



# Tucson Community Supported Agriculture

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## Summer 2014

### Harvest list is online

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Potato And Okra Fish Stew -*new*  
Grilled Summer Squash -*new*  
Jhatpat Bhindi (traditional Indian okra dish)  
Roasted Bell Pepper Bruschetta

#### Many more recipes on our website

#### CSA Account Tip: having someone pick up for you.

If you know ahead of time that you won't be able to pick up, just place your subscription on delivery hold via your online CSA account (must be done by midnight Friday of the week prior).

If you were too late to place a hold and won't be able to pick up your share, ask someone else – partner, relative, friend, co-worker or neighbor, to pick up on your behalf.

Anybody can pick up your share, as long as they give your name to the check-in volunteer: it's an honor system. There is no need to let us know ahead of time.

Produce shares not picked up are donated to charity. Bread and cheese shares get frozen for later pickup.

#### Purple Majesty Potatoes

Don't peel these beautiful potatoes. Because of their color, the skin is very rich in anti-oxidants. Just scrub them clean.

Besides, like all of Farmer Frank's produce, they're organically grown, so the skin does not contain any pesticides.



They're great cut in half and tossed with olive oil, salt, pepper and lots of garlic, then roasted at 400°F for 40-50 minutes.

## A DAY AT MY TABLE, by Philippe

I rarely follow recipes. There are two reasons for this.

First, I tend to create recipes, not follow them. Sara, I, other CSA volunteers, and even several of our members strive to find and create recipes that match our weekly CSA produce shares. It is generally hard to open a recipe book and find a recipe that matches one's CSA haul. Belonging to a CSA calls for creative cooking: instead of going out to buy specific ingredients to follow a recipe, you really have to make your recipe to follow your ingredients. We hope that our online recipe page helps with this.

Second, my head is full of recipes. Or rather, it is full of methods: recipes used over and over throughout the years have merged and morphed and reorganized themselves into methods where the ingredients and quantities used matter less than the guiding principles which lie behind the recipes. This comes not only with practice, but also with frequent exposure to the skills and ideas of friends who are great cooks. That kind of exposure happens a lot at the CSA, where all we talk about is food.

When the time comes to cook a meal, I open the refrigerator, browse through my CSA haul, and start thinking. Then, before I even have a firm idea of what I am going to cook, I start to throw things together. While a lot of this "throwing things together" may seem spontaneous, it really draws on the resources and methods of my inner cook, often combined with something I heard Sara, or Amy or a CSA member say about cooking this or that a certain way. At some point during this process I usually send a prayer to the cooking gods and then hope for the best. It usually works out. If it works out particularly well, I write down what I did and post it on the CSA recipe page.

This is how the Potato and Okra Fish Stew happened this week, and what follows is a recreation of the process of its creation.

I came home Wednesday evening with two shares of Indigo Rose tomatoes, one of which I had traded for another item. Because the tomatoes were very ripe, I knew I needed to use them quickly. So I washed them right away, cut them in half, threw them in a pot with some olive oil and cooked them for an hour. At that point, I didn't know what I was going to do with them yet. I only knew that they needed to be cooked into a sauce. I would figure out later what to do with them.

The following day I kept seeing the shallots from my share, sitting on the counter top. What to do with shallots and tomato sauce that would be special? By late afternoon, I had a plan. I was going emulate my Mom's fantastic *Monkfish A L'Armoricaine*, using what I had available. I could not wait one more minute to make it happen and although it was still too early in the day to start cooking, I started chopping vegetables.

I sautéed shallots, bell peppers and garlic in olive oil and then deglazed them with white wine. The shallots and the wine provide the underlying flavor of the Armoricaine sauce. I added the tomato sauce, diced potatoes, cut okra, a bouquet garni (thyme, parsley and bay leaf) and seasoned it with salt and pepper and let the whole thing simmer until the potatoes were soft. Although it no longer resembled an Armoricaine sauce by then (the potatoes and okra had voided the recipe's French origins), it still smelled like one and I spent a few moments being transported to my childhood.

Finally, I carefully placed a few hake fillets in the sauce and let them simmer in it for ten minutes. The result was worth writing about. You'll find the recipe on the back page.

### Potato And Okra Fish Stew

Philippe, Tucson CSA

2 fish fillets (white fish is best)

6 shallots, chopped (or 1 onion)  
2 bell peppers, diced  
2 cloves garlic, minced  
2 large potatoes, diced  
2 large tomatoes, diced  
1 basket okra (remove stem end and then chop in 1/2" segments  
1 glass white wine  
1 bay leaf  
1/2 tablespoon thyme, chopped  
1/2 cup parsley, chopped  
2 tablespoons oil  
Salt and pepper to taste

In a large skillet, heat oil to medium heat.  
Add onions and bell peppers and sauté until onions are translucent.  
Add garlic and sauté for another 2 minutes.  
Deglaze with white wine.  
Add remaining ingredients. Stir well.  
Cover, reduce heat and simmer for 45 minutes or until potatoes are soft.  
Carefully insert fish fillets in sauce and simmer for another 10 minutes.

Serves 2.

### Grilled Summer Squash

Philippe, Tucson CSA

Summer Squash  
French or Italian dressing  
Note: you can make your own quick dressing by whisking together 4 tablespoons oil, 1 tablespoon vinegar, 1/4 tablespoon dry herbs (e.g. thyme, Italian herbs, oregano, etc.), salt and pepper.

Cut the squash lengthwise in 1/4" strips. Note: if seeds are mature, remove them; if they are still white and soft, you can leave them in.  
Coat all sides with dressing.  
Grill squash slices for 5-6 minutes on each side.

### Jhatpat Bhindi (traditional Indian okra dish)

2 tablespoons oil  
4 green chiles, sliced  
1 tablespoon ginger, finely chopped  
4 medium onions, finely sliced  
1/2 teaspoon turmeric powder  
1/2 pound okra washed, pat dried and sliced into fine strips lengthwise or cut into rings. *(It is essential that the okra is completely dry before slicing. Water droplets tend to make it mushy.)*  
Salt to taste

Heat the oil in a heavy-based pan and fry the green chiles and ginger briefly until the ginger turns brown. Add the onion slices and sauté on medium heat for about 3 minutes or until the onions are translucent (do not brown).

Add the turmeric powder and mix well. Mix in the finely sliced okra stirring gently and briefly on high heat until it is well coated with the oil and looks glossy. Mix in the salt, cover and cook on low for about 12 minutes or until the okra is tender and well cooked.

Remove cover, and sauté briefly and gently until the okra is well fried and starts sticking to the bottom of the pan.

### Roasted Bell Pepper Bruschetta

Philippe, Tucson CSA

4 slices of Barrio bread (or 8 slices of baguette)  
1-2 garlic cloves  
Olive oil  
Salt and pepper to taste  
2 tomatoes, seeds and juice removed  
2 roasted bell peppers, seeds and skins removed  
Basil, finely chopped  
Barrio Bread's pain au levain or their baguettes work well for this recipe.

Toast the bread slices, then gently rub one side of each slice with the clove of garlic. Drizzle that side with some olive oil.

Cut the tomatoes and bell peppers in small cubes and mix them in a bowl with the basil.

Scoop a soup spoon of the tomato and bell pepper mixture on each slice. Season with salt and pepper and add another drizzle of olive oil.