



Tucson Community Supported Agriculture

Newsletter 391 ~ June 3, 2013 ~ Online at www.TucsonCSA.org

Spring '13

Harvest list is online

The Back Page

Calabacitas
Grilled Green Tomatoes
Fudgy Zucchini Brownies
Old Fashion Maine Mustard Pickles
Italian Arugula Salad with Beans

**Many more recipes on
our website**

Josh's beef shares are ready for pickup

However, because we could not fit the entire beef in our freezer (it was large beef this time), we had to leave the dog bones behind. But we'll get them next week and they will be available then.

In case you had doubts: dog bones are not bones from dogs. They are beef bones intended for dogs, although you can also use them to make delicious beef stock.

For more information about Josh's ranch and his beef, go to his website at Chiricahua Pasture Raised Meats:

<http://www.cprmeats.com/>



IT'S TOMATO SEASON!!!



Farmer Frank planted 80,000 tomato plants this year, which he recognizes is a little ambitious. So, we're certain to get plenty of tomatoes in our shares this summer. Of course, not all Crooked Sky Farms' tomatoes go to CSA shares. Farmer Frank sells tomatoes at farmer's markets in Phoenix and Flagstaff and he also sells them wholesale to local distributors. And in a

few weeks, CSA members will also be able to buy them in bulk by the flat. We will announce in the newsletter when the farm is ready to take bulk orders. In the mean time, enjoy the first tomatoes of the year! We'll get a mix of green and red ones at first but soon they will all be red. Greens ones can be fried or grilled (see recipe on back page), or made into tomato relish (use them instead of tomatillos to make green salsa). Or they can be left on the countertop to ripen. But whatever you do, do not put tomatoes in the refrigerator: it makes them mealy and causes them to lose their flavor.

Farmer Frank always heavily invests in heirloom tomatoes, of all shapes and sizes. This time over half the tomatoes he planted are heirloom varieties. Why only half you may ask? It's because heirlooms have a less dependable harvest than hybrids or even-open pollinated varieties. So, to mitigate the risk of some of the heirlooms not doing so well, Frank also plants open-pollinated varieties, and some hybrid varieties.

Open-pollination (OP) is when pollination occurs through natural mechanisms such as insects, birds, wind or humans. Because there are no restrictions on the flow of pollen between individuals, open-pollinated plants are more genetically diverse. This can cause a greater amount of variation within plant populations, which allows plants to slowly adapt to local growing conditions and climate year-to-year. You can collect the seeds of open-pollinated varieties and be sure that the offspring will resemble their parents as long as the parents are of the same variety

An heirloom variety is a plant variety that has a history of being passed down within a family or community. An heirloom variety must be open-pollinated, but not all open-pollinated plants are heirlooms.

Hybrids are obtained by controlled methods of pollination in which the pollen of two different species or varieties is crossed by human intervention. Hybridization can occur naturally through random crosses, but commercially available hybridized seed, often labeled as F1, is deliberately created to breed a desired trait. The first generation of a hybridized plant cross also tends to grow better and produce higher yields than the parent varieties due to a phenomenon called 'hybrid vigor'. However, seeds produced by F1 plants are genetically unstable and cannot be saved for use in following years. Not only will the plants be different than the parents, they will also be considerably less vigorous. Gardeners who use hybrid plant varieties must purchase new seeds every year. Hybrid seeds can be stabilized, becoming open-pollinated varieties, by growing, selecting, and saving the seed over many years and plant generations.

Calabacitas

1 tablespoon oil
1 onion, chopped
2 cloves garlic, crushed
1 teaspoon ground cumin
1 large summer squash
1 cup corn
1 tomato, quartered
2 chiles
1/2 cup cilantro or Mexican oregano, chopped
1 pinch salt
1/2 cup cheddar cheese or queso fresco

In a skillet, sauté onions in oil until tender. Add garlic, cumin, squash, and tomato; cook for another 5 minutes. Mix in chopped chilies, corn. Add cheese. Cover and simmer for 10-15 minutes (or bake 20 minutes at 350) Add cilantro before serving.

Grilled Green Tomatoes

Sara Jones, Tucson CSA

Grill these tomatoes together with onions for a tasty burger or BLT topping.

2 large green tomatoes, sliced 1/2" thick
2 cloves garlic, minced
Pinch of oregano, finely ground
Drizzle of balsamic vinegar and olive oil
Salt and pepper to taste

Lay sliced tomatoes in a tray and drizzle with oil and vinegar. Sprinkle salt and pepper, oregano and garlic over slices. Let marinate 30 minutes. Place slices over a hot grill, cooking on each side until slightly charred. Remove and use as a hot garnish for a sandwich. Or cool, chop and use as a relish.

Fudgy Zucchini Brownies

Rachel, The Organic Kitchen

1/2 cup butter, melted
1 1/2 cups coconut palm sugar
1/3 cup cocoa
1 cup shredded zucchini
1 egg
2 cups whole wheat pastry flour

Mix butter, sugar and cocoa. Stir in zucchini and egg. Gradually mix in flour until well combined. Pour batter into a 9 by 13 inch pan. Bake at 350° for 20-25 minutes or until a toothpick inserted into the middle comes out clean.

Old Fashion Maine Mustard Pickles

Kristin Terpening, Tucson CSA

Here's a super easy recipe for slightly spicy, very crunchy pickles from a gal I worked with at a boatyard in Maine.

2 heaping tablespoons sugar
1 heaping tablespoon canning salt
1 heaping tablespoon dry mustard
Apple cider vinegar- enough to fill quart jar packed with cucumbers 2/3 full
Cold water- enough to top off quart jar of cucumbers

Cut cukes into quarters, spears, or use small cukes. Pack into quart size jar. Add dry ingredients. Fill jar 2/3 with cider vinegar. Then add cold water to fill the jar to the brim. Shake well, and again shake jars every once in a while for the next 24 hrs or whenever you think of it. (If you keep them somewhere easily visible, just give 'em a shake every time you pass by.) I also like to add at least a heaping tablespoon of chopped garlic or several individual cloves, and sometimes a red chile or two. Since these aren't cooked or actually canned, it's best to keep them in the fridge for storage.

Italian Arugula Salad with Beans

Lorraine Glazar, Tucson CSA

For the salad:

1 cup diced tomato
1 15 ounce can of cannellini beans, drained
6 cups torn arugula
1/2 cup thinly sliced onion (red looks best)
2 tablespoons Parmesan cheese
1/2 cup thinly sliced basil
1 teaspoon grated lemon rind
1 and 1/2 tablespoon lemon juice
1/2 teaspoon fennel seeds, toasted and crushed

Vinaigrette:

1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon fennel seeds, toasted and crushed
1 teaspoon honey
Pinch black pepper

Combine first nine ingredients in a bowl, cover and chill. Prepare vinaigrette by combining the oil and remaining ingredients in a small bowl, and stirring with a whisk. Add to salad and toss well.