



Tucson Community Supported Agriculture

Newsletter 440 ~ June 2, 2014 ~ Online at www.TucsonCSA.org

Spring 2014

Harvest list is online

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Many more recipes on our website

Adding/removing shares to/from your subscription

Want to add some greens to your subscription by means of sprouts? Remember that you can add and remove shares from your CSA subscription, providing you keep a minimum of one produce share or one bread share.

Note: while you can add and remove shares at any time during your subscription, remember that you can only modify your subscription between the day after your pickup and midnight Friday.

Your CSA account works like a tab: you don't have to add money to your CSA account when you add a share: the cost of your added share(s) gets deducted from your existing CSA account balance.

For more info on how to change your subscription, go to our webpage, move your cursor on "Help: Manage Account", then click on "Help: Change Pickup Day or Shares" in the pull-down menu.



A NIGHT AT MY TABLE, by Paula Redinger

Not only have I been working in south Florida for the last two months, but I've been living a transient sort of lifestyle while in Florida, bouncing back and forth between Miami and the Gulf Coast, getting little opportunity to cook or stock my own pantry. My feet had barely touched Arizona soil before I started cooking. Mexican food, Mexican food, I can't stop cooking Mexican food! A birthday dinner party gave me a fine occasion for my cooking energies, too. I eschewed my usual tendencies for a formal multicourse dinner, and went with a casual southwestern menu. My CSA share played a strong supporting role on my table that night.

Red Onion, Grapefruit – I sliced the onion thinly, and quick pickled it in a mixture of cumin, Mexican oregano, red wine vinegar, and a mix of citrus juices. Florida grapefruit is a poor substitute for our delicious citrus, and while some of this share's fruit was sacrificed for the pickled onions, I slurped the rest of it up standing up at my kitchen counter. Hooray, I am home!

Carrots, Parsley Root, Summer squash – Why not dice them, lightly steam or saute them, and call it an unusual calabacitas dish?

Green tomatoes – They ripened nicely on my windowsill. I broiled them and added them to an experimental pumpkin seed dip recipe. Delicious!

Squash Blossoms – You know that restaurant you go to, the one where you always order the same thing, no matter how much you promise yourself next time you'll try something different? I can't stop frying squash blossoms coated with a simple and light flour and water coating and eating them just like that.

Potatoes – These were the cook's treat this week. So often when I'm working in the kitchen on a big project, I forget to eat. I love diced potatoes, broiled with a mix of spices and tucked into a fresh tortilla, and this served as a quick bite when in the midst of a cooking blitz.

Leaf Lard – What luck it was available! I render a batch of lard a few times a year, and I'm so grateful we now have this deluxe pork fat available at our CSA. I can't imagine making tortillas without it.

Artichoke Blossom – How nice of CSA to provide a lovely centerpiece for my party! I snipped it short and put it in a low glass bowl, so we could still all see each other across the table.

THE NACHO: IRON JOHN'S NEW PALE ALE!

This English-style Pale Ale is more balanced than hop-dominant but still reflects the bittering that is expected of an India pale ale. The grain bill is made up of 85% Pale Ale malt with small amounts of Munich, 15*L Crystal, and Belgian Blond sugar syrup. It is fermented with a low-attenuating English ale yeast that leaves some residual malt sweetness to give the beer body. This combo gives a slightly breadly malt profile with a touch of softness to help balance the bittering from Magnum (sharp, pleasant bittering) and Northern Brewer (light-minty, herbal) hops. The beer is finished by dry hopping with Palisade (forest floor earthiness) and Mosaic (grapefruit, lychee, pineapple) hops. It come across as very drinkable and palate cleansing with a meal while the complementary mix of flavor elements also makes it work nicely on its own as an after dinner beer as well.

This beer is being sold at the Food Conspiracy Coop as their "Conspiracy Beer", and on tap for growler fills. A portion of the sales proceeds will benefit El Grupo Youth Cycling. Iron John's will be donating \$2 to El Grupo for every purchase of Nacho.

You can order Iron John's beers on their website and pick them up at the CSA.

Wanna taste them first? Every Saturday from 12:00 to 6:00 P.M., Iron John's holds tastings at their Bottle Shop on 245 S. Plumer.

See the Iron John's website for more details: www.ironjohnsbrewing.com

Easy Cold Summer Squash Soup

Paula Wilke, Tucson CSA

How pretty would this soup be with squash blossoms floating on top!

3/4 to 1 cup vegetable stock or water (enough for about 1/2 inch of liquid in the bottom of the cooking pot)
1 small onion
2-4 cups of summer squash (yellow squash, Mexican Grey Squash, Zucchini, etc. a mixture of different squashes are nice)
2-3 cloves garlic
1 tablespoon White Miso (possible substitutes are soy sauce or salt)
Good goat milk yogurt (plain)
Salt and pepper
Black olive as a garnish

Heat stock or broth. Roughly chop the onion, the squash and the garlic, keeping them separate. When the stock/broth starts to boil, add the chopped onion and cover. After a few minutes add the squash and garlic and cover. Cook until the vegetables are tender (5-10 minutes), stirring occasionally, and then remove the pan from the heat.

When it cools a bit, pour the mixture into a blender, add the miso and purée. Chill the mixture.

Just before serving, stir in 6 ounces (small container) goat milk yogurt. You can also add a little more milk or cold water if you like it less thick. Add lots of freshly ground black pepper and salt to your taste. Garnish with a black olives.

Shiny Happy Carrot Hummus

Lorraine Glazar, Tucson CSA, Adapted from www.blog.fatfreevegan.com

2 medium carrots, peeled and sliced (about 1 cup)
1/4 cup water
2-3 cloves garlic
1 15-ounce can chickpeas, rinsed and drained
2 tablespoons fresh lemon juice
1/2 teaspoon salt, or to taste
1/2 tablespoon tahini
1/4 teaspoon ground coriander or cumin
1/2 teaspoon ginger paste (or 1/4 teaspoon finely minced ginger)
Pinch cayenne
1/4 teaspoon paprika

On the stove or in the microwave, cook the carrots in the water, covered, until the carrots are just tender. (I nuked 'em for 2 1/2 minutes.) Put the carrots, water, and garlic into the food processor and puree. Add the chickpeas, lemon juice, and salt to the processor and puree until smooth. At this point, you can stop and have a very simple, very light hummus. Or add the remaining ingredients and blend well. Serve as a dip, a sandwich filling, or a salad dressing.

Pasta Primavera-new

Sara Jones, Tucson CSA

2 tablespoons olive oil
2 carrots, shredded or julliened
2 small onion, diced
1 medium or 1/2 large summer squash, diced
2 yellow tomatoes, roughly chopped 2 cloves garlic, minced
Squash blossoms, torn or chopped Freshly chopped herbs
1/2 cup broth or water
1 tablespoon ouzo or pastis, optional
Salt and pepper, to taste

Bring a pot of water to boil for pasta.

Meanwhile, sauté carrots and onion in 1 tablespoon olive oil over medium high heat, stirring occasionally, until tender and beginning to caramelize. Add squash and garlic and cook until garlic is fragrant. Add broth and cook until broth is mostly evaporated. Add tomatoes, ouzo, squash blossoms and any herbs you are using. Cook about 2-3 minutes, until tomatoes begin to fall apart.

Add drained pasta and additional tablespoon of olive oil. Season to taste with salt and pepper. Sprinkle individual serving with a grated hard cheese, if you like. Serve hot or cold.

Grilled Green Tomatoes

Sara Jones, Tucson CSA

Grill these tomatoes together with onions for a tasty burger 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, mix with diced onions and use as a relish.

