



# Tucson Community Supported Agriculture

Newsletter 252 ~ August 16, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2010 - Week 12 of 13

Harvest list is online

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Many more recipes on  
our online recipe archive

### Now Open For Fall Subscriptions

**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 former and new members.

#### **Former and New Members:**

Registration is from August 15 to 28 (or until we fill up, whichever comes first).

#### **Verdolagas (or Purslane)**

Purslane has succulent, fleshy leaves and stems with a delicate and tangy flavor. Both stems and leaves are eaten. Purslane is harvested when young, before the stems turn woody. It is used as an herb for seasoning, as fresh green to be served in salads (sprigs of purslane are perfect for salads or tucked into sandwiches or tacos). It can be chopped and folded into mayonnaise-based salads such as egg, tuna, or potato. Cooked purslane is delicious too. It can be sautéed or cooked into soups.

## **BARRIO BREAD – TUCSON CSA OFFERS BREAD SHARES FOR FALL**



Barrio Bread is a locally grown company specializing in naturally leavened artisan breads. We use ancient sourdough techniques and have harvested local wild yeast to produce our breads, while using only the simplest of ingredients. This slow fermentation process combined with hearth baking creates a truly unique and delicious bread. Our bread contains no sugars, oils, or preservatives and we always use unbleached, unbromated flours.

Barrio Bread was founded by Don Guerra, who brings more than 20 years of artisan baking experience to his craft. He is a passionate baker who is committed to

producing Tucson's finest bread.

Barrio Bread is excited and proud to offer its products to Tucson CSA members and will offer breads weekly on both Tuesday and Wednesday pickups. We will be featuring the following varieties:

- **Pain au Levain:** A naturally leavened bread made with unbleached flour, stone ground wheat and rye. It has a complex structure with many irregular holes in the interior and an incredibly crispy crust.
- **Peasant Sour:** This bread is naturally leavened with a sourdough culture (levain) and has equal percentages of rye, whole wheat and bread flour. It has a gentle rye flavor and mild acidity.
- **Rustic 9-Grain:** A whole wheat bread naturally leavened with a sourdough culture (levain) with a variety of grains folded into the dough.

We hope you will enjoy Barrio Bread!

For more info on Barrio Bread

[www.barriobread.com](http://www.barriobread.com) email: [barriobread@cox.net](mailto:barriobread@cox.net)

Facebook: [barriobread](https://www.facebook.com/barriobread)

## **BREAD SHARES**

The Tucson CSA is very excited to started offering bread shares from Barrio Bread. We tried it and we love it! Bread shares will start on the first week of the Fall Session.

Pickups will be weekly, on both Tuesday and Wednesday, with the exception of Week 5 (Sept. 28 and 29).

To subscribe to a bread share, grab a Bread Subscription Form at the CSA or download and print one from our website, under *Join > Subscriptions & Cost*. The Subscription Form is self-explanatory. You can drop your Bread Subscription Form and payment at the front desk.

You can subscribe to any number of loaves for any number of weeks.

Note that the number of bread shares is limited. We will take subscriptions until September 30<sup>th</sup> or until they sell out (whichever comes first).

### August Medley

Philippe, Tucson CSA

This recipe uses a lot of produce commonly available at the CSA in August. It is very flexible and many items can be easily substituted.

1 tablespoon oil  
1 onion, chopped  
1 ear of corn, kernels scraped off with sharp knife  
1 teaspoon chile powder or paprika  
1 teaspoon herbs (oregano or thyme)  
1 garlic clove, crushed  
2 fresh green chiles, chopped  
1 handful okra, whole (optional)  
1 jalapeno, finely chopped (optional)  
1 summer squash, diced  
1 handful purslane, chopped in 1-in segments  
salt to taste

In a large skillet, sauté onion and corn in hot oil until onion becomes translucent. Add chile powder, herbs, garlic, chiles, okra and jalapeno. Sauté for 5 minutes, stirring occasionally. Add squash and sauté for another 5 minutes. Add purslane, sauté for 5 last minutes. Serve with an omelet, on a tortilla, or with some rice.

### Curried Sweet potato soup

Claire Zugmeyer, Tucson CSA member

The following is my own creation...inspired by Philippe's potato cilantro soup...though this is very different in flavor!

4 sweet potatoes, peeled and chopped  
4 cup vegetable or chicken stock  
6 small garlic, peeled and chopped  
1 onion chopped  
1 tablespoon olive oil  
2 teaspoons curry  
½ teaspoon cumin  
salt to taste

In large pot, sauté onions in olive oil till tender 3-5 min. Add garlic and sweet potatoes, sauté for another 5 min. Add stock and spices, cover, and simmer another 15-20 mins or until sweet potatoes are soft. Remove from heat and blend. Add salt to taste.

### Fresh Chile Lunch Pockets

Inspired by Marit Alanen, Tucson CSA Member

The mild fresh chiles in this week's share make excellent packages for a variety of fillings. Simply cut off the stem end and scrape away the white ribbing inside the pepper. Stuff with something simple like cheddar cheese or leftover rice. Eat cold, as a refreshing, less heavy version of the typical chile relleno. This makes a quick and easy snack or light lunch.

### Spicy Balsamic Melon Salad with Verdolagas

Sara Jones, Tucson CSA

1 small or ½ of one large melon, peeled, seeded and diced into 1 inch chunks  
2 cups verdolagas, cleaned and chopped  
½ cup balsamic vinegar  
½ yellow onion, thinly sliced  
1 or 2 green chiles, chopped  
2 teaspoons oil  
½ teaspoon ground cumin  
Pinch of salt  
Crumbled goat cheese, for garnish, if desired

Heat oil over medium high heat, in a medium skillet. Add onion and sauté, stirring occasionally, until mostly browned. Add cumin, chiles and balsamic vinegar. Reduce heat to low and simmer until vinegar is reduced by half. Add a pinch of salt and remove from heat. Strain onion and chile out of sauce and discard. Toss melon and greens together in a large bowl and drizzle with sauce. Stir well to coat. Top with goat cheese, if using. Serve at room temperature.

### Beet Sushi

Sara Jones, Tucson CSA

The vibrant color of cooked beets looks a lot like the raw tuna used in sushi rolls. Tossed with a little bit of vinegar and sugar, beets provide an unexpected but delicious vegetarian alternative to fish. You can make actual sushi rolls, which require a bit of manual dexterity and fancy chopping techniques, or you can toss all the ingredients together in a salad and simply garnish with crumbled nori.

2 tablespoons rice wine vinegar  
2 teaspoons sugar  
2 ½ cups cooked short grain rice  
4+ sheets nori (seaweed wrappers)  
1 bunch beets, cooked, peeled and cut into ½ inch strips  
2-3 baby carrots, sliced into matchsticks  
½ bunch green onions, sliced in half lengthwise  
1 handful verdolagas, cleaned and trimmed  
2 teaspoons soy sauce  
1 teaspoon wasabi paste

Mix the vinegar and sugar together, and stir until sugar is dissolved. Toss half of the mixture with the cooked rice and the other half with the cooked beets. Assemble rolls by spreading a thin layer of rice over the top ½ of a sheet of nori. Add the vegetables across the top half of the rice, then roll up, starting at the top end where the rice comes all the way to the edge of the nori. Ideally, you want the rice on the top of the roll to just meet the rice where it ends in the middle as you roll up your sushi. A sushi mat is helpful but not necessary. (There are more detailed instructions at various places on the web.) Seal the edge with water. Use a very sharp knife to cut into bite size pieces. Mix wasabi paste with soy sauce. If making a simple salad, use this for a dressing. If making rolls, use this mixture as a dipping sauce.