



Tucson Community Supported Agriculture

Newsletter 296 ~ July 4, 2011 ~ Online at www.TucsonCSA.org

Summer 2011

Harvest list is online

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Eat, Drink and Be Merry!

Sara and Lori, whose food you have enjoyed at CSA cooking demo's and special events, invite you to share their cooking adventures by attending a Supper Club Dinner. The first dinner will be Friday, July 8th and will highlight our amazing summer produce. The cost for the dinner is \$35 and includes drinks and musical entertainment. Talk to Lori or Sara for more info. Follow their exploits on www.andbemerry.com or 'like' them on Facebook. And be merry!

Where's the Beef?

We don't quite have the beef from Josh yet – we're hoping for next week. But we committed to take two entire steers, so there are still plenty of beef shares available. Come to the front desk for information and to sign up.

A Coffee Experiment

As you probably know, we sell Café Para La Vida Digna coffee to our members. This coffee is supplied by a collective in Chiapas, Mexico, then locally roasted. The proceeds support a school and clinic in the Municipality Ricardo Flores Magon. For awhile now, we've stocked only their french roast coffee because it was by far the most popular. In response to a few requests, we'll soon also stock a whole bean medium roast called "Full City". This is an experiment to assess the demand. Inquire at the front desk.

Have You Ever Heard of a CSB?

CSB stands for "Community Supported Bakery", and CSBs are popping up all over the country. Don't believe us? Go to your computer and type that term into your favorite search engine. (See how we avoided the "G-word"?) You'll get plenty of hits.

"It's really very similar to Community Supported Agriculture", says Don Guerra, the founder and baker behind Barrio Bread LLC, and supplier of bread to the Tucson CSA. "Both share basic objectives, and are structured pretty much the same way."

CSBs, just like CSAs, eliminate the inefficiencies of retail distribution by doing away with storefronts and inventories that add to cost and waste and make it more difficult to deliver a fresh product. Both directly link local producers and consumers to provide fresh, high-quality artisan-produced food. Both share the goal of supporting quality local food production and eliminating big corporate distribution networks and countless transportation miles. (From the foregoing, you can see why we encourage CSA members who want Barrio bread to get a bread subscription instead of buying loaves individually each week. Subscriptions allow Don to minimize waste by telling him ahead of time how many loaves to bake. The few extra loaves we get for individual sale are simply the result of Don "rounding up" to the next batch size.)

So it was natural for the Tucson CSA to pair up with Barrio Bread Company and create a CSB within our CSA! We selected Don to be our community-supported baker after a rigorous screening process that involved mostly, well, eating a bunch of his bread. It was hard work, but well worth it! We believe we uncovered a real gem.

Don has been baking bread for over 20 years, and he's passionate about it. He uses the French "levain" technique that is enjoying a resurgence among artisan bakers here in the U.S. It uses a lengthy natural fermentation process that uses little or no added yeast. The yeast and beneficial bacteria that cause the dough to rise are naturally occurring on the grain and in the air.

Individually crafted artisan breads are much like fine cheeses, wines and beers. All involve a partnership between people and microorganisms, and individual winemakers, brewers and bakers all leave their personal signature on the finished product. The result is a nearly infinite variety of flavors, colors and consistencies that result from differences in ingredients, methods, times and temperatures.

Just from talking to Don you can tell that he goes beyond the basics, and approaches bread making as both an art and a science. As a science, he closely monitors and controls ambient temperatures, the temperatures of his individual ingredients, and other variables such as the pH of his starter and dough, all to ensure that the fermentation process produces the desired result. As an art, he has developed a "feel" for the dough, and can tell you by handling it when it's ready for the next step in the multi-step process. All together, it takes Don about 48 hours to create a finished loaf of Barrio bread. That's slow food!

But it's not just a question of flavor. Naturally fermented bread is also more nutritious. All grains contain phytic acid, which interferes with the absorption of vitamins and minerals. Unless the grain is fermented or sprouted, the phytic acid will remain. The long, slow fermentation that is part of the levain process is an effective way to eliminate the phytic acid, and the result is better nutrition as well as better flavor. The long fermentation also converts starches into amino acids, resulting in bread with a much lower glycemic index than rapidly fermented breads.

Quick Okra Jambalaya

Sara Jones, Tucson CSA

Use leftover cooked rice for this easy recipe.

