



# Tucson Community Supported Agriculture

Newsletter 249 ~ July 26, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '10 - Week 9 of 13

Harvest list is online

### The Back Page

Okra Chilaquiles  
Curried Okra Stir-Fry  
Melon and Serrano Ham  
Tomatillo Soup  
Summer Squash Onion Casserole

Many more recipes on  
our online recipe archive

### Heirloom Tomatoes-In-Bulk \$1.75/lb

We can still take orders this week, but the end is near. We are not sure how much longer. Since we can't predict the weather precisely, we can't predict the harvest. So, watch this space.

Order a tomato flat one week, pick it up the following week. Ask at the front desk!

\$25 per 14-15 lb. flat (~ \$1.75/lb).

A \$10 deposit will be asked if you take home the farm container, so for your convenience, bring your own cardboard box if you can.

### Recycling at the CSA

Things you can recycle at the CSA include:

The green plastic baskets you get in your shares

Egg cartons (only cardboard ones – not plastic or Styrofoam)

Paper and plastic grocery bags (standard size only)



### Newsletter Editor

Philippe Waterinckx and Kimi Eisele

## REGISTRATIONS FOR FALL SESSION OPEN AUGUST 1

### Fall session runs August 31 through November 24

Produce shares: \$247

Goat cheese shares: \$40 (pickup for cheese shares is every other week on even-numbered pickup weeks, i.e. weeks 2, 4, 6, etc.)

Meat shares (grass-fed beef, grass-fed lamb, natural pork, and pasture-raised Thanksgiving turkeys) will also be available during Fall session. We will take orders for those during weeks 2 and 3 of the Fall session. A \$20 deposit per meat share will be required at the time of ordering.

**Contract forms** are available at the CSA, or online under *Join > Subscriptions & Cost*. You can place your subscription (contract + payment) in our drop-box at the CSA during pickup hours, slip it under our door whenever the courtyard is accessible but the CSA is closed, or mail it to us. We will process subscriptions in the order received - except between August 1 and August 15 when we will process current members' subscriptions only. From August 16 to August 28 (or until we sell out, whichever comes first) we will take subscriptions from new and former members, in the order they were received.

We will e-mail you a confirmation after processing your subscription.

**Current members:** Registration is from August 1 to August 28 (or until we fill up, whichever comes first), with priority registration for current members until August 15. We recommend that current members re-subscribe before August 15 when we open registration to new and former members.

**New and former members:** Registration is from August 15 to 28 (or until we fill up, whichever comes first). New and former members may submit their registrations starting August 1; they will be processed starting August 15 in the order received.

### HOW TO STORE TOMATOES?



First of all, and this is very important, never store tomatoes in the refrigerator! It will make them flavorless, mealy and watery.

Storing tomatoes below 55° is the worst thing you can do to them.

A tomato produces a flavor enzyme as it ripens; when the temperature drops below 55°, that enzyme and the tomato flavor are destroyed permanently. And not just that, but the tomato tissues breaks down and releases water. This leaves you with a tomato that may look fine from the outside, but will taste mealy and watery when you eat it.

So, keep tomatoes at room temperature, or in a wine cooler at around 60° if you have one. Or better, eat your tomatoes right away! Also, you can freeze your tomatoes, whole or quartered, in a Ziploc bag. You won't be able to use them as fresh tomatoes later, but they will be fine to make a sauce. Finally, if you have unripe tomatoes, do not put them in the fridge either. One tip is to store an apple along with the unripe tomatoes to help them ripen more quickly. Store them in a container lined with paper towels, in a cool place (not the fridge) away from direct sunlight.

So, do not put your tomatoes in the fridge, but please put everything else in it. As soon as you get home, unpack your share, sort your produce and put it in the fridge. In the summer, things won't stay fresh long on your counter top.

Okra is best when stewed whole for a long time, or when cut and cooked quickly at high temperatures. Make sure okra is completely dry before cutting, and if necessary, wipe your knife occasionally as moisture builds up on it. To cook quickly, make sure your pan is hot first. Hot oil in a hot skillet seals in moisture on the cut surfaces of the okra, preventing gumminess. Avoid stirring okra too much during cooking.

### **Okra Chilaquiles**

Sara Jones, Tucson CSA

I like this dish for breakfast. Served with refried beans and fried eggs, it is hearty enough for a dinner, though. It would be great served with tomatillo *Salsa Verde* and sour cream as well.

1 bag okra, chopped and stems removed  
½ green chile, diced  
½ yellow onion, chopped  
6 corn tortillas, sliced into inch-long pieces  
2 tablespoons 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. 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.

### **Curried Okra Stir-Fry**

Heidi DeCosmo, TCSA

To give this dish a more authentic flavor, add a squirt of lemon juice and a sprinkling of fresh cilantro after removing from heat. Serve with steamed rice.

2 tablespoons vegetable oil  
1 medium onion, chopped  
1 garlic clove, minced  
1 teaspoon minced ginger  
1 tablespoon finely chopped jalapeno  
2 tablespoons curry powder  
1 pound fresh okra, whole, trimmed leaving tops intact  
¾ teaspoon salt  
¼ teaspoon black pepper

Heat oil in a heavy skillet over medium high heat. Add onion and cook until golden, about 3 minutes. Add garlic, ginger, pepper, curry powder, and okra. Stir-fry about 5 minutes. Add salt and pepper, to taste. Remove from heat and add lemon and cilantro, if using.

### **Melon and Serrano Ham-new**

Sara Jones, Tucson CSA

Serrano ham and melon is a classic Spanish combination. The salty richness of the ham is a great contrast for the cool, sweet melon. Use whatever salty cured pork you can find easily. Or use a firm, salty cheese, like manchego, in place of the ham. This dish could be as simple as chunks of melon served alongside thin slivers of ham or cheese. Make it fancier by pureeing the melon with olive oil and sherry vinegar to make a gazpacho, then garnish each bowl with strips of ham or cheese.

1 small, or ½ large melon, cut into pieces  
2 teaspoons sherry vinegar  
2 teaspoons olive oil  
3-4 long slices of ham or cheese, cut into pieces

Toss melon with oil and vinegar. Serve on a plate beside the ham or cheese.

### **Tomatillo Soup**

Sara, Tucson CSA

2-3 medium potatoes, chopped  
3 tomatillos, peeled and cleaned, chopped  
2 green chiles, preferably roasted, chopped  
3 cloves garlic  
1 teaspoon cumin  
5 cups broth or water  
Salt and pepper to taste  
2 tablespoons cream, if desired

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky.

### **Summer Squash Onion Casserole**

From Cooks.Com, submitted by Irene Walden, Tucson CSA

2 medium summer squash  
1 teaspoon salt  
1 cup chopped onion  
¼ cup butter  
½ cup sour cream  
Salt & pepper to taste  
½ cup soft fresh bread crumbs  
2 tablespoons melted butter

Peel and cube summer squash. Boil in an inch of water and 1 teaspoon salt 15 minutes or until tender. Drain well and mash. Meanwhile, sauté chopped onion in butter until golden. Add onions and butter to mashed squash in casserole. Stir in sour cream and mix well. Salt and pepper to taste. Top with soft, fresh bread crumbs. Drizzle melted butter over crumbs and bake at 350° about 15 to 20 minutes or until bubbly.