



Tucson Community Supported Agriculture

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Spring 2014

Harvest list is online

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Many more recipes on our website

How to Quickly Peel Little Sweetie Onions

Their small sizes make them time-consuming to peel. But if you blanch them first, the peeling is easy and you won't even cry over it.

🎵 "Summertime, and the peelin' is easy"

Method:

1. Bring a pot of water to a boil, approx. 2 quarts.
2. Dunk the unpeeled onions in the boiling water, for about a minute.
3. Scoop onions out with a slotted spoon and dunk them in a bowl of cold water (avoid using a plastic bowl, as the wet onion skins have a strong and long-lasting coloring effect. A glass or steel bowl is preferable)
4. With a pairing knife, cut the ends of the onions and then squeeze the onions to make them slip out of their skins.

Dog / Soup Bones

We still have some dog bones from the recent beef share order (we instruct our butcher to save the bones and we sell them separately for \$1.00/lb.). They also work very well for making beef broth, and the dog, if you even have one, never even needs to know!

THE SUN JEWEL MELON



The Sun Jewel is an early melon, which explains why we are getting it before all other melons. You might perhaps have mistaken it for a spaghetti squash, but this small oblong yellow fruit is actually an old heirloom melon from Korea. Its shallow white sutures give it its distinctiveness.

It has a white and crisp flesh and tastes somewhat like a cross between a honeydew melon and a cucumber.

While you may consume it like regular melon, it lends itself particularly well to savory recipes, such as melon salsa with chili peppers, onion, lime and cilantro, or a spicy melon salad with garlic, lime juice and mint.

Like many Asian melons, the Sun Jewel will become sweeter as it matures yet its flesh will remain crisp. The ideal time to eat it is when its skin begins to show micro cracks, or splits, but you can really eat it any time.

12 WAYS TO GRILL EGGPLANT by Paul Durham

Last week, with aging eggplant sitting around, I turned once again to Mark Bittman for some simple recipes that even I could follow. And I discovered a gold mine of alternatives in a two-year-old article from the New York Times Magazine—twelve different ways to grill eggplant!

See the recipes at <http://www.nytimes.com/interactive/2012/07/29/magazine/eggplant-recipes.html?ref=magazine> and a related article at <http://www.nytimes.com/2012/07/29/magazine/12-recipes-for-grilled-eggplant.html>. (If you're looking at the paper copy of this newsletter, don't type those URLs. Instead, go to the New York Times main page at www.nytimes.com, click the "Search" button at the upper left, and type in "12 Recipes for Grilled Eggplant".)

So far, I've tried the Lebanese-Style (with garlic, yogurt, lemon juice and mint), Greek-Style (with onion, olives and crumbled feta), Simple Grilled Eggplant (with garlic) and Italian-Style (more garlic, with grilled tomatoes and mozzarella). Follow one of the recipes, or just use the whole list for ideas of things that go well with eggplant and then mix and match.

To get motivated, check out these pictures from the article showing Italian-Style (left) and Eggplant with Herbs (right):



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. You can also use eggplant instead of squash.

1 large or 2 medium squash, diced
1 clove garlic, minced
2 tablespoons olive oil
2 teaspoons crushed dry mint
Red pepper flakes, to taste
1/4 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.

Miso Sesame Eggplant Pasta

Sara Jones, Tucson CSA

Dice large eggplant into medium size squares, or cut long, skinny eggplant into coins. Add grated ginger and/or chili flakes to your taste.

1 onion sliced thinly
2 medium or 1 large eggplant
1 tablespoon miso
1 tablespoon rice wine vinegar
1 dash soy sauce
1 tablespoon oil
1 teaspoon toasted sesame oil
1/2 tablespoon sugar or honey (optional)
1 package soba or spaghetti noodles

Mix together miso, vinegar, soy sauce, sesame oil, honey and ginger and chile flakes. Heat tablespoon of oil in a skillet over medium high heat. Add onion and eggplant and stir to coat with oil. Cook for about 2 minutes then pour sauce over vegetables, reduce heat to medium low, cover pan and cook until tender (about 10-15 minutes). Add water as needed to keep vegetables from drying out or sticking. When eggplant is tender toss together with noodles and garnish with sesame seeds to serve.

Crispy Rosemary Potatoes

Lorraine Glazar, Tucson CSA

1 pound potatoes
2 tablespoons olive oil
1 garlic clove, minced, or more to taste
1 teaspoon dried rosemary, finely chopped
1/2 teaspoon salt
Fresh-ground black pepper, to taste

Bring a large pot of water to boil. Cut potatoes in half without peeling them. Put them into the boiling water, and simmer them just until they are tender. Do NOT allow them to overcook, or they will break into pieces. When the potatoes are done, drain them immediately, and put them into a bowl filled with water and ice. Let them sit in the water for 5 minutes, then drain them. Cut them into large crosswise slices, about 1/2 inch thick. Put the slices onto a kitchen towel, to absorb any excess water. Heat a large skillet, preferably non stick, over medium heat to medium high heat. Add the olive oil, then quickly add the potatoes. Salt and pepper the potatoes well. Cook the potatoes for about 5 minutes, until they are a deep golden color on the undersides. Turn the potatoes over, with a spatula, and try not to break them. Cook the potatoes for five minutes more. Then, sprinkle them with the garlic and rosemary. Shake the skillet or use the spatula again to turn the potatoes again, and cook them for 2 more minutes.

Sauce Vierge

Philippe, Tucson CSA

This simple classic French sauce is easy to make and is perfect on grilled meats, fish, shrimp, or on pasta.

2 ripe tomatoes, seeded and diced
2 shallots or 1 Itoi onions, chopped
1/4 cup basil, finely chopped
1 pinch ground cumin
Juice of 1 lemon
1 tablespoon olive oil
Salt and ground black pepper to taste

Mix together all ingredients, except basil. Mix in the basil just before serving.