



Tucson Community Supported Agriculture

Newsletter 645 ~ August 6, 2018 ~ Online at www.TucsonCSA.org

Summer 2018

Harvest lists are online

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More Recipes on Our Website

www.TucsonCSA.org

Follow Tucson CSA on Instagram!

Tucson CSA is now on Instagram as @TucsonCSA. Follow us for beautiful veggie photos, recipes, storage tips, and more.

Be sure to tag your photos with the hashtag #TucsonCSA so that we can see the lovely things you make with your CSA share.

Re-Use Little Green and Black Baskets

Please bring those back if you remember. The farm can use them over and over again.



Please drop them off in the milk crate near the check-in table or give them to a volunteer.

Need help with your subscription?

Check our Help tab on our website.

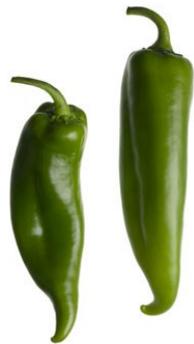
Welcome Back to Tucson!

Now that school is starting back up, many of our members have returned from their travels – and we're so happy to have them back in Tucson! If you've just returned from some time away, please stop to say hello and tell us about the adventures you took, the delicious food you ate, and the (hopefully) much cooler weather you basked in.

As the seasons change from summer to fall and Tucsonans return from their travels, our city—and Tucson CSA—liven's up. In August, the Historic Y courtyard is suddenly awakened with chatter, laughter, and live music. Longtime friends catch up after a summer away while our volunteers share recipes for the zucchini noodles they've been making all summer... all over the twang of a live banjo in the background. It's no wonder that the "C" in "CSA" stands for community. It's really a wonderful time to experience the lovely community of thoughtful people that is Tucson CSA. Thank you for being part of it!

Cooking with Chiles

Although we're getting closer to fall, the weather still has "summer" written all over it. In order to continue growing throughout the remainder of the season, Farmer Frank now relies heavily on his farm land in Duncan, Arizona. The cooler weather near the Arizona-New Mexico border allows him to grow late-summer vegetables like chiles, long beans, corn, squash, and tomatillos in this otherwise challenging growing time.



Thanks to Farmer Frank's diverse land, this week our shares are graced with the first chiles of the season. While we'll have to wait a bit longer to receive Crooked Sky Farms' famous fire roasted chiles in our shares, you can roast fresh ones at home with little more than a broiler and a baking sheet. Start by turning your broiler on high and placing an oven rack about three inches below it. Place the chiles on a baking sheet and broil them until they're slightly scorched, about three to four minutes. Flip the chiles over and broil them for another three to four minutes, until each chile is evenly scorched. Using tongs, place the chiles in a large Ziploc bag or airtight

container, then seal the bag or container (this will make it easier to remove their papery skins). Once the chiles are cool enough to handle, gently remove their scorched skin, seeds, and membranes. You can store roasted chiles in the freezer for months, defrosting them as needed to make any meal a little more interesting.

For an easy introduction to chiles, broil them with tomatillos and throw them in a food processor with garlic, onion, lime juice, cilantro, and salt to make a batch of irresistible Roasted Green Chile and Tomatillo Salsa that goes well with chips, tacos, and grilled meat. Or, try Lorraine Glazar's take on Chiles Rellenos, which calls for stuffing fresh chiles with roasted butternut squash, goat cheese, and an aromatic blend of dried spices. If you have a few sweet potatoes left over from a past share, make a one-pot dish of Braised Sweet Potatoes and Roasted Chiles. Served over a generous helping of fluffy rice, it makes for a wonderful weeknight meal. You can find all of these recipes, plus many more, in the Recipes section of our website, TucsonCSA.org.

Spicy Long Beans

Sara Jones, Tucson CSA

1 bunch yard long beans, cut into 2" segments
1 tablespoon oil
2 cloves garlic, minced
½ inch piece of fresh ginger
½ teaspoon red chile flakes (or as desired)
2-3 green onions or leeks (tough dark green leaves of leeks removed)
½ teaspoon sugar (optional)
¼ teaspoon freshly ground pepper
¼ teaspoon salt
Garnish with toasted sesame seeds or crushed peanuts if desired

Pulse garlic, onions, ginger, spices and salt and sugar in a food processor until finely minced. Heat oil in a skillet or wok over high heat until shimmy but not smoking. Add spice mix and stir quickly then add beans and stir to coat. Cook, tossing and mixing frequently until beans are beginning to blister. Lower heat to medium high, add a splash of water and cover and cook for about 3 minutes. Add more salt if needed and garnish with sesame seeds or peanuts.

Squash and Grain Fritters

Sara Jones, Tucson CSA

If you happen to have any fresh herbs like basil, mint or parsley toss a handful in these fritters for extra flavor. Serve with a sour cream dipping sauce.

2 cups grated summer squash
About 1-1 ½ cups cold cooked grains, preferably quinoa or white rice
½ small sweet onion, sliced thinly
1 egg
1 tablespoon flour
Salt and pepper to taste

Drain squash in a colander for 30 minutes. After draining squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. Mix again, adding more flour if mixture seems very loose. Heat a large skillet over medium heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cover fritter and cook until golden brown underneath, about 4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

August Medley

Philippe Waterinckx, Tucson CSA

This recipe uses a lot of produce commonly available at the CSA in August. It is very flexible and many items can be easily substituted.

1 tablespoon oil
1 onion, chopped
1 ear of corn, kernels scraped off with sharp knife
1 teaspoon chile powder or paprika
1 teaspoon herbs (oregano or thyme)
1 garlic clove, crushed
2 fresh green chiles, chopped
1 handful beans, chopped(optional)
1 summer squash, diced
1 handful greens, chopped in 1-in segments
salt to taste

In a large skillet, saute onion and corn in hot oil until onion becomes translucent. Add chile powder, herbs, garlic, chiles and stir to release fragrance. Add squash and beans and saute for another 5 minutes. Add any greens and saute for 5 last minutes. Serve with an omelet, on a tortilla, or with some rice.

Piperade

This traditional Basque dish calls for "piment d'Espelette" (a local Basque pepper) to spice it up, but you can use green chiles (adding extra chile powder or fresh jalapeno if you prefer more heat). Basque Country is a region that straddles France and Spain across the western Pyrenees mountains.

5 green chiles seeds removed, chopped
2 tomatoes, diced
1 onion, chopped
2 cloves garlic, minced
2 tablespoon olive oil
Salt

Heat oil in a skillet over medium high heat. Add green chiles and onions. Sauté for about 5 minutes until onions are translucent. Add garlic and sauté for another minute. Add tomatoes. Add salt to taste. Reduce heat to medium and cover. Cook for another 10 minutes. Serve with a baguette. Piperade is often served with scrambled eggs.

Fresh Chile Lunch Pockets

Marit Alanen, Tucson CSA Member

The fresh chiles in this week's share make excellent packages for a variety of fillings. Simply cut off the stem end and scrape away the white ribbing inside the pepper. Stuff with something simple like cheddar cheese or any other sandwich filling plus leftover rice. Eat cold, as a refreshing, less heavy version of the typical chile relleno. This makes a quick and easy snack or light lunch.