



Tucson Community Supported Agriculture

Newsletter 491 ~ June 8, 2015 ~ Online at www.TucsonCSA.org

Spring 2015

Harvest list is online

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Many more recipes on our website

Either/Or

Sometimes there is a choice between two veggies at the produce line - such as this week's between cucumber and squash. The reason is usually that a new crop is available but not producing quite enough yet for everyone's share - so Farmer Frank substitutes with a second item. In this case both crops are new so you'll have to make a tough choice this week. Make sure to only take one of the two!

Good news is there'll be plenty more of both down the road!

CSA Account Q&A: Why was my account canceled even though it had a Delivery Hold set?

Because your account didn't have enough credit for the next pickup. CSA accounts expire when they no longer have enough credit for the next pickup, even if a delivery hold is set. If you don't have enough credit, recharge your account before it expires.

If your account expires with a hold set, you'll have to ask us to reactivate it before you can recharge it and resume your pickups. After reactivation, the system will remember any delivery hold you had set.

IT'S SUMMERTIME, AND THE LIVIN' IS... DELICIOUS!

The summer is definitely here! The triple-digit heat may have clued you in (though how wonderful was that rain last week, huh?) but this week's produce lineup is another sign of the changing of the seasons. Some things to get you salivating:

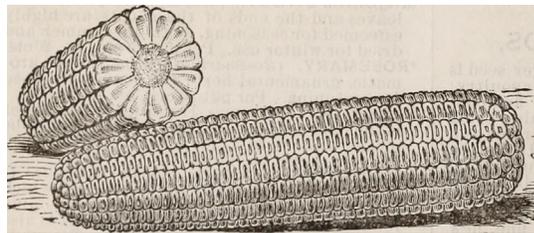
Classic Summer Combo: Tomatoes and Cilantro and...

It's rare that we get cilantro and tomatoes together. It's a treat! Make the most of it with a spicy homemade salsa or pico de gallo. Not only is it classic regional cuisine, but there's no cooking - and that's going to be a welcome change! Here are some flavor combo ideas to freshen up this spicy standby:

- **Avocado and Feta** - Add the smooth creaminess of ripe avocado and tart bite of feta (of course we recommend Black Mesa Feta from the CSA store!) Just make sure to add the avocado soon before serving and sprinkle with limejuice to keep it from turning brown.
- **Corn** - Grill your share of corn ears until nicely charred and slice the corn off the husk to add sweet crunch
- **Carrots** - Yes, more uses for carrots! This time make your own V8 by juicing together tomatoes, cilantro, carrots and some cucumber - add some celery (or celery leaves if you still have some!)

LATE-SEASON CARROTS TIPS

The carrots keep a'comin. While they still taste great, their larger size and maturity are making them a little chewy. So you might not want to use them raw for salads or snacking (or as grain-free spaghetti as we mentioned a few weeks back), but you can still cook with them, grate them for burgers and fritters or juice 'em (see our 'V8' tip above).



SWEET CORN IS HERE!

Another sure sign of summer is one of the sweetest: toothsome Sweet Corn! We can imagine the visions of hot, buttery ears of corn gracing your grill this week. But before you dive in, remember that organic ears from the first weeks of the corn

season may show some insect damage - one of the side effects of pesticide-free vegetables.

The damage is from corn borers - little caterpillars that turn into small moths. This phase doesn't last long because as we speak, the Trichogramma wasp that Farmer Frank unleashes on these critters are hatching their eggs. Soon their young will gobble up the rest of the corn borer's eggs, taking care of the problem. But it does take a while for the wasp population to catch up - so in the meantime, use these guidelines:

- Corn borer damage does not mean the corn is bad! Just cut out or avoid the damaged parts and enjoy the rest.
- Please be a good CSA member and do not peek under the corn husks before picking your share.
- If you have chickens and find a corn borer hiding in the damaged part - feed it to your favorite bird :)

Coconut Cilantro Potato Soup

Philippe, Tucson CSA

1 tablespoon olive oil
4 large potatoes, cubed
2 garlic cloves, minced or pressed
1 onion, chopped
4 cups vegetable broth
1 can unsweetened light coconut milk (14-16oz)
1 bunch cilantro, chopped
1 teaspoon dried oregano
1/2 teaspoon chile flakes
Salt and pepper to taste

In a medium-size pot, heat oil to medium heat. Add potatoes, onions, garlic and spices. Stir until warm. Add broth and simmer for 20 minutes until potatoes are soft. Add coconut milk and bring back to simmer. Remove from heat. Add chopped cilantro. Blend with immersion blender or in blender or food processor.

