



Tucson Community Supported Agriculture

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Summer 2012

Harvest list is online

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

Pork Shares

We are now taking orders for shares of naturally raised pork. A pork share will include ground pork (1 lb), Italian Sausage (1 lb), Breakfast Sausage (1 lb), Chorizo (1 lb), Bratwurst (4), Italian Links (4), Bacon (1 lb) and Pork Chops (4). Weights may vary slightly.

Note: this is the "summer" pork share, with no roasts but with more links and chops.

We offer pork shares every 3 months or so, as we do beef shares and lamb shares. Pork shares are 10% cheaper than the same pork cuts bought individually. That is because it takes less effort on our part to sell the shares than it does to sell the cuts individually. However, we also usually have individual cuts of one type or another available most of the time between the times we offer pork shares. Right now, for example, we have ground pork, Italian sausage, breakfast sausage, bacon, bratwurst and Italian links.

We expect the pork shares to be ready for pickup by the end of August.

Pork shares can be ordered at the front desk. A \$20 per pork share non-refundable deposit is required at time of ordering.

SERRANO CHILES



A few times a year, we get small hot chiles in our shares such jalapeños, yellow hots (aka gueros) and Serranos. Many of us get very excited about this because those are occasions when we get more chiles than we can eat which allows us to preserve them for use in winter or spring.

Last week we had jalapeños (I cut all mine in half and froze them). This week we have Serrano chiles. Serrano chiles originate from the mountains of south central Mexico. They resemble jalapeños, except that they are more slender and significantly hotter, though not nearly as hot as habañeros. Like jalapeños, Serranos are fleshy chiles, but they are not easy to core and seed, and are therefore typically eaten whole or thinly sliced. In Mexico, they are often incorporated raw in pico de gallo, salsa and ceviche, but they can also be added to stews and stir-fries.

It is unlikely that you will eat your Serrano chiles share all at once, hence you may decide to preserve them. Because they are fleshy, they are not easy to dry. They will keep up to 2 weeks in a plastic bag in the refrigerator. But you have options if you want to keep them for longer. You can either pickle them (it's very easy, see Amy's pickled chiles recipe - *Chiles en escabeche*, on back page), or you can freeze them in an airtight freezer bag, to use in small quantities when you need them.

If you still have some of the chubby jalapeños we got last week, you can preserve them the same way.

FINDING SOME CLANDESTINE PASSENGERS IN YOUR CORN?

It is very hard to grow corn organically and not have it be affected by corn borers. Corn borers are the caterpillars of a small moth (*Ostrinia nubilalis*), which migrated from Europe in the early 20th century along with many people.

Farmer Frank uses the tiny *Trichogramma* wasp, a biological pest control method, to control the corn borer. The wasps lay their eggs in the eggs of the moth, which prevents their development. While being effective against corn borers, *Trichogramma* doesn't always eliminate the problem entirely, and we have lately noticed some corn borer damage in the corn.

The small moth caterpillars are harmless to humans, but they can make an ear of corn look unappetizing. Corn borer damage is usually limited to the tip of the ear of corn. So, if the sight of a damaged ear of corn makes you queasy, just chop off 1 or 2 inches off the tip of the ear before chucking it.

Chiles en Escabeche (pickled chiles)

Amy Valdes Schwemm, Tucson CSA

It can take a while to get through a CSA share of hot peppers! You can always freeze them, to make them last. But here is another great way to preserve them so you can use their fiery heat in small doses throughout the year.

Fresh chiles (fleshy types with thin skins like jalapenos, serranos, and gueros/yellow hots are better than long chiles with thinner walls)

Vinegar, cider or distilled

Salt, non-iodized

Extras: Carrot/Onion/Garlic/Mexican oregano

Cut slices of onion, garlic and carrot. Chiles can be left whole with stems, or seeded and sliced. Mix vinegar and water in equal parts, making enough brine to easily cover chiles. Put brine in a non-reactive pot with 1 teaspoon of salt for each 4 cups of brine. Bring to a boil and cook veggies for 1 to 3 minutes (more time for whole chiles, less for sliced). Do not let chiles get soft! Remove from heat and let cool. Put in jars, making sure the chiles stay submerged in brine, and refrigerate. They will keep up to a year.

