



Tucson Community Supported Agriculture

Newsletter 354 ~ September 3, 2012 ~ Online at www.TucsonCSA.org

Summer 2012

Harvest list is online

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Many more recipes in our online recipe archive

Pork shares are ready

Pork shares are ready for pick up. They range between \$45 and \$51 per share (not including the \$20 deposit). The variation is due the varying weights of the different cuts. All pork shares are otherwise the same.

Beef shares: starting taking orders next week

Next week we will start taking deposits for grass-fed beef shares. A \$20 per share deposit is required. They can be ordered at the front desk.

For more info on the beef shares, ask at the front desk or check our Products page on our website.

The beef shares are expected to be ready by early October.

Bulk Roasted Green Chiles: starting taking orders next week

Starting next week also, you can order Crooked Sky Farms roasted green chiles in bulk.

They are the same as Hatch chiles. You can order them mild, medium or hot. They come in batches of 20 pounds (that's 20 pounds fresh weight – 3 to 4 pounds are lost during roasting).

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

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

WHAT I DID WITH MY SHARE - by Philippe

During the summer I try to use my stove as little as possible. The only things from my share which I cooked indoors this week were the okra and the sweet corn, along with some green chiles.

I threw the okra, whole and straight from its basket, in a pot of boiling water and I let it cook for 2 minutes. Mustn't cook it longer or it may split and become slimy, which in this recipe is not recommended. Drained it in a colander, sprinkled some sea salt on it and just ate it as a snack while standing in the kitchen: I grab each okra pod by the stem and bite into the pod until I reach the stem. I love this way of fixing okra: it's tender but still crunchy and I love the feeling of the okra seeds rolling on my tongue before I chew on them.

The corn wasn't the greatest: little black beetles had eaten part of it and it would have looked unsightly if simply served on the cob (aaah, the trials and tribulations of getting organic corn). With a sharp knife, I scraped off the parts with intact kernels and I sautéed them in some olive oil with a chopped onion and a few chopped green chiles. I seasoned it with some mole dulce from Mano Y Metate, and then stuffed the mixture in those pointy sweet bell peppers. These bell peppers benefit from being eaten raw because they have such a delicate and sweet flavor. I had some leftover corn and onion mixture and I used it to stuff the remaining green chiles. The stuffed peppers and chiles made a couple a delicious cold lunch snacks.

I resisted the temptation to eat the Asian pears on my way home from the CSA. Instead I later sliced them into eights and wrapped them in slices of prosciutto. I served them with BBQ-grilled summer squash and a few slices of Barrio Bread. It made a delicious summer evening dinner.

One of my favorite things to do with cucumbers is tzatziki, especially when the weather is hot: I grated the cucumbers and mixed them with Greek yogurt, salt, minced garlic, black pepper and dash of olive oil. It made a tasty and refreshing dip/spread which I snacked on all week long, spread on slices of Barrio Bread.

I haven't attacked my watermelon yet, but if next week's share includes more grilling material, I might just grill some slices of watermelon. Otherwise I will just eat it the traditional way.

ASIAN PEARS

Asian pears may seem to have a lot in common with apples but they are related to pears. Unlike other pears that yield to gentle pressure when ripe, Asian pears are ripe even when they are extremely firm.



Calabacitas In Mole Adobo

Philippe, Tucson CSA

1 cup corn kernels
1 onion, chopped
1 summer squash, cubed
2 tomatoes, quartered
Salt to taste
1 tablespoon mole adobo (or mole pipian for a less spicy version)
1 tablespoon oil
1 tablespoon fresh Mexican oregano or cilantro, chopped

Sauté onion and mole powder in oil until onions are tender. Add remaining ingredients, except the oregano. Cover and simmer for 15 minutes. Mix in oregano before serving. Serve with tortillas or on a bed of rice. Note: meat eaters can add a 1/4 pound pork sausage to this dish. Just add it at with the onions and mole powder and sauté it until the meat is cooked before adding the remaining ingredients.

Pear and Pecan Pasta

Sara Jones, Tucson CSA

A salad topped with pears, pecans and blue cheese is becoming ubiquitous on restaurant menus across the country. Try this variation served over pasta for a heartier dish. If you can get your hands on fresh arugula or spinach, it would be delicious tossed it in at the last minute.

1 basket Asian pears, cored and slivered
3/4 cup pecans, chopped
About 1/2 cup blue cheese
1 onion, thinly sliced
1 package penne pasta, cooked al dente
1 1/2 tablespoons olive oil
1 tablespoon balsamic vinegar
Salt and pepper, to taste

Heat 1 tablespoon oil in a skillet over medium heat. Add onions and cook, stirring occasionally until well browned. Toss hot, freshly cooked pasta with onions, pecans, pears and cheese. Drizzle with oil and vinegar and add salt and pepper to taste. Serve hot or as a cold pasta salad.

Agua Fresca de Sandia (Watermelon drink)

Philippe, Tucson CSA

1/4 watermelon
1/4 cup mint leaves (optional)
2 cups water
Juice from 2 limes (or lemon)
1 cup simple syrup (2 tablespoons sugar dissolved in 1 cup of water)

Note: instead of fresh lime juice and simple syrup, you can use 1/4 cup frozen lime juice (such as Minute Maid) dissolved in 1 cup of water. Remove rind and cut watermelon flesh into

cubes. Place watermelon cubes and mint in a blender with 2 cups of water and blend until the seeds have broken down. Note: you can remove the seeds beforehand if you prefer. Slowly pour the obtained juice into a pitcher, through a strainer. Add lime juice, simple syrup, and stir. Chill in the refrigerator for 1 hour before serving in glasses with some ice cubes. Note: the pulp will separate and sink to the bottom; that's ok, most people prefer the drink the clear liquid only. Must be consumed within 12 hours (it loses its flavor after that)

Fresh Refrigerator Pickles

Wendy McCrady, Tucson CSA member

Here's an easy way to use your cucumbers. They are so tasty you'll be eating them straight from the jar.

3 cups sliced cucumber, peeled if skin is tough
1/2 cup sliced onion
1 cup white vinegar
1 cup sugar
3 teaspoons salt
2 teaspoons pickling spice
1 teaspoon celery seeds
1 teaspoon mustard seed

Heat vinegar, sugar, salt, and spices, stirring until sugar dissolves. Boil about 10 minutes. Sterilize jars and lids with boiling water. Fill jars with cucumber and onion slices. Carefully pour in vinegar mixture. Store in refrigerator. These will keep for several months. Note: strain leftover vinegar liquid and mix with olive oil for a flavorful salad dressing.

Heavenly Grilled Corn on the Cob

Heidi DeCosmo, Tucson CSA

This is a great way to enjoy fresh corn. The kernels will steam in the husks and foil, and the grill adds a smoky flavor. Try adding chili spice, thyme, or curry powder in place of paprika.

4 ears corn
2 teaspoons paprika
4 teaspoons butter
1 teaspoon ground pepper
2 tablespoons honey
1 teaspoon sea salt

Heat the grill to medium-high. Carefully peel back the husks and remove the silk from each ear. Rub 1 teaspoon butter on each ear of corn. Drizzle the honey on the corn and sprinkle with the paprika, pepper and salt. Wrap the husks back around the corn. Cover each ear of corn with aluminum foil. Place the corn on the grill. Close the lid and cook for 5 minutes. Turn the ears over with tongs and cook 5 minutes more. Turn corn one more time and finish cooking another 5 minutes. Carefully remove foil and pull back husks to serve.