



# Tucson Community Supported Agriculture

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## Spring '10 - Week 13 of 13

**Harvest list is online**

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Many more recipes on  
our online recipe archive

### Good Bye Spring!

This is the last week of the spring session. Summer is always a quieter session at the CSA as many members leave town in search of cooler climes. If you are leaving us for the summer, we hope to see you again in the fall.

### Gone for part of the summer?

If you are going to be gone for part of the summer but are still looking to enjoy the CSA while in town, consider selling part of your summer share, or buying part of a share from a member. Use our bulletin board (above the trading table) to place an ad or look for a share partner. We have ready-to-go cards which you can complete and pin to the board. If you're on Facebook, you can also use our Facebook page to connect with other members who might be looking for a buyer or a seller.

### Wheat Mill Temporary Unavailable

Sadly, our wheat mill has broken down. It started acting up a few weeks ago and it has finally given up.

We have ordered a replacement wheat mill. But until we get it, we won't be able to offer DIY wheat milling in the courtyard.

The \$1 wheat milling service is still available (it uses another mill, stored at my house, which is far too noisy for use in the courtyard).

### Newsletter Editor

Philippe Waterinckx

## SUMMER FRUIT



In the summer, we often get fruit from an old orchard near Aravaipa. The orchard belongs to a lady who leases her orchard to Crooked Sky Farms. Farmer Frank and his crew have been maintaining and harvesting the orchard and we have received wonderful fruit from it over the past few years (except last year, when strong spring winds blew the blossoms from the trees, resulting in poor fruit production). This week we'll get apricots from this orchard, and the same orchard will also provide us with peaches and pears later in the season.

## WHAT TO DO WITH DRIED CHILES



As we mentioned in last week's newsletter, this time of year is a hard one for local farms, as spring crops are fading out and summer crops aren't quite ready. You will have noticed that the shares aren't as plentiful as they were earlier in the spring. Rest assured, this is normal.

To compensate for this temporary decrease in fresh crops, the farm sends us items that have been harvested earlier and stored at the farm, such as dried chiles, beans, wheat berries, etc. This is good, since we get items in our shares that we don't normally get and which can be very useful. Dried chiles, for example, are one of those items I always welcome. When the fall brings a surplus of chiles at Crooked Sky Farms, they let them ripen in the fields, dry them on racks and then store them for future use. Later, those chiles come to us in the form of whole dried chiles or as chile flakes. These are the same chiles we got last fall in the form of fresh or roasted green chiles. They are of mild to medium spiciness and make a flavorful addition, either whole or chopped, to meat, bean or vegetable stews. You can also use a food processor to chop them into a chile flake seasoning mix, which can be placed on your dining room table or stored in a jar in the kitchen for use in cooking. I hate to see members leave dried chiles in the surplus basket when they can be such a convenient and tasty alternative to salt, pepper or other seasoning. Chile flakes make a great local seasoning that adds a southwestern flavor to your dishes.

## SUMMER SQUASH

The squash is a truly American vegetable, along with corn. The word "squash" is derived from "askutasquash," which literally means "a green thing eaten raw" in the language of the Nahahiganseck, the native Americans who controlled the area surrounding Narragansett Bay in present-day Rhode Island, portions of Connecticut and eastern Massachusetts. The squash is a versatile vegetable. While some squash, such as winter squash, require cooking, others, such as the zucchini-type squash, can be prepared in every conceivable way: raw, sautéed, grilled, steamed, boiled, broiled, baked, fried, microwaved or freeze-dried. Easily puréed for soups, cakes, pies and quick breads, it also can be spiced and added to rice pilafs, cubed and grilled on skewers, stuffed and roasted, added to stews and made into famous dishes like ratatouille and calabacitas. Served alone or as a side dish, the squash lends itself to many occasions.

To many who grow it in their garden, the summer squash seems to be the vegetable that would solve world hunger. Indeed, they grow fast and in seemingly infinite quantities. Crooked Sky Farms grows many different varieties of them: Mexican grays, yellow crookneck, eight-ball, gold ball, pattypan, sunburst, zucchini and more. We hope you will enjoy them.

