



Tucson Community Supported Agriculture

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Fall 2016

Harvest list is online

The Back Page

Grilled Green Tomatoes
Cucumber Coconut Milk
Curry (from Bangladesh)
Simple Fruit Tart
Zucchini Lasagna

Many more recipes on our website

Cool as Cucumbers

The flip side of the "hot foods on hot days" argument is of course "cool foods on hot days". This idea is particularly favored in Ayurveda - the ancient Indian science of health and well-being.

Ayurveda is based on the seasons and summer is considered a time of high "pitta" - a fiery intense energy that can easily rise out of balance this time of year. To counteract pitta, Ayurveda recommends certain cooling foods with high water content which includes the cucumbers that are a big part of the CSA's summer bounty.

Cilantro and melon is also recommended this time of year, so treat yourself to a cucumber and melon salad liberally sprinkled with lime juice, cilantro and a touch of salt.

Lamb and Turkeys

We're taking deposits for lamb shares until Oct. 18 and Thanksgiving turkeys until Nov. 9. See last week's newsletter for more info.

Cucumber Cornucopia

Lots of cucumbers in the Tuesday harvests - so here's a little breakdown on these refreshing veggies:

Diva Cucumber

Diva - a temperamental name for a decidedly smooth and tender vegetable - will provide a sweet and crunchy addition to your fall salads and sandwiches. Diva is actually a very sturdy vigorous plant that resists almost all diseases and pests that target most cucumbers - a big plus for an organic farm! It looks like a regular slicing cucumber, but its skin is thin and does not have to be peeled. Aaaaah, the advantages of organically grown produce, especially since commercial cucumbers are one of the top twelve most pesticide-laden produce items. Additionally, the wax applied to commercial cucumbers, apples, and many other produce items is made of petroleum oils. Not only does the wax seal in moisture, prolonging shelf life, it also seals in pesticides.



Lemon Cucumbers

It's round like a lemon, the same size as a lemon and yellow like a lemon. But don't be fooled, these are beautiful cucumbers with a crisp, clean taste and are as easy on the stomach as they are on the eyes. The best way to eat a lemon cucumber is in a manner that allows its flavor to shine. Spread white or wheat bread with an herb butter or yogurt cheese and cover with thinly sliced cucumber. Tuck herb leaves among them, but not too many, because you don't want to overpower the fresh, sweet flavor of the cucumber.

Apples and Pears

One of the signs of fall arrives this week in our Wednesday CSA shares in the form of apples and pears. Nothing beats the crisp-tart-juicy-sweetness of these fruits, which can be used in savory and sweet dishes or just cut into pieces and slathered with peanut butter. Both apples and pears are "pome" fruits - which means the fruit has a core of several seeds covered by a tougher membrane. They are also a sub-family of Rosacea, *i.e.* they're related to roses!

This week, Sleeping Frog Farms are offering Asian pears - which tend to be rounder with a firm pulp that is ready to eat (ie, doesn't need to sit to ripen). So go ahead and dig in when you get home!

This week, some of the apples may have some brown spots on their skin - it's simply a by-product of a condition some apple trees contract that does NOT affect the flavor. Remember that when you buy directly from a farm that uses organic practices, they will not always look like the waxed, highly engineered specimens you see in supermarkets. So their mottled skin actually indicates a healthy biological system!

Grilled Green Tomatoes

Sara Jones, Tucson CSA

Grill these tomatoes together with onions for a tasty burger topping. Or try them on a sandwich, together with the grilled pumpkin (with some goat cheese maybe!) for a vegetarian option.

2 large green tomatoes, sliced 1/2" thick
2 cloves garlic, minced
Pinch of oregano, finely ground
Drizzle of balsamic vinegar and olive oil
Salt and pepper to taste

Lay sliced tomatoes in a tray and drizzle with oil and vinegar. Sprinkle salt and pepper, oregano and garlic over slices. Let marinate 30 minutes. Place slices over a hot grill, cooking on each side until slightly charred. Remove and use as a hot garnish for a sandwich. Or cool, chop and use as a relish.

