



Tucson Community Supported Agriculture

Newsletter 356 ~ September 17, 2012 ~ Online at www.TucsonCSA.org

Summer 2012 **Harvest list is online**

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

Roasted Green Chiles In Bulk

You can now order Crooked Sky Farms' roasted green chiles in bulk.

They are the same as Hatch chiles we have been getting in our shares. 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 after roasting).

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

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

Pasture-Raised Thanksgiving Turkeys

We are still taking orders for Josh's pasture-raised turkeys. They will be ready to pick up the week before Thanksgiving.

We will be getting fewer turkeys than usual this year, so make sure to order one early if you want one.

A \$20 deposit per turkey is required at the time of ordering.

The turkeys come frozen and weigh from 14 to 18 pounds (with a few outliers). They cost \$4.50 per pound



IF THERE IS SOMETHING IN YOUR SHARE THAT YOU DON'T WANT...

If there is something in your share that you don't want, remember that you have options.

1. You can trade it at the Trading Table (inside, across from the front desk): remember to always trade full portions. For example, trade your whole share of, say, tomatoes (1 green basket) with a whole portion of, say, summer squash (whatever number of squash are in a share that day). There are usually 9 baskets on the trading table, including one empty one and 8 full ones: just put your unwanted portion in the empty basket and take a portion of something else from a full basket.
2. If there is nothing on the Trading Table you wish to trade your unwanted portion with, just leave it on the Surplus Bench for another member to take home and enjoy. Avoid leaving unwanted items at the produce line, as it causes excess produce to be left over at the end of the pickup.

The Trading Table is regulated. It starts as a full share and as the pickup progresses, it changes, sometimes quite rapidly. However, it should always have a total 8 portions (or as many portions of produce as that week's share includes, which is usually 8.)

The Surplus Bench is unregulated. You can take from it whatever you want (within reason) and you can also add to it: not only unwanted items from your share, but also organically grown produce from your own garden, e.g. surplus basil or fruit. The Surplus Bench can also include produce that is left over from a previous pickup day.

NEW SPROUT SHARE OPTION: SPROUT MIX

We now have, in addition to the sunflower sprouts, a new share option called **sprout mix**. A sprout mix share consists of a weekly alternation of 1/4 pound sunflower sprouts and of 1/4 pound micro sprouts, both organically grown. The micro-sprouts include red clover, crimson clover and daikon radish sprouts. The sprout mix share costs \$3 per pickup, same as the 1/4 lb sunflower share.

Like the sunflower sprouts, the micro-sprouts are grown by Michael Chrisemer from Future Sprouts in Patagonia. All are Certified Naturally Grown.

To add a sprout mix share, simply change your subscription via your online CSA account. To change your subscription, go to your member card (the first screen that appears after you log in to your online CSA account), and, in the Summary window, click on Change Subscription (to add or remove shares or share options).

Note that you can only change your subscription between the day after your pick up day and midnight Friday.

WHEAT BERRIES

Check our "About cleaning and cooking wheat berries" post on our online recipe archive, under Recipes > Wheat Berries. (note: the Recipes page takes a while to load)

Green Bean Salad

Chad Weiler, Tucson CSA

1 pound green beans, cut in half
10-12 cherry tomatoes, cut in fourths or 2 tomatoes, roughly chopped
4 ounces feta cheese, crumbled
1/4 small red onion or 1 shallot, finely diced
1/4 jalapeno or Yellow Hot chile, finely diced
3-4 tablespoon white wine vinegar

Place the onion/shallot, chile, and vinegar in a medium sized bowl. Add salt and pepper and stir. Allow to marinate at least a half hour. Blanch the green beans in boiling salted water for 1-2 minutes. Place beans in a bowl of ice water to stop the cooking. Remove the beans from the ice water and pat dry. You want the beans to be completely dry before assembling the salad. Place the beans, tomatoes, and cheese in the vinegar mixture. Mix until all ingredients are well incorporated. Drizzle with olive oil, and add salt and pepper to taste. The amount of chile I use really depends on the heat of the chile. Start small and add more if you want more heat.

Marinated Watermelon Rind

Wendy McCrady, Tucson CSA

8 oz thinly sliced watermelon rind, with peel removed
1 tablespoon grated fresh ginger
1/3 cup sugar
1/3 cup rice vinegar
1/3 cup pomegranate syrup
1/3 cup water

Heat ginger, sugar, vinegar, syrup, and water briefly to dissolve sugar. Allow to cool. Pour over watermelon rind and let marinate for several hours. Serve in small dishes as a refreshing side. Garnish with a piece of crystallized ginger, if desired.

Squash Mint Dip

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth.

1 large squash, diced
1 clove garlic, minced
2 tablespoons olive oil
1 tablespoon crushed dry mint
Red pepper flakes, to taste
1/2 to 3/4 cup Greek yogurt or labneh
Salt to taste
Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool.

In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste. To serve, heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes and stir well. Put squash mixture into a medium size bowl and pour oil mixture over the top. Sprinkle with chopped walnuts and serve with pita or baguette for dipping.

Raita or Tzatziki Salad

Sara Jones, Tucson CSA

These are yogurt-based salads, great served with spicy foods. There is plenty of room for variation in the recipe, as well as how you serve it. I like it best as a side dish, along with rice and curry. It is also good as a dip, or dressing salads or sandwiches.

1 medium cucumber, peeled and grated or finely diced
1/2 small onion, finely diced
1 small tomato, seeded and diced
1 cup plain yogurt
Salt and pepper to taste

Add any variation of the following:

1 teaspoon ground cumin
1 teaspoon mustard seeds, toasted until popping in a hot skillet
1 teaspoon Cayenne pepper
Handful chopped fresh cilantro and/or mint

Mix all ingredients together and let sit at least 30 minutes before serving.

Wheat Berry Pancakes

TammiesRecipes.com

Tucson CSA's editor's note: This is a great way to turn whole wheat berries into a smooth pancake batter without having to first grind them into flour.

Yield: enough pancakes for 2 very hungry people

1 cup milk
3/4 cup whole wheat berries
2 teaspoons baking powder
2 tablespoons brown sugar
2 eggs
dash of salt
Fresh fruit or syrup, for serving

1. Using a glass blender (plastic will get scratched), blend milk and wheat berries for 4 minutes on high. (Stop blender intermittently if you're concerned about over-working your blender.)
2. Add baking powder, brown sugar, eggs, and salt to the blender. Replace lid and blend for 1 minute on low.
3. Spoon batter onto a hot greased griddle. Flip pancakes once during cooking (pancakes are ready to flip when bubbles on top stay open). Cook pancakes for several minutes, until done. Serve with fresh fruit or syrup!