### Apricot Chutney

Philippe, Tucson CSA

1 pound apricots, pits removed  
1 tablespoon olive oil  
1 small onion or 1 shallot, chopped  
2 cloves garlic, crushed  
1/4 teaspoon salt  
1/4 teaspoon Cayenne pepper, or 1/2 jalapeno, chopped  
1/4 teaspoon ground cumin  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/2 teaspoon mustard  
1 teaspoon fresh ginger, grated  
1/4 cup sugar  
1/4 cup apple cider vinegar  
1/4 cup raisins

Heat oil to medium heat in a small saucepan. Add onions, garlic, salt, Cayenne, cumin, cinnamon and nutmeg. Fry for a few minutes until onions are tender. Add garlic, ginger and mustard. Stir and simmer for a few minutes. Add apricots. Stir and simmer for 15 minutes, or until they become mushy. Add sugar, apple cider vinegar and raisins. Simmer and reduce, uncovered, for 1/2 hour or until it reaches the consistency of jam. Serve cool or at room temperature, as a condiment with sweet potatoes, fritters, empanadas, roasted chicken or pork. Will keep 2-3 weeks in the refrigerator.

### Minty Squash Pasta Salad

Sara Jones, Tucson CSA

This is great hot or cold. Try using basil instead of mint and parsley for a nice change.

1 box penne or bowtie pasta  
About 2 teaspoons olive oil  
About 2 medium summer squash, cut into half moons  
2 cloves garlic, minced  
1 handful mint, chopped finely  
1 handful parsley, chopped finely  
Zest of two limes  
Juice from one lime  
2 teaspoons walnut or hazelnut oil (optional)  
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook, stirring occasionally until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture herbs, lime zest and juice. Drizzle with nut oil and salt to taste.



### German Potato Salad

(Christa Selig, Tucson CSA)

My father was born in Chicago during the Depression, the fifth of six children. This recipe is his mother's, and she made it throughout his childhood and continued to bring it to family get-togethers after her children married and had children of their own. It has been a summer favorite for both me and my father for as long as we both can remember, and preparing and eating this potato salad always connects me to the memory of my grandmother. My grandmother didn't subscribe to a CSA, but she did have a Victory Garden during World War II, since food during that time was rationed. It is even more of a pleasure for me now to be able to prepare this salad with the fresh produce grown for us by Farmer Frank, and I hope that making this salad recalls for you, too, foods that have been a memorable tradition in your family. My grandmother never measured anything, however, so the measurements provided here are approximate and serve only as a guide.

1 pound unpeeled Red La Soda potatoes  
1/2 pound bacon, chopped  
1/2 medium or large sweet or purple onion or 1 small  
1 tablespoon all-purpose flour  
2 tablespoons white sugar  
1/3 cup water  
1/4 cup vinegar (my Depression-era grandmother always used plain vinegar, but you may choose to use red or white wine vinegar)

Bring a large pot of water to boil and add potatoes. Cook 'til tender but still firm, 8-15 minutes, depending on size. Meanwhile, sauté the bacon in a small skillet until crisp. Remove the bacon and reserve. In the bacon fat remaining in the skillet, sauté the chopped onion until tender but not browned, 5 minutes or so. Add the flour, sugar, water, and vinegar to the skillet and cook over medium heat until dressing is thick. When the potatoes are done, drain them, cool them slightly, and slice while still warm. Pour the dressing over the still-warm potatoes. Season with salt and pepper to taste, and gently toss. Sprinkle reserved crisp bacon on top.

### Caramelized Onions

Sara Jones, Tucson CSA

Caramelizing onions makes them incredibly sweet and delicious. It is a great way to use up a backlog of onions, as they reduce in size greatly. Use the onions to top burgers, casseroles or pasta.

About 3 cups thinly sliced onions  
2 tablespoons oil  
1 teaspoon salt

Heat oil over medium heat and add onions, stirring well to coat. Once onions begin to brown reduce heat to medium low and cook, stirring often, until onions are nicely browned. Add salt and a splash of balsamic vinegar if desired.