Cucumber Coconut Milk Curry (from Bangladesh)

Tony, Tucson CSA

1/2 teaspoon whole cumin seeds
1 teaspoon ground turmeric
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon chile powder
1 tablespoon ghee or butter
1 onion, chopped
1 or 2 cucumbers, seeds removed, and scooped out in little balls (or cubed)
1 16-ounce can coconut milk
1 cardamom pod
1 1-inch cinnamon segment
1 bay leaf
2 cups water
Salt

Heat ghee or butter in large skillet and sauté cumin seeds and onion in it until onion is slightly caramelized. Make a curry powder by mixing together the ground spices (turmeric, coriander, cumin and chile powder) and add to the onion mix. Fry the curry powder in the onion mix for 5 minutes or so.

Add 1 cup of water. Reduce until mixture develops a pasty texture. Add cucumber and sauté for 5 more minutes.

Add the coconut milk, 1 cup of water, the cardamom, cinnamon segment and bay leaf. Reduce further until the mixture thickens to creamy consistency (10 to 20 minutes). Add salt to taste. Serve with rice.

Simple Fruit Tart

Lorraine Glazar, Tucson CSA

This is a recipe originally from Ina Garten, which I have used with permission (requested in 2013 and obtained) and adapted. It is a great recipe for people who don't have time or want to fuss with a traditional pie dough.

2 cups all purpose flour
3/4 cup pecans, finely chopped (walnuts, almonds, hazelnuts, even pistachios will work)
2/3 cup light brown sugar, lightly packed
12 tablespoons (1 and 1/2 stick) cold unsalted butter, diced into small cubes
1 egg yolk
2 pounds apples and/or pears, peeled, cored and shredded or finely chopped
Juice from 1/2 lemon

Preheat the oven to 400°. Toss fruit with lemon juice and set aside. Combine the flour, nuts and brown sugar in a bowl or a food processor. Add the butter and egg yolks and stir with an electric mixer, two forks, or the food processor. You will end up with a crumbly dough. Press 1 1/2 cups of the mixture into the bottom of a 9" or 10" springform pan, or a tart pan, or a well-oiled and floured pie or quiche pan. Use the trick of placing a second pan on top to even out the dough or just use the bottom of a measuring cup to press out the dough and make it even. Sprinkle the fruit over the top and press down lightly, this is not a fussy recipe. Sprinkle the rest of the crumb mixture over the fruit. Bake the tart for 40-50 minutes, until the fruit juices are bubbling. Remove from the oven and cool for ten minutes. If you used a springform or tart pan, remove the tart from it onto a plate. Serve warm or at room temperature.

Zucchini Lasagna

Jeanne Granger, Tucson CSA

Adapted from from: [The Steinbeck House Cookbook](#)

1 1/2 pound medium zucchini
1 pound ground beef or turkey
1/2 cup chopped onion
1 (15 ounces) can tomatoes (chopped)
1 garlic clove (minced)
1 teaspoon oregano (fresh)
1 teaspoon salt
1/2 teaspoon pepper
15 ounces Ricotta cheese
1/2 cup Parmesan cheese (grated)
1 egg
1/2 pound Mozzarella cheese (grated)

Slice zucchini lengthwise as thin as possible (1/8"), sprinkle with salt and let sit about 15 min to bring water to surface – wipe zucchini dry (otherwise lasagna will be very watery). Brown beef and onions, drain fat. Stir in next 5 ingredients and simmer about 10 minutes, stirring occasionally. Combine Ricotta cheese, Parmesan cheese, and egg. Put half the zucchini, all of Ricotta cheese mixture, half of the Mozzarella cheese, and half the meat sauce in a 9x13" baking pan. Repeat above except for Ricotta cheese. Sprinkle Parmesan cheese on top. Bake, uncovered, 40 minutes in 350° oven. Let stand 10 minutes before cutting.