



Tucson Community Supported Agriculture

Newsletter 247 ~ July 12, 2010 ~ Online at www.TucsonCSA.org

Summer '10 - Week 7 of 13

Harvest list is online

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Many more recipes on
our online recipe archive

Second Payments Overdue!

If you are paying for your share in two installments and haven't yet paid your second one, it is now overdue. Please pay it ASAP. Thanks!

Typically, the second payment is \$130 (for produce share only) and \$150 for Produce and Cheese share. If you are not sure about the amount, just ask at the front desk.

Heirloom Tomatoes-In-Bulk \$1.75/lb



Order them one week, pick them up the next. Ask at the front desk!

\$25 per flat (14-15 lbs). A \$10 deposit will be required if you take home the farm container, so bring your own cardboard box to transfer your tomatoes.

Offer will last until approximately the end of July. Get canning!!!

Newsletter Editor

Philippe Waterinckx

BLACK EYED PEAS



The black-eyed pea is actually a bean. Its botanical name is *Vigna unguiculata* subsp. *unguiculata*, although previously it was classified in the genus *Phaseolus*. The common commercial black eyed pea is called the California Blackeye; it is pale-colored with a prominent black spot.

It is thought to have originated in North Africa before it migrated to Europe and Asia. The peas were likely introduced to the New World by Spanish explorers and African slaves. They have become a popular food in the southern United States, where they are available dried, fresh, canned, and frozen. They are also known as cow peas, because they were originally used as food for livestock.

We won't get dried black eyed peas until the fall. However, right now they can be harvested as fresh beans. They are delicious when young and still in the pod. Fresh black eyed peas look a bit like green beans. They have thin pods that are 8 to 10 inches long. If the pod is still green, so are the peas within, and if the pod is yellowed, the peas are creamy white or pale buff, depending upon variety.

Like shelling beans, black eyed peas are eaten for the edible pea or bean inside, not the pod, and can also be used fresh in salads and soups, or simply sautéed with herbs

TOMATILLOS



Tomatillos are similar in shape and size to small tomatoes, but more closely related to gooseberries. The fruit is surrounded by a paper-like husk. As the fruit matures, it fills the husk and can split it open by harvest time. Tomatillos are the key ingredient in fresh and cooked Latin American green sauces (salsas). The freshness and greenness of the husk are quality criteria. Fruit should be firm and bright green, as the green color and tart flavor are the main culinary

contributions of the fruit. Other parts of the tomatillo plant contain toxins, and should not be eaten.

Ripe tomatillos will keep in the refrigerator for about two weeks. They will keep even longer in the refrigerator if the husks are removed and the fruits are placed in sealed plastic bags. They may also be frozen whole, although they'll be soft once thawed and can't then be roasted.

To use your tomatillos, you will first need to remove their papery husks. They also have a sticky residue on their skin that is easily removed by dunking them in water.

Tomatillos have a tangy taste and are excellent in a wide range of dishes. Tomatillos are often used in salsas. Grilling or skillet roasting whole tomatillos gives a smoky depth to their flavor. Just cook them over medium high heat, turning occasionally, until they are mostly brown (some black charred spots are fine). Grilled tomatillos and green onions make a delicious sauce, blended together with a little salt, pepper, lime juice and cilantro! Salsa verde, for example, is made with tomatillos. Look for tomatillo recipes on our online recipe archive, or try the one on the back page.

Tomatillo Avocado Sauce

Sara Jones, Tucson CSA

This is a salsa bar standby and is a great taco condiment. It also makes a great dressing for any type of salad. The sauce is just a basic salsa verde recipe, with avocado and sour cream added.

1/2 pound tomatillos, husked, rinsed
2 green chiles (optional)
1/2 to 1 jalapeno
1 onion, chopped
2 garlic cloves
1/4 cup (firmly packed) fresh cilantro leaves
1 tablespoon fresh lime juice (optional)
1 tablespoon olive oil
1 whole ripe avocado, diced
2 tablespoons sour cream or plain yogurt (optional)

Roast tomatillos and green chiles under the broiler until charred. Remove skins from chiles (this step is not necessary for the tomatillos). In a food processor or blender, puree all ingredients until smooth. Add salt to taste.

Okra with Black Eyed Peas and Tomatoes

(Egyptian recipe)

Submitted by Paula Redinger, Tucson CSA

(adapted from Saveur Magazine)

Originally, this recipe calls for chickpeas, but why not substitute freshly shelled black eyed peas? They will soak up the flavors as they cook and are excellent with the okra.

2 tablespoons olive oil
1-2 cloves garlic, peeled and minced
12 okra pods, stems trimmed
1 bag black eyed peas, shelled and rinsed
1 can fire-roasted tomatoes, drained and coarsely chopped
(fresh tomatoes are certainly fine! Just peel, core and seed them)
1 1/2 teaspoons ground cumin
1/2 cup chicken stock
juice of 1/2 lemon
1/4 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 the beans, 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 of additional liquid. Add peas and cook until heated through. Add parsley and adjust seasoning.

JL's Okra Southern Style

JodyLee Estrada Duek, Tucson CSA

6-10 okra, 4-7", rinsed and completely dried
1-2 stalks celery
1-2 medium tomatoes
1-2 slices bread
1 small onion
1 hot pepper, chopped (optional)

Slice okra in 1/3" rings. Chop the onions, celery, and tomatoes into small pieces, but not minced fine, and save the juices. Sauté the onions and celery in a little oil until they begin to soften. Add the tomatoes and any juices that have accumulated and stir until the mix has some liquidity to it (add a bit of water or soup stock if necessary). Add the okra and let it stew for 8-10 minutes, until all the vegetables are thoroughly cooked. Tear the bread into bite-sized pieces and add it to the pot to soak up the juices. Some folks like to add a bit of vinegar or lemon juice before serving.

Melon Kimchi

Wendy McCrady, Tucson CSA

If you end up with a melon that is not as sweet as you had hoped, you can still enjoy it with this recipe. Makes 1 quart.

Not so sweet melon, peeled and seeded
2 teaspoons salt
1 tablespoon sugar
1/2 teaspoons ground dried red chile (from CSA)
1 tablespoon vinegar
1 small CSA onion, cut in half and sliced thinly

Cut melon into wedges about 1 1/2 – 2" wide. Cut crossways into very thin slices. Mix salt, sugar, and chile powder in quart jar. Add vinegar and swirl to mix. Add melon and onion slices until jar is almost full. Cap and turn upside down to mix seasoning with all of the contents. Shake to distribute through all the slices. Chill (upright) for 3 hours before serving, shaking occasionally to distribute seasoning.

Melon or/and Cucumber Cooler

Sara Jones, Tucson CSA

Perfect as is, or use as a base for cocktails or frozen into popsicles.

1 melon or cucumber (or half of each), peeled, seeded and cut into large chunks
1/2 cup sugar or honey (optional)
1/4 cup lime juice
Juice from one knob grated ginger
1 bottle sparkling mineral water

Puree all ingredients, except mineral water, in a blender or food processor. Put in a large pitcher with ice cubes and add mineral water. Stir gently and serve.