



Tucson Community Supported Agriculture

Newsletter 450 ~ August 11, 2014 ~ Online at www.TucsonCSA.org

Summer 2014

Harvest list is online

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CSA ACCOUNT TIP

When is my next pickup?

If you have placed your CSA subscription on delivery hold and you're not quite sure when you're supposed to start picking up again, just check the latest weekly CSA email you received from us: the top line in the body of the e-mail will show you the date of your next pickup, even if it is more than one week away.

All members with an active CSA account receive the weekly e-mail every week, whether they are on hold or not.

Of course, you can also check your online CSA account: your next pickup date will be displayed at the top of the green Summary box, under Next Distribution.

MEAT SHARES

Several members have asked when the next meat shares will be in. Here's the schedule:

Josh's Lamb Shares

We will start taking orders for lamb shares next week, and they will be available early September

Josh's Beef Shares

We will start taking orders for beef shares in early September. Josh isn't quite sure when it will be available but hopefully it will be around the end of September.

FARMER FRANK SAYS



Most of the produce we're getting at the moment comes from our fields in Duncan, where the weather is cooler and where we can therefore grow more crops during summer than we can in Phoenix.

We have a lot of corn at the moment. Most of it looks very good although we can't always avoid those inevitable corn borers in some of the varieties. The varieties least affected by the borers are those with very tight husks, such as the Trucker's Delight, which makes it harder for the borer to get in. Note: the corn borer is the caterpillar of the European high-flyer, a one-inch moth that came from Europe to North America in the early 1900's.

We're starting to get our next crop of melons and as soon as we get enough of them you will

start seeing them in your shares again.

We planted two new varieties of peppers this year. The first one is the Japanese shishito pepper, a small frying pepper, very mild. It is really exceptional. We sent them in the CSA shares last week and I hope you all enjoyed them. The second pepper variety we planted is the Marconi pepper, a mild Italian pepper, very sweet and flavorful. They are already fully grown but they are still green. While delicious green, they are even better after they have turned red, and Philippe and Sara asked that I wait until they turn red before sending them to the CSA. You should get them in a few weeks.

Bell peppers are starting to come along nicely and you've seen some of them already. We've planted many different varieties and we hope to send you lots of different colors: they're very pretty. This week we are hoping to send you more of that medium spicy Hungarian Wax Pepper, a medium sized yellow pepper with a pointy end. It naturally turns from yellow to orange to red, so you may get some of orange-red ones in the mix. Hungarian Wax Peppers are excellent for pickling as well as for cooking, or they can just be sliced in rings and added to salads, sandwiches and tacos.

DON'T WANT TO WASTE YOUR UNEATEN WATERMELON PARTS?

If you're still working on last week's watermelon, why not take it a step further and eat the rinds too!

Watermelon rind contains a compound known as citrulline. Citrulline has antioxidant effects that protect you from free-radical damage. Additionally, citrulline converts to arginine, an amino acid vital to the heart, circulatory system and immune system.

Watermelon rinds can be pickled, candied, or just quickly marinated. Check out the back page for Wendy's quick 'n easy little recipe on how to marinate them.

You can also sauté watermelon rinds in some olive oil, with chile flakes and some salt, and then garnish with chopped cilantro or basil.

Quick Okra and Bell Peppers Stew

Philippe, Tucson CSA

1 onion, chopped
1 clove of garlic, minced
1/2 lb okra (or 1 CSA basket) sliced in segments, or whole with just the head chopped off
2 bell peppers, seeded and diced
2-3 tablespoons olive oil
1 pint tomato sauce, or 2-3 tomatoes, quartered
1/2 table spoon thyme, oregano, or any herb mix
1 teaspoon cumin
Salt and pepper to taste

Heat oil in a skillet on medium-high heat. Sauté onions and bell peppers until tender, about 5 minutes. Add garlic and okra, sauté for another 2-3 minutes. Add tomatoes, herbs and cumin. Reduce heat to medium. Stir gently. Simmer until okra is tender but not overcooked, about 5 minutes. Serve with rice.

Meat option: add 1/2 pound sliced Italian links or bratwurst when sautéing the onions and bell peppers.

Roasted Bell Peppers and Eggplant Dip

Philippe, Tucson CSA

2-3 bell peppers
1 large or 2-3 small eggplant
1 medium onion
3 garlic cloves
2 teaspoons ground cumin
3 tablespoons olive oil
1 tablespoon tomato puree
Salt and pepper to taste

Pre-heat oven to 400°. Cut eggplant, onions and bell peppers in cubes. Add to a large bowl with oil, garlic and cumin, and toss until well coated with oil. Spread on baking sheet and roast for about 45 minutes, or until tender and browned, tossing once for even roasting. If you are using already roasted bell peppers, omit them at this stage and add them at the next stage. Let cool. Add to food processor with tomato puree and salt and pepper to taste and blend to obtain a slightly chunky puree. Can be used as a spread or as a dip.

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.

1 medium or 2 small cucumbers, grated or finely diced
1/2 small onion, finely diced
1 small tomato, seeded and diced
1 cup 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 tsp cayenne pepper
Handful chopped fresh cilantro, parsley, dill or mint

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

Sliced Lemon Cucumbers with Manchego

Sara Jones, Tucson CSA

Plain salted cucumbers are a great, quick snack, but if you substitute a salty, hard cheese for the salt it tastes even better. You can use any hard, aged cheese, like Parmesan, Romano or Manchego.

2 cucumbers, sliced
2 teaspoons white wine vinegar
Several tablespoons grated hard cheese

Toss cucumbers with vinegar. Lay out in a single layer on a platter and sprinkle all over with cheese.

Summer Breakfast Hash -new

1 pound potatoes, cut into bite size pieces
2 tablespoons oil
1 large or 2 medium size sweet peppers, sliced into strips
2 small onions, sliced into strips
1/2 basket okra, cut into coins
4 eggs, gently whisked
3-4 slices cooked bacon, crumbled, if desired
Grated cheese, if desired
Salt and pepper

Boil potatoes until almost tender. Drain. In a large skillet heat 2 tablespoons oil over medium high heat. Add onions and pepper and cook, stirring occasionally, until starting to brown. Add okra and potatoes and continue cooking for about 7 minutes until potatoes start to brown. Push veggies to the side and add eggs to pan. When eggs start to set, stir in veggies, bacon and cheese. Sprinkle with salt and pepper and serve.

Marinated Watermelon Rinds

Wendy McCrady, Tucson CSA

8 oz thinly sliced watermelon rind, with peel removed
1 tablespoon grated fresh ginger
1/3 cup sugar
1/3 cup rice vinegar
1/3 cup pomegranate syrup
1/3 cup water

Heat ginger, sugar, vinegar, syrup, and water briefly to dissolve sugar.

Allow to cool.

Pour over watermelon rind and let marinate for several hours. Serve in small dishes as a refreshing side.

Garnish with a piece of crystallized ginger, if desired.