



Tucson Community Supported Agriculture

Newsletter 343 ~ June 18, 2012 ~ Online at www.TucsonCSA.org

Spring 2012

Harvest list is online

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Bulk Tomatoes

This year, like every year from early June to mid- to late July, you can order tomatoes in bulk at the CSA. They are the same tomatoes from Crooked Sky Farms that we are getting in our shares.

They cost \$25 per flat, and a flat contains about 15 pounds of tomatoes. Pretty good deal!

You have a choice of 3 types of flats:

1. Classic Reds: only red tomatoes (open-pollinated, heirlooms and hybrids)
2. Heirlooms: all colors and sizes
3. Romas: good for canning because less they are fleshier and less juicy.

All orders must be pre-paid at the front desk for pickup the following week.



MELON SEASON HAS BEGUN!



And we starting it in style with cantaloupes (if the planned harvest list doesn't change at the last minute). Cantaloupes are perhaps the queens of all melons: so sweet, flavorfull and juicy. However, they are also very delicate and spoil fast. So, don't let them linger on your countertop or in your refrigerator.

Future melons may include various varieties of honeydew, canary, and banana melons.

FOOD SWAPPING ANYONE?

Yes, Tucson has its own Food Swap now. Food Swap Tucson was started by the CSA's own Sara and Lori back in April. It is being held once a month and the third one is this coming up this Sunday morning, June 24.

If you are not familiar with the concept, a Food Swap is a casual and friendly gathering of food makers, growers, and foragers who are excited to trade and barter their homemade edibles with others. The swap is also an opportunity to meet people, learn new things and encourage fledgling local food businesses. It operates like a silent auction of handcrafted and homemade food creations where participants bid and trade for each others goodies. For example, you can bring a jar of homemade jam and trade it with somebody else's muffins or lemon custard. Food swaps are great if you have a surplus of homemade stuff in your pantry and would like to trade it for delicious goodies concocted by another food lover.

Appropriate items for swapping include homegrown produce, backyard eggs (duck, chicken, quail), jams and preserves, syrups, oils, infused liquors and vinegars, home brewed alcohol and spirits, baked goods, candies, teas, canned foods, pickles, chutneys, salsas, smoked meats, honey and more...

Past Food Swap Tucson items have included limoncello, savory granola, saguaro seeds, home-cured olives, ciabatta and cinnamon rolls, scones, bagels, herbal teas, biscotti, Turkish dumplings, marmalades, jams and other preserves, canned vegetables, canned fruit, and more...



To stay informed of Food Swap Tucson events, simply sign up to their mailing list via their blog at <http://foodswaptucson.blogspot.com/>. The blog also has a useful FAQ section on how to participate.

To participate in the next Food Swap Tucson event, you need to register via EventBrite at <http://www.eventbrite.com/event/3552350175> There's no charge to register or attend.

We hope to see you there this Sunday! Exact time and location will be disclosed via their mailing list.

Kumi's Grilled Eggplant Salad

Kusuma Rao, Ruchikala

You might try this recipe with larger summer squash, too. If you are grilling make sure to prepare extra veggies for this simple but delicious salad.

2 large eggplants
1/2 teaspoon cayenne pepper
Salt and pepper
2-3 tablespoons of whole grain mustard
1/3-1/2 cup of plain Greek yoghurt (or thick strained yoghurt)
Finely minced raw garlic
Extra virgin olive oil
Bread/pita if desired

Slice eggplant into planks 1/4 inch thick and sprinkle them with salt, pepper, cayenne pepper and olive oil. Grill eggplant 2-3 minutes on each side. Dice into 1 inch pieces. Mix the garlic, mustard, and yoghurt together and season with salt and pepper to taste. Mix the eggplant with yoghurt/mustard mixture. Top with some sautéed or caramelized onions and fresh herbs. This can be used as a vegetarian substitute for chicken or tuna salad.

Zucchini and Olive Breakfast Cake, French-Style-new

Lorraine Glazar, Tucson CSA

All cakes don't have to be sweet! Mediterraneans, and the French in particular, have a whole tradition of "gateaux salés" (savory cakes). This one is lovely example.

1/3 cup olive oil, plus more for greasing the pan and drizzling
1/2 pound zucchini
1 teaspoon salt
1 large clove garlic, minced
1 3/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon black pepper
3 large eggs
1/3 cup milk
2 ounces goat cheese, crumbled
1/2 cup Kalamata olives, pitted and sliced
Kosher salt

Heat the oven to 350°F. Lightly grease a 9 by 5 inch loaf pan with olive oil. Grate the zucchini on the coarsest side of a box grater. Place the zucchini in a colander in the sink, and toss with 1 teaspoon of salt. Let drain while preparing the rest of the recipe. In a large bowl, whisk the minced garlic with the flour, baking powder, salt and pepper. In a separate, medium bowl, lightly whisk the eggs, then whisk in the milk and olive oil. Use a rubber spatula to fold the wet ingredients into the dry until barely mixed. Fold in the crumbled goat cheese and the sliced olives. Press firmly on the zucchini in the colander, pressing out as much water as possible. Quickly fold the zucchini into the batter. Spread the batter in the prepared loaf pan, and drizzle lightly with olive oil. Sprinkle the top with kosher salt. Bake loaf for about 45 minutes, or until golden

and a knife inserted in center comes out with a few crumbs attached. Transfer to a rack to cool in pan for 5 minutes. Run a knife around edge to release. Turn out loaf onto rack to firm up before slicing, about 30 minutes; using a serrated knife, cut into 3/8-inch slices, then cut into halves or quarters.

Eggplant Frites

Sara Jones, Tucson CSA

These are a fun take on eggplant and could be used as a base for an eggplant parmesan-style dish. You can either cut long French fry-size strips or make round coins, depending on the size and variety of your eggplant. Serve with fresh chopped tomatoes and onions marinated in olive oil and a bit of vinegar and salt.

1 large eggplant, or several smaller eggplants, peeled and cut
1 egg, beaten
3/4 cup flour
Italian herb mix, paprika or other spices, to taste
Salt and pepper, to taste
About 2 teaspoons oil

Preheat oven to 400 degrees. Mix any spices you like into the flour and season with some salt and pepper. Oil a baking sheet well. Dip slices of eggplant into egg wash then dredge in flour mixture. Tap off any excess and place on baking sheet. Bake about 10 minutes, then turn eggplant over and bake another 5-8 minutes, until browned outside and tender inside. Sprinkle with more salt, if needed and serve.

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
1/2 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.