



# *Tucson Community Supported Agriculture*

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## **Summer 2013**

**Harvest list is online**

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our website**

### **Vinaigrette with Chile Flakes**

Several people have asked for the recipe of the salad dressing that was on the sprouts samples a few weeks ago. It's a simple oil and vinegar dressing where black pepper is replaced with red chile flakes.

Here it is:

¼ cup white or red wine vinegar

¾ cup olive oil

1 teaspoon salt

1 tablespoon Dijon mustard

1 small onion, quartered

1 clove garlic

1 teaspoon red chile flakes

1 teaspoon Herbes de Provence or Italian Herbs. You can really use any herbs, such as thyme, basil, dill, oregano, etc.

Place all ingredients in blender and blend until smooth. It will keep bottled in the refrigerator for a month or more.

The mustard and onion help keep to dressing emulsified. If it separates, just shake the bottle vigorously before using.

This recipe is also posted on our recipes' page, under *Dressings, Dips, Salsas and Seasonings*.

## **SWEET CORN**

You probably noticed that last week's corn was small. Farmer Frank experimented with harvesting the corn a few days before it was ripe, as an attempt to beat the damage caused by the moth caterpillars, as it is during the last days that those caterpillars cause the most damage. And indeed, the caterpillars were smaller and hadn't had time to eat much of the corn. This week, we are getting corn that's more ripe, and it will likely have more caterpillar damage. Seems to be one or the other.

## **CHILES**

The chiles we are getting right now are still the Big Jims which have inconsistent heat levels (they range from 2000 to 5000 on the Scoville scale). Big Jims are traditionally used to make chiles rellenos, but it's trickier to make this with our inconsistent chiles. You can usually tell the spiciness of a chile by cutting it open and smelling it: the stronger the scent, the spicier the chile. You can keep the mild ones for chiles rellenos and chop up the spicy ones and add them, for example, to tomato sauces.



In a few weeks, we will start getting the more heat-specific green chiles and hopefully we'll be able to tell you with more certainty if they are mild, medium or hot.

## **LAST WEEK AT MY TABLE** by Philippe

Stuffed bell peppers are probably my favorite thing to do with those amazingly colorful bell peppers we've been getting. I stuff them with a mix of quinoa and either seasoned ground pork or black beans, and then simmer the peppers in a tomato sauce on the stove top, until tender. Served on top of rice, it's really good.

I love wheat berries because they make the best breakfast pancakes! If you have a blender, it's really easy to make: 1 cup milk, ¾ cup whole wheat berries, 2 teaspoons baking powder, 2 tablespoons brown sugar, 2 eggs, a dash of salt. Blend for 4 minutes. It turns into a lovely smooth batter that makes tasty, nutty pancakes.

Last week's corn was small but good. I steamed them for 3 minutes and rubbed them with a green chile-lime butter.

When I get both sweet potatoes and roasted chiles in the same share, I like doing mashed sweet potatoes with roasted chiles, garlic and onions. I just steam diced sweet potatoes, minced garlic and chopped onions until soft, then mash them together with roasted chiles, dill, salt and pepper. I did this with regular potatoes too: those creamy Yukon Gold potatoes make amazing mashed potatoes!

As for the cucumbers, I just can't get enough of them to make tzatziki with, a Greek yogurt dip that's easy to make. It keeps for several days in the fridge, which makes it handy for snacks or potlucks, with some bread or pita bread.

## **Okra Poppers**

JodyLee Estrada Duek, Tucson CSA

15 young okra, 4" or so  
6 ounces white cheese, such as feta, goat, cream, cotija, string,  
Oaxaca, queso menonita, etc  
Egg, egg white, or milk  
Corn meal or bread crumbs  
4 ounces cooking oil

Wash the okra and slit them open lengthwise, down one side. Insert cheese in each piece. Dip the okra in beaten egg, egg white, or milk, then roll in corn meal or bread crumbs (add pepper or paprika to the crumbs for more bite). Fry the okra in hot oil for about 2 minutes, turning once or twice to brown on all sides. Serves 2 as a dish, or 4 to 6 as an appetizer.

## **Green Bean Potato Salad with Tomatillo/Avocado dressing**

Mary Leuchtenberger, Tucson CSA

5 or 6 medium potatoes  
1 share green beans, chopped  
2 shallots, chopped  
1 stalk celery, chopped  
Rice vinegar  
2 large tomatillos  
1 garlic clove  
1/2 avocado  
1/2 cup plain yogurt  
3 hard boiled eggs

Cut potatoes in half and boil until cooked through, but not too soft. Chop green beans and add to pot of potatoes during last few minutes of cooking. Drain and allow to cool. Chop warm potatoes and place in bowl with green beans, shallots, and celery. Sprinkle with rice vinegar and refrigerate overnight. Blend tomatillos, avocado, garlic and yogurt in blender or food processor until smooth. Stir dressing into potato salad, while adding chopped hard boiled eggs. This tangy dressing goes well with any salad, and can be used as a dip too.

## **Okra Chilaquiles**

Sara Jones, Tucson CSA

I like this dish for breakfast. Served with refried beans and fried eggs, it is hearty enough for a dinner, though. It would be great served with tomatillo *Salsa Verde* and sour cream as well. (Note: always process okra dry! You may wash it but make sure to dry it before chopping it, or it will get slimy).

1 basket okra, chopped and stems removed  
1/2 green chile, diced  
1/2 green bell pepper, chopped  
1/2 small yellow onion, chopped  
6 corn tortillas, sliced into inch long pieces  
2 tablespoon oil  
Salt and pepper to taste

Unless you have a very large skillet, you may want to do this recipe in two batches to make sure that all the tortillas get crisp. Heat oil over medium high heat in a cast iron skillet. Add onions and sauté for a few minutes until beginning to brown, add tortillas and stir to coat with oil. Cook for about 4 minutes to allow tortillas to begin to crisp before adding the vegetables. Stir in the remaining vegetables and reduce heat to medium. Cook for a while longer, stirring occasionally, until tortillas are mostly crunchy and vegetables begin to brown. Add salt and pepper to taste.

## **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 for grilled food.

1 cucumber, peeled and grated or finely diced  
1/2 small onion, finely diced and/or 1 clove garlic, minced  
1 cup plain yogurt  
Salt and pepper to taste  
Add any variation of the following:  
1 teaspoon ground cumin  
1 teaspoon mustard seeds, toasted in a hot skillet  
1 teaspoon cayenne pepper  
Handful chopped fresh herbs (mint, dill, cilantro are all good)

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

## **Corn Cob Stock**

Sara Jones, Tucson CSA

Leftover corn cobs make an excellent addition to a vegetable or chicken soup stock. All you need is a large soup pot and a few spare minutes. Use any assortment of vegetables you have on hand (this is a good time to clean out your produce drawers and use up any old vegetables). Carrots and onions are particularly good additions to a stock. Cut vegetables into large chunks. Scrape remaining kernels off of cobs and break cobs into pieces. Add any herbs you like, whole garlic cloves and then cover everything with a few quarts of water. It will take only a few minutes to get everything together and bring to a boil, then lower the heat and ignore it for an hour while it simmers on the stovetop. After an hour, strain liquid into a bowl and cool. The stock will freeze well, or keep in the refrigerator and use within a couple of days.

