) Local food just plain tastes better.
- 4) Locally grown fruits and vegetables have longer to ripen.
- 5) Eating local is better for air quality and pollution than eating organic.
- 6) Buying local food keeps us in touch with the seasons.
- 7) Buying locally grown food is fodder for a wonderful story.
- 8) Eating local protects us from bioterrorism.
- 9) Local food translates to more variety.
- 10) Supporting local providers supports responsible land development.

Okra with Chickpeas and Tomatoes (Egyptian recipe)

Paula Karrer, Tucson CSA
(*adapted from Saveur Magazine*)

If you like curry seasoning, add about one tablespoon of curry powder when you add the cumin and tomatoes, then substitute coriander for the parsley.

1 cup dried, soaked and cooked chickpeas, or 1 cup rinsed canned chickpeas
2 tbsp olive oil
1-2 cloves garlic, peeled and minced
1 basket okra pods
1 can fire roasted tomatoes, drained and coarsely chopped (fresh tomatoes are certainly fine! (peel, core and seed them)
1 and half teaspoon ground cumin
Half cup chicken stock
juice of half lemon
Quarter cup chopped fresh parsley
salt and pepper

Heat oil in deep skillet and sauté garlic until fragrant. Add okra and cook, stirring, a few minutes until it turns bright green. Stir in tomatoes and cumin. Cook for 1-2 minutes. Add stock, lemon juice, salt and pepper. Cover, reduce heat to medium low, and cook until okra is soft and sauce is almost caramelized (this is what gives a delicious unique flavor): about 35 minutes. Check occasionally to see that sauce is not sticking or burning - you may need to add small amounts additional liquid. Add chick peas and cook until heated through. Add parsley and adjust seasoning.

Barbequed Okra

(foodnetwork.com)

1 teaspoon salt
1 teaspoon paprika
1 teaspoon sugar
1 teaspoon ground coriander
Half teaspoon freshly ground black pepper
Half teaspoon cayenne pepper
Quarter teaspoon celery seed
1 pound fresh okra
1 tablespoon unsalted butter, melted, or olive oil

Preheat the grill to high. Place the salt, paprika, sugar, coriander, black pepper, cayenne, and celery seed in a small bowl and stir to mix. Rinse the okra under cold running water and blot dry with paper towels. Trim the tips off the stem ends of the okra but do not cut into the pods. Place the okra in a large mixing bowl, add the butter and toss to coat. Add the rub mixture and toss to coat.

When ready to cook, arrange the okra on the hot grate so that they are perpendicular to the bars or you may wish to skewer 4 or 5 pods side by side with bamboo skewers (that have been soaked in water) to keep any stray okra from falling through the grates and into the fire. Grill the okra until nicely browned, about 2 to 4 minutes per side, turning with tongs as needed. Transfer the grilled okra to a platter or plates and serve immediately.

Coo-Coo from Barbados

Amy Schwemm, Tucson CSA, adapted from Elisabeth Lambert Ortiz's *The Complete Book of Caribbean Cooking*

Basically polenta with as much sliced okra as you like. Good pan-fried the next day.

1 handful small, young okra
3 cups water
1 cup yellow cornmeal
3 tablespoons butter (optional)
salt to taste

Wash and dry okra, cut off the stems, and slice into ¼-inch slices. Bring water to a boil, add salt and okra, and cook for 5 minutes. Whisk in cornmeal in a slow stream. Cook, stirring to prevent sticking, until thick and smooth, about 5 minutes. Serve hot with butter.

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. The tahini provides an excellent foil to the pungent bite of the mustards in this week's braising mix. Use this as a filling for sushi, too.

1 or 2 bunches braising greens
1 tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of water if necessary. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

Sara's Calabacitas

Sara, Tucson CSA

Use any summer squash you have available in this recipe. Serve with some beans and tortillas for a quick meal.

1 medium summer squash, sliced into half moons
1 tomato, chopped
Kernels from 2 ears of corn
1 small onion, sliced
2 cloves garlic, minced
1 tablespoons oil
1 teaspoon cumin
1 tablespoon fresh savory or oregano (or use 1 teaspoon dried)
Salt and cayenne pepper to taste

Heat oil over medium high heat and add onion. Saute onion for a few minutes then add garlic and spices. Cook, stirring continuously, until garlic and spices release fragrance. Add vegetables and oregano, cover and lower temperature to medium-low heat. Cook for about 5-7 minutes, stirring occasionally, until squash is tender. Salt to taste.