



# *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**

### Reminder: Pork Shares

We are still taking orders for shares of naturally raised pork. We will have 40 pork shares and half of them have so far been pre-sold.

This time pork shares will include ground pork (1 lb), Italian Sausage (1 lb), Breakfast Sausage (1 lb), Chorizo (1 lb), Bratwurst (4 links), Italian Links (4 links), Bacon (1 lb) and Pork Chops (4 chops). 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. Like with our other meat shares, pork shares are 10% cheaper than when bought in individual cuts. That is because it takes less effort on our part to sell the shares than it does to sell the cuts one at a time. 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 the time of ordering.

## **JALAPENOS**

The jalapeño chile, often called chile gordo (chubby chile) in Mexico, is a medium-sized chile named after the town of Xalapa in the Mexican state of Veracruz. Jalapeños are commonly eaten green or pickled (see pickling recipe in last week’s newsletter). They can also be left to ripen to a deep red, in which case they are then traditionally smoked. Smoked jalapeños are called chipotles.



Jalapeños are hot, but not super hot, and can be eaten whole. They are milder than chiltepins, habañeros and serranos.

**Pickled jalapeños**, sliced or whole, are often served hot or cold on top of nachos.

**Jalapeño jelly** can be prepared using jelling methods. Jalapeños can also be **candied** (see recipe on back page).

Jalapeño are often muddled and served in **mixed drinks**.

Jalapeño poppers, also called armadillo eggs, are an appetizer: they are stuffed with cheese, usually cheddar or cream cheese, breaded or wrapped in bacon, and cooked (see recipe on back page).

**Stuffed jalapeños** are hollowed out fresh jalapeños (served cooked or raw) that are stuffed, often with a mix containing seafood, meat, poultry, and/or cheese.

**Jalapeno juice** is often used as a remedy for seasonal allergies and other cardiovascular problems.

## **GREEN CHILES – TASTE THEM BEFORE USING THEM!**

The green chiles we’ve had in our shares, both fresh and roasted, have had varying degrees of heat so far. While some were mild as they were supposed to be, many have been medium or even hot.

Apparently the batch of mild green chile seeds which Farmer Frank planted in his south Phoenix field turned out to be a mix of mild, medium and hot chiles, and we’ve been getting all of them. Unfortunately, short of throwing away that entire harvest, there isn’t much that can be done about it. The best approach in deciding how to use your green chiles is to taste a bit of each one to find out its strength and then using it accordingly.

Luckily, the next batches of chiles, which will soon coming to maturity in the Duncan field, should be more differentiated and we will know what strength those chiles are when we receive them.

## Cucumber and Dill Pasta Salad

Philippe Waterinckx, Tucson CSA

A most refreshing summer dish!

1 pound pasta (rotelle, shells or bowties), cooked  
1 cucumber, cut in half and sliced

Dressing: combine

2 cups yogurt (Greek yogurt is best)  
1 cup milk  
1/4 to 1/2 cup chopped fresh dill (to taste)  
1 onion, chopped  
2 cloves garlic, minced  
1-2 teaspoon salt  
1-2 teaspoon ground black pepper  
1/4 cup vinegar or lemon juice

Mix pasta, cucumber and dressing. Serve cool.

## Melon Cucumber Salsa

[www.theorganickitchentucson.com](http://www.theorganickitchentucson.com)

1 cup melon (diced small)  
1 small cucumber, peeled, seeded, and diced small grated zest and juice of 1 lime  
1 tablespoon minced basil  
1 tablespoon chopped mint leaves  
1 jalapeno, seeded and finely diced  
1 small knob of ginger, peeled and grated salt, to taste  
Mix all the ingredients.

## Bacon-wrapped Jalapeño Poppers

Philippe, Tucson CSA

10 jalapeños  
7 oz. cream cheese (or fresh goat cheese)  
1 cup shredded cheddar  
10 slices bacon

Wear gloves if you have a sensitive skin.

Heat oven to 450 degrees.

Slice the top off the jalapeños. Cut each jalapeño in half lengthwise and remove the seeds and inner membranes. Fill each half with cream cheese and top with cheddar cheese. Wrap a slice of bacon round each stuffed half jalapeño and skewer with a toothpick.

Place on a baking sheet and bake for 10-15 minutes until bacon is cooked.

## Candied Jalapeños

(from gourmetsleuth.com)

3 jalapeños  
1 cup granulated sugar  
2 cups water

Wear gloves.

Slice the top off the jalapeños and cut the jalapeños lengthwise into four strips, removing seeds and membranes.

Combine the sugar and water in a saucepan. Bring to a gentle boil to make a simple syrup.

Cook the jalapeño strips in the simple syrup for a few minutes, then strain the syrup and let the strips cool for a few minutes.

Repeat the cooking process three or four times, reusing the syrup, or until the strips are nicely candied.

## Raw Kale and Cantaloupe Salad

Ms. Dallas Scott, Tucson CSA

Add to a medium bowl:

1 bunch kale, de-ribbed and cut into thin strips chiffonade\* style. \*Take the leaves and pile them on top of one another until you have ten or so stacked up. Roll them up long ways into a tube then thinly slice into circles. They will slightly unravel into curls once cut.  
1/2 lemon, juiced  
2 teaspoon Braggs  
2 tablespoons olive oil  
1/2 teaspoon sea salt

Tenderize the kale by squeezing it gently, continuing to knead the leaves until wilted.

Add in and toss gently together:

1 cup cantaloupe or other melon of choice, medium diced  
1/2 cup walnut pieces or other nut as desired.

## Mashed Potatoes with Dill and Chiles

Philippe, Tucson CSA

Mashed potatoes with a tantalizing Southwestern touch. The dill adds a freshness that nicely complements the spice of the chiles.

6 potatoes, or 3 potatoes and 3 sweet potatoes (no need to peel)  
1 onion  
4 cloves garlic  
2-4 roasted chiles, peeled and seeded  
1 bunch dill  
salt and pepper  
1/2 stick of butter

Boil or steam potatoes, sweet potatoes, onion and garlic until tender.

Place in food processor with chiles, salt, pepper and butter. Blend until smooth.