



Tucson Community Supported Agriculture

Newsletter 250 ~ August 02, 2010 ~ Online at www.TucsonCSA.org

Summer '10 - Week 10 of 13

Harvest list is online

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Melon Yogurt Smoothie-new

1/4 cantaloupe, large and ripe
1/2 cup plain yogurt
2 tablespoons honey
10 ice cubes

Place all of the fresh ingredients
closest to the blade with the frozen
ingredients on top. Blend until smooth.
Serves 1-2

Squash Ribbons with Beans-new

1 pound summer squash, cut into long
strips
1 tablespoon olive oil
1 small yellow onion, peeled and
finely diced
4 ounces green (or yellow wax beans),
cut into 1/4-inch dice
1 or 2 tomatoes, diced
2 tablespoons freshly chopped chives
Salt and freshly ground pepper

Heat a large sauté pan over medium-
high heat, and add the olive oil. Add
the onion and beans, and sauté until
just beginning to brown, about 2
minutes. Add the squash and 1/2 cup
water, and stir to combine.

Reduce heat to medium, cover, and
cook until squash is tender and
flexible, about 5 minutes. Stir in the
tomato, chives, salt, and pepper, and
remove from heat.

Newsletter Editor

Philippe Waterinckx and Kimi Eisele

FARM NEWS

August is planting month at Crooked Sky Farms. It may seem crazy to be planting now for the fall, with the summer crops still in full swing and with so many hot months still ahead of us. But that's indeed what they are doing at the farm. Although it is still hot, the average daytime temperatures have gone down, the days are getting shorter and the nights are getting cooler. This week, Farmer Frank's crew has been planting arugula, mizuna and turnips. Many more greens and root vegetables will be sown over the next few weeks, as well as squash, cucumbers and pumpkins. Meanwhile, the first tomato season is coming to an end. Tomatoes don't do well in this combination of rain and heat and are suffering from sunburn. The second tomato season will start after the end of the monsoons, usually in mid to late September.

That is for the Phoenix fields. Over in Duncan, in Farmer Frank's higher elevation fields along the Gila River, the midsummer crops are maturing nicely. Green beans and yellow wax beans will be harvested over the next few weeks and green chiles should start appearing at the end of August. As usual, we will get fresh chiles and roasted ones in alternation for as long as their season lasts, usually until the end of October.

THE CANARY MELON

A large colorful melon that has a bright yellow outer skin with a pale green to white inner flesh. This melon has a sweet and slightly tangy flavor. It is also referred to as a Juan Canary melon.



WE ARE NOW OPEN FOR FALL SUBSCRIPTIONS!

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, 8, 10 and 12)

Meat shares (grass-fed beef, grass-fed lamb, natural pork, and pasture-raised turkeys) will also be available during Fall Session. We will take orders for those during weeks 2 and 3 of Fall Session. As usual, 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, or slip it under our door whenever the courtyard is accessible but the CSA is closed, or just mail it to us. 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.

Brilliant Blanched Okra-new

Kristin Van Fleet, Tucson CSA

While the CSA crew was discussing preparation methods for okra, Kristin mentioned her favorite way of fixing it. We all tried it and it was an instant hit! We think this the most brilliant idea yet! And yes it's as simple as blanching the (sometimes dreaded) vegetable and salting it liberally. Served immediately while still warm, it is reminiscent of the edamame you eat at Japanese restaurants. A great snack!

Okra (not trimmed!)

Salt

Bring a large pot of water to a boil and add okra. Cook for 2-3 minutes. The okra will have a vibrant green color when it is done. Remove from water before tips start to split! Drain, and while okra is still warm, toss with some salt. Serve immediately.

Tomatillo Escabeche

Sara, Tucson CSA

Escabeche is delicious as a side for tacos, or served on or alongside sandwiches or burgers.

3 chiles

8-12 small tomatillos, husk removed and cleaned

6 whole cloves garlic

½ onion, sliced

Brine:

4 cups rice wine vinegar

2 cups water

½ cup sugar

2 teaspoons salt

Coriander, fennel, thyme, oregano, allspice or any other combination or herbs and spices that you like.

Prepare veggies for brine by removing stems and roughly chopping into large chunks. Pack into glass jars. Bring brine solution to a boil and cook, simmering, for 10-12 minutes. Pour over vegetables, covering completely, and cool. Put lids on jars and refrigerate. Let sit for one week before using, for best taste. Will keep in refrigerator for several weeks.

Miso Sesame Sauce for Eggplant or Cold

Cucumber Salad

Sara Jones, Tucson CSA

If you use eggplant for this recipe, dice them into medium-size squares, for cucumbers, slice into coins or half moons. The recipe can be adjusted for the quantity of vegetables you have. If you have leftover sauce, keep it in the fridge for up to a week. The sugar in the sauce is optional, but especially with the eggplant, it really helps balance the dish.

2 parts miso

3 parts rice wine vinegar

1 part soy sauce

1 part toasted sesame oil

Pinch of sugar or drizzle of honey (optional)

Freshly grated ginger, minced garlic and red chile flakes to taste

Combine above ingredients in a small jar and shake to mix well.

For eggplant: Heat 2 teaspoons oil in a skillet over medium high heat. Add eggplant and stir to coat with oil. Cook for about 2 minutes then pour sauce and a small amount of water over vegetables, reduce heat to medium low, cover pan and cook until tender. Add water as needed to keep vegetables from drying out or sticking.

For cucumbers: Pour sauce over sliced cucumbers and toss to coat. Let sit for at least 30 minutes before serving.

Green Beans with Pecan Topping

Sara, Tucson CSA

This is a great side dish, but for a simple main dish you could serve it over pasta and add some grated parmesan cheese. The crumbs can be kept in the refrigerator for a couple of weeks for use later on, if you don't use them all the first time.

1 bag green beans, chopped

½ onion, chopped

1 clove garlic, minced

1/3 cup bread crumbs (I prefer mine chunkier rather than fine)

¼ cup chopped pecans

3 teaspoons oil

2 teaspoons butter (or additional oil)

Salt and pepper to taste

To make topping, heat 2 teaspoons of oil in skillet over medium high heat and stir in bread crumbs to coat. Cook, stirring frequently, until bread begins to brown. Add butter (or additional oil), garlic, and pecans. Continue cooking until pecans are toasted and bread is crispy. Add salt and pepper to taste. Set aside. Return skillet to medium high heat and heat remaining teaspoon of oil and add onions. Cook until onions begin to brown, then add chopped green beans, drizzle with water and cover for about 4 minutes, until green beans are tender. Serve topped with bread crumb mixture.

Melon Sorbet

Philippe, Tucson CSA

1 melon (cantaloupe or honeydew), peeled, seeded and cubed

3 tablespoons lemon or lime juice

2 tablespoons vodka

1/4 cup sugar

Place all ingredients in a food processor and process until smooth. Refrigerate until chilled. Pour the chilled mixture into an ice cream maker and process according to manufacturer's directions. Transfer sorbet to an airtight container and freeze 3 to 4 hours before serving.