Corn Cob Stock

Sara Jones, Tucson CSA

Left over corncobs make an excellent addition to a vegetable or chicken soup stock. All you need is a large soup pot and a few spare minutes. Use any assortment of vegetables you have on hand (this is a good time to clean out your produce drawers and use up any old vegetables). Carrots and onions are particularly good additions to a stock. Cut vegetables into large chunks. Scrape remaining kernels off of cobs and break cobs into pieces. Add any herbs you like, whole garlic cloves and then cover everything with a few quarts of water. It will take only a few minutes to get everything together and bring to a boil, then lower the heat and ignore it for an hour while it simmers on the stovetop. (You could also leave this all in a crockpot on low while you are at work!) After an hour, strain liquid into a bowl and cool. The stock will freeze well or keep it in the refrigerator and use within a couple of days.

Chile and Corn Stir-Fry

Philippe Waterinckx, Tucson CSA

4 green chiles, cut lengthwise (membranes and seeds removed – roasting the chiles is optional)

1 ear of corn, kernels cut off

1 tablespoon oil

1 or 2 tomatoes, quartered

1/2 onion, sliced

1 garlic clove, crushed

1/2 glass white wine

1/2 bunch cilantro or parsley, chopped

1 cup vegetable stock

1 cup rice

Sauté the chiles in oil for 5 minutes on each side. Add the onion and tomatoes and cook for another 3 minutes. Add the garlic, corn, wine and stock and simmer for 5 minutes. Stir in the cilantro or parsley. Serve on top of steamed or boiled rice.

Easy Cold Summer Squash Soup

Paula Wilke, Tucson CSA

This soup is good either hot or cold.

1/2 to 1 cup vegetable stock or water (enough for about 1/4 inch of liquid in the bottom of the cooking pot)

1 small onion

2-4 cups of summer squash (yellow squash, Mexican

Grey Squash, Zucchini, a mixture of different squashes is nice)

2-3 cloves garlic

1 Tablespoon White Miso (possible substitutes are soy sauce or salt)

Good goat milk yogurt (plain)

Salt and pepper

Black olive as a garnish

Heat stock or broth and roughly chop the onion, the squash and the garlic, keeping them separate. When the water starts to boil, add the chopped onion and cover. After a few minutes add the squash and garlic and cover. Cook until the vegetables are tender (5-10 minutes), stirring occasionally, and then remove the pan from the heat. When it cools a bit, pour the mixture into a blender, add the miso and puree. Chill the mixture. Just before serving, stir in 6 ounces (small container) goat milk yogurt. You can also add a little more milk or cold water if you like it less thick. Add lots of freshly ground black pepper and salt to your taste. Garnish with a black olive.

Okra Chilaquiles

Sara Jones, Tucson CSA

I like this dish for breakfast. Served with refried beans and fried eggs, it is hearty enough for a dinner, though.

1 CSA share okra, chopped and stems removed (do not get okra wet!)

1/2 green chile, diced

1/2 bell pepper, chopped

1/2 yellow onion, chopped

6 corn tortillas, sliced into inch long pieces

2 tablespoon oil

Salt and pepper to taste

Unless you have a very large skillet, you may want to do this recipe in two batches to make sure that all the tortillas get crisp. Heat oil over medium high heat in a cast iron skillet. Add onions and sauté for a few minutes until beginning to brown, add tortillas and stir to coat with oil. Cook for about 4 minutes to allow tortillas to begin to crisp before adding the vegetables. Stir in the remaining vegetables and reduce heat to medium. Cook for a while longer, stirring occasionally, until tortillas are mostly crunchy and vegetables begin to brown. Add salt and pepper to taste.