



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**

Beef shares

We are now taking deposits for Josh's grass-fed beef shares at the front desk. A \$20 per share deposit is required.

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.

Pasture-raised turkeys

We are also taking orders for Josh's pasture-raised turkeys. They will be ready to pick up the week before Thanksgiving. A \$20 deposit is required at the time of ordering.

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

Bulk Roasted Green Chiles

You can now 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).

MEET (OR RE-MEET) ISKASHITAA REFUGEE NETWORK

Many of you are likely familiar with this amazing non-profit with which we have been working since 2005. They are one of the non-profits we donate our surplus produce to at the end of our pickups. They occasionally bring us citrus fruit which they glean from Tucson gardens and which you can buy for a modest donation. They also occasionally have a table in our courtyard where they sell products made from locally gleaned fruit.

Iskashitaa empowers refugees by creating opportunities to use their knowledge and skills to help integrate into the larger Tucson community while gaining life skills that facilitate success in America. Some of their programs include:

Harvesting: Iskashitaa is an inter-generational group of refugees from Africa, Asia, and the Middle East who partner with local Tucson volunteers to harvest approximately 65,000 lbs. of fruits and vegetables each year from homeowners' backyards and local farms. These nutritious foods are then redistributed to refugee families and other Tucson organizations that assist families in need.

Food Preservation and Cooking Classes: In these classes, United Nations refugees and community volunteers work together to learn food safety and food handling standards in commercially certified kitchens, while utilizing locally harvested produce to learn new ways to prepare and preserve foods. Some of the products are then sold in local stores and at Iskashitaa events to sustain the program.

Sewing and Crafts Circle: Through this micro-enterprise program, refugees are given materials, equipment, and instruction to create clothing, purses, rugs, baskets, and other products for household use or for consignment at events and local stores.

English as a Second Language Classes: University students and community volunteers teach ESL in refugee-populated apartment complexes as well as at a refugee-owned daycare that serves primarily refugee families. These classes are focused on pre-literate adults who do not feel comfortable in traditional ESL classes.

Family Mentoring: Iskashitaa Refugee Network matches trained community volunteers with refugee individuals or families who need assistance navigating the complex systems that are key to success in the U.S., including the educational system and healthcare system. Mentors also provide basic financial literacy education and assist refugee families in accessing mainstream services.

Pool Safety & Swimming: Most refugees arrive in Tucson without having had the opportunity to learn to swim. They are resettled in low-income apartment complexes, many of which have unsupervised pools. This immediately presents a serious danger and has led to several near drowning incidents and one fatal drowning. Iskashitaa's pool safety and swimming program leverages a partnership with the YMCA to offer instructions in life-saving skills and basic swimming instruction to youth and adults. Participants who complete the program are comfortable in and around water and know what to do in the event of an emergency.

Cocido

Sara Jones, Tucson CSA

This soup is traditionally prepared with soup bones or short ribs, but it is also good as a vegetarian dish if you prefer. It is served with whole chunks of corn on the cob, which really helps to infuse the broth with flavor. Use a large squash, if you have one; its flesh will get tender and tasty. Serve with warm tortillas and lime wedges.

About 1/2 pound soup bones, short ribs or chuck roast, if desired
2 small onions, chopped into large pieces
3 carrots, chopped into large pieces
4 to 5 potatoes, chopped into large pieces
2 tomatoes, chopped
1/2 of a large squash or 1 medium squash, chopped into large pieces
2 to 3 ears of corn, husks and silk removed and broken into pieces
1 can garbanzo beans, drained
2 bay leaves
1 teaspoon oregano
1 teaspoon cumin
Red pepper flakes, to taste
Salt to taste

If using meat, bring 2 quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 to 1 1/2 hours. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients. Cook for another hour, until veggies are very tender. Salt to taste. If making vegetarian cocido, start with all the ingredients together in a pot, with enough water to cover. Cook 1 hour, adding salt about half way through cooking. Add additional salt in the end, if needed. Serve in large bowls, ensuring that everyone has at least one chunk of corn on the cob. Add lime juice to taste.

Zucchini Lasagna

Jeanne Granger, Tucson CSA, Adapted from: [The Steinbeck House Cookbook](#)

If you end up with a larger squash here is a great way to use it.

1 1/2 pound medium zucchini
1 pound ground beef or turkey (or substitute and equal amount of cooked lentils)
1/2 cup chopped onion
1 (15 ounces) can tomatoes (chopped)
1 garlic clove (minced)
1 teaspoon oregano (fresh)
1 teaspoon salt
1/2 teaspoon pepper
15 ounces Ricotta cheese
1/2 cup Parmesan cheese (grated)
1 egg
1/2 pound Mozzarella cheese (grated)

Slice zucchini lengthwise as thin as possible (1/8 inch), sprinkle with salt and let sit approx. 15 min to bring water to surface. Wipe zucchini dry (otherwise, lasagna will be very watery).

Brown the beef and the onions, then drain excess fat. Stir in next 5 ingredients and simmer about 10 minutes, stirring occasionally.

Combine Ricotta cheese, Parmesan cheese, and egg. Put half the zucchini, all of Ricotta cheese mixture, half of the Mozzarella cheese, and half the meat sauce in a 9x13 inch baking pan.

Repeat above except for Ricotta cheese.

Sprinkle Parmesan cheese on top.

Bake, uncovered, 40 minutes in 350 oven.

Let stand 10 minutes before cutting.

Chile and Cheese Soup

2 tablespoons butter
2 onions, diced
4 cloves fresh garlic, chopped
1-2 bags freshly roasted green chiles, peeled and seeded
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 chiles 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.

Green Chile Omelet

Green chile, cheese and eggs have a natural affinity. Goat cheese isn't just a stylish conceit either here: it was once a very common cheese, for goat thrives more cheaply and easily than does a cow.

2 roasted green chiles, skinned, seeded, and cut into strips
Fresh goat cheese
2 eggs
Salt and pepper
1 tablespoon butter

Season the eggs with salt and pepper and whisk them in a bowl with a fork. Melt the butter in a 7-inch nonstick skillet, then wait a good 5 seconds after foaming has stopped. Swirl the slightly browned butter around to coat the pan, then add the eggs. Let them sit over high heat for 10 seconds to begin to cook, then swirl. When the eggs are set but still soft on top, add the chile and some crumbled goat cheese. Fold omelet over and roll or slide off onto plate.