1 basket okra, cleaned and chopped
2-3 tomatoes, cleaned and chopped
1 tablespoon tomato paste
1 small sweet onion, sliced thinly
3 cloves garlic, minced
1 cup cooked kidney beans (or use leftover chicken or sausage)
2 cups cooked rice
1 tablespoon oil
1 teaspoon each of cumin, red chili, paprika, black pepper, Oregano and thyme
Salt to taste

Heat oil in a large skillet over medium high heat, add okra and onions. Sauté for about 5 minutes then add tomatoes, tomato paste, garlic and spices. Stir well, cover and reduce heat to medium. Cook for about 7 minutes, adding water if necessary to keep vegetables from sticking. Add beans (or chicken or sausage) and rice. Cook, stirring frequently until rice is heated through. Add salt to taste and serve.

Tomato Bruschetta

Lorraine Glazar, Tucson CSA

1 tablespoon finely minced onion, shallot or scallion
4 medium tomatoes
2 teaspoons finely minced parsley
Olive oil
Balsamic vinegar
Salt and freshly ground pepper
Four to six basil leaves, cut in a fine chiffonade
Prepared toast rounds or thin slices of baguette, toasted.

Cut the tomatoes into ¼ inch dice, including the juice and seeds. Combine with onion, and parsley. Judiciously add olive oil, starting with one teaspoon. Add salt and pepper, then balsamic vinegar (also starting with a teaspoon). Adjust oil and vinegar if needed. It is there to blend the flavors, not as a salad dressing. Cover and let macerate for one hour or all day if desired, a step which intensifies the tomato flavor. Serve on small toasts, garnish with the finely sliced basil.

Variation: Spread the bruschetta on toasts, top with a sprinkling of parmesan cheese, and warm in a 350-degree oven.

Cucumbers and Melon Pico de Gallo Style

Sara Jones, Tucson CSA

This is a tasty Mexican treat that traditionally uses lots of tropical fruit. I usually just use melons. Cut everything into long strips, roughly the same size, for the best presentation.

1 cucumber, seeds and skin removed
½ medium size melon
Juice of 2 limes
Cayenne pepper to taste
Salt

Dress the cucumber and fruit with lime juice, cayenne and salt. Serve immediately.

Eggplant Pasta in Yogurt Mint Sauce

Sara Jones, Tucson CSA

This recipe is adapted from a simple Turkish dish of grilled eggplant topped with yogurt sauce. If you can, try grilling the eggplant for a richer, smoky flavor. Many recipes also add ground beef or lamb to the dish.

1 large or 2-3 medium eggplant
1 teaspoon balsamic vinegar
1 tablespoon oil
1 ¼ cups plain yogurt
Juice from one lemon
2 cloves garlic, minced
1 tablespoon fresh mint, chopped
1 teaspoon chile flakes, optional
1 package pasta, cooked and drained
Salt and pepper to taste

Prepare the yogurt sauce first, up to a day ahead of time. Stir together yogurt, lemon juice, garlic, about half the mint, and chile flakes if using. Set aside. While pasta is boiling, prepare eggplant. If you are going to grill the eggplant, slice it in lengthwise strips and marinate briefly in oil, vinegar and salt and pepper. Grill over hot coals until browned on both sides. Chop into bite size pieces and proceed with recipe. To cook on the stovetop, heat oil in a large skillet and add chopped eggplant.

Stir to coat in oil, add balsamic vinegar and sprinkle with water to prevent sticking. Cover and let steam until completely cooked through. In a large bowl toss together cooked pasta, eggplant and yogurt sauce. Serve sprinkled with remaining mint.

Baba Ganoush

Sara Jones, Tucson CSA

This dish, which is reminiscent of hummus, is popular even with those who generally dislike eggplant. Roasting the garlic with the eggplant makes it milder and smoother, so don't be afraid to use the full quantity. You can also slice the eggplant lengthwise into strips and grill for a smoky flavor.

3 medium or 1 large eggplant
½ head garlic
2 tablespoons tahini
1 tablespoon olive oil
Juice of half of one lemon
Salt to taste

Add to taste any of the following: ground cumin, paprika, red chili, mint.

If using narrow Japanese eggplant, prick in several places with a toothpick. If using round globe eggplant, cut in half, oil cut sides and lay cut side down on baking sheet. Oil garlic, with skin on and place on baking sheet. Cook in a 350-degree oven for 30-45 minutes, until eggplant is meltingly tender. Once cooled, scrape flesh from skin using a spoon. Cut off tops of garlic and squeeze out roasted flesh. Put garlic and eggplant in blender or food processor along with other ingredients and blend until smooth. Serve with raw vegetable slices, pita bread or baguette.