Cucumber and Tomatillo Salad

Dhanya Sullivan, Tucson CSA

Combine cucumber (diced), tomatillos (cut into half wedges), cilantro, and onions (chopped). Sprinkle a touch of olive oil and rice wine vinegar over if you like or eat as is.

Cocido

Sara Jones, Tucson CSA

This soup is traditionally prepared with soup bones or short ribs, but it is also good as a vegetarian dish if you prefer. It is served with whole chunks of corn on the cob, which really helps to infuse the broth with flavor. Use a large squash, if you have one; its flesh with get tender and tasty. Serve with warm tortillas and lime wedges.

About 1/2 pound soup bones, short ribs or chuck roast, if desired
2 small onions, chopped into large pieces
3 carrots, chopped into large pieces
4 to 5 potatoes, chopped into large pieces
1/2 of a large squash or 1 medium squash, chopped into large pieces
2 to 3 ears of corn, husks and silk removed and broken into pieces
1 can garbanzo beans, drained
2 bay leaves
1 teaspoon oregano
1 teaspoon cumin
Red pepper flakes, to taste
Salt to taste

If using meat, bring 2 quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 to 1 1/2 hours. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients. If making vegetarian cocido, start with all the ingredients together in a pot, with enough water to cover. Cook 1 hour, adding salt about half way through cooking. Add

additional salt in the end, if needed. Serve in large bowls with chopped cilantro and lime for garnish.

Tomatillo Bread Salad

Sara Jones, Tucson CSA

You really want to grill or broil your tomatillos for this recipe to get the right flavor.

3 slices stale bread, cubed
1 teaspoon cumin
1 teaspoon cayenne
1 teaspoon ground oregano
1 basket tomatillos, husk removed, cleaned and grilled
2 small onions, thinly sliced
1 cup beans, preferably black beans, rinsed
1 tablespoon olive oil
Juice from one lime
Salt and pepper to taste
Cilantro, optional

Toss bread cubes with herbs and spices and oil. Toast in a 400 degree oven for about 8 minutes, stirring occasionally to brown evenly. Roughly chop roasted tomatillos, reserving any juice that they release. Toss together tomatillos, onions, croutons and beans. Drizzle with tomatillo juice and lime juice, season with salt and pepper and serve at room temperature, garnished with cilantro.

Carrot Halva

By Kusuma Rao, www.Ruchikala.com

2 cups of shredded carrots
2 cups of organic milk (whole, preferably)
1 cup of sugar
2 tablespoons + 1 tablespoon of butter (3 tablespoons total)
1/4 cup sliced almonds
1/4 cup dried cranberries
1/2 teaspoon ground cardamom
1/2 teaspoon of salt (fleur de sel, if possible)
A small pinch of saffron steeped in milk (optional)

In a 2-quart saucepan bring the milk and shredded carrots to a boil, and reduce to a simmer. Stir constantly to ensure the milk solids do not burn at the bottom. Simmer for about 30 minutes, or until milk solids begin to appear, or most all the milk has evaporated. Add 2 tablespoons of butter to the carrots and sauté the carrots and milk solids for about 8 minutes. Then add sugar and salt, stir and cook until the sugar is completely dissolved then add cardamom powder. In a separate small sauté pan, on low heat, melt 1 tablespoon of butter adding sliced almonds and cranberries. Toast, in the butter for 1-2 minutes, or just until the cranberries lightly puff up. Add nuts and fruit mixture to the carrots and stir to combine.