



Tucson Community Supported Agriculture

Newsletter 304 ~ September 5, 2011 ~ Online at www.TucsonCSA.org

Summer 2011

Harvest list is online

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**Many more recipes in
our online recipe archive**

Roasted Green Chiles In Bulk!

Order Crooked Sky Farms roasted green chiles in bulk.

They are the same as Hatch chiles. You can order them mild, medium or spicy. They come in batches of 20 pounds. That's 20 pounds fresh weight (the weight is less after roasting).

Price: \$30 pre-paid at the front desk for following week delivery.

The offer will last as long as there are enough green chiles in the field (until approximately mid-October).

Cajeta (goat's milk dulce de leche) and Honey



The cajeta sampling last week was a big hit and we sold out. We are expecting a fresh delivery of cajeta this Wednesday,

but unfortunately there won't be any on Tuesday.

We have plenty of honey although we will soon run out of citrus honey. Local citrus honey is becoming increasingly rare because many of the citrus groves have been replaced by development.

KEEP TRACK OF THE CREDIT BALANCE IN YOUR CSA ACCOUNT!

When you first subscribed to the Tucson CSA, you paid for exactly what you chose to subscribe to (e.g. one produce share and one bread share, for 6 or 12 pickups). After your initial signup, you may extend your subscription indefinitely by making timely payments to your CSA account in increments of 6 or 12 pickups.

At the risk of sounding repetitive, we ask that you keep track of your credit balance on your CSA account to prevent it from being deactivated for insufficient credit. The easiest way to keep track is by reading the weekly e-mail you receive from us: the first line of the e-mail tells you how much credit you have left in your account on that day (not including that week's pickup, which is deducted after midnight of your pickup day.) You can of course check your online CSA account to see how much credit you have, and add money to your account, at any time.

To add money, go to your member card (the first screen that appears after you log in to your online CSA account). Then click on "Make Payment".

If you let your account balance get too low as of midnight Friday (for example, less than \$20 if you have a produce share only or less than \$24.50 if you have a produce and a bread share), your subscription will be deactivated on Saturday morning and you will no longer be able to pickup. (We report share quantities to the farm on Saturday morning based on your account status as of midnight Friday, which is why you must have enough credit at midnight Friday to get a share for the following week.) If you show up on a pickup day without sufficient credit in your account to pay for that pickup, we will not have a share for you that day (because we didn't include you in the count we reported to the farm the previous Saturday morning). But as long as you have sufficient credit in your CSA account as of midnight Friday to cover the cost of your next pickup day, your subscription will continue without interruption.

If your subscription is deactivated on a Saturday morning because of an insufficient credit balance, you will receive an e-mail from us to that effect, along with instructions on how to reactivate your subscription. (But remember that if a pickup day is full, you will not be able to reactivate for that day.)

If you don't want to re-subscribe, do nothing: deactivation is the natural way to end a subscription. (See "Help: End your subscription" under the "Manage Account" tab on our website for information about getting a refund of any small amount that might remain in your account.) But if you wish to resume your subscription, it will first need to be reactivated by us. To have your subscription reactivated, e-mail us at tucsoncsa@tucsoncsa.org at the time you wish to re-subscribe. In your e-mail, specify your preferred pickup day (Tuesday or Wednesday) and whether you can accept the other day if your preferred day is full.

Once we have reactivated your subscription, we will notify you by e-mail. All you have to do then is make a payment via your online account. After reactivation, there usually is a one-week interruption in your subscription because by the time your subscription is reactivated we would have already reported the share quantities to the farm for the current week.

Green Beans and Feta Salad

Philippe Waterinckx, Tucson CSA

1 CSA bag green or purple beans (approx. 1 lb.)
1 hard-boiled egg, peeled and crumbled
1/4 cup of feta, crumbled
Parsley or chives, chopped

Dressing:

3 tablespoons olive oil
1 tablespoon vinegar
1 small onion
1 teaspoon mustard
salt and pepper
Place all dressing ingredients in a food processor or chopper and blend until creamy.

Blanch the green beans whole for 2-3 minutes or until tender (up to 5 minutes if they are mature - taste a bean from time to time to check for tenderness). Drain and let cool. Cut the beans in 1-inch segments.

Toss together beans, hard-boiled egg, feta and dressing. Garnish with some chopped parsley or chopped chives if available.

Serve cool or at room temperature.

Green Beans with Pecan Topping

Sara Jones, 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. Just crisp them in the oven for a couple of minutes before using them.

1 bag green beans, chopped
1/2 onion, chopped
1 clove garlic, minced
1/3 cup bread crumbs (I prefer mine chunkier rather than fine)
1/4 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.

Chile and Cheese Soup

2 tablespoons butter
2 onions, diced
4 cloves fresh garlic, chopped
1 bag freshly roasted green chilies, peeled, seeded and chopped
5 ripe tomatoes, diced
6 medium white potatoes, peeled and cut into 1 inch cubes
16 cups water
2 pounds Longhorn Colby or Cheddar cheese, shredded
Salt to taste

In a large soup pot, melt butter and sauté onions and garlic over medium heat. When onions are soft, add green chilies and tomatoes. Simmer 10 minutes, stirring every minute or so. Add potatoes and water. Cook over medium heat until potatoes are done, 10 to 20 minutes. Add cheese. On very low heat, simmer about 30 minutes. Add salt to taste. For best results, allow to cool overnight and serve the next day.

Braised Dijon Cucumbers

Sara Jones, Tucson CSA

Braised cucumber is a traditional French recipe. Here is an adaptation with Dijon mustard in it. If you prefer something more like the original, just omit the Dijon.

1 cucumber, peeled and seeded
1 small sweet onion, minced
2 teaspoons white wine vinegar
1 teaspoon Dijon mustard
1 small pat butter
1 drizzle olive oil
1 teaspoon dried tarragon or dill (optional)
Salt and pepper, to taste

Cut the cucumber in half, lengthwise, then cut each half into three long strips. Cut strips into 1-inch pieces. Heat olive oil in a skillet over medium high heat and add cucumbers and onion. Cook, tossing or stirring frequently, for about 4 minutes, until cucumbers are slightly browned. Stir together mustard and vinegar and pour over cucumbers. Add butter and herbs, if using. Toss well to coat, turn heat to low and cover. Cook about 10 more minutes. The juice from the cucumbers should help them steam, but if needed, add a bit of water to keep them from burning or sticking. When tender, sprinkle with salt and pepper.

Tzatziki (Greek cucumber yogurt dip)

Philippe, Tucson CSA

1 16-oz. tub Greek yogurt
1 cucumber (approx. 1 lb.), peeled, seeded and grated (or finely cut)
2 cloves garlic, pressed
1 tablespoon olive oil (optional)
Optional - 1 cup verdolagas (chopped)
Salt and pepper to taste
Mix all ingredients together and refrigerate. Serve cool. Use as a dip with pita bread or as a side dish with grilled food.