



# Tucson Community Supported Agriculture

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## Spring `18

Harvest lists are online

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### More Recipes Online

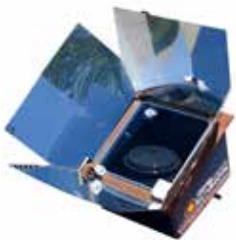
### Cooking With The Sun



Yes, you really can fry an egg on the sidewalk in the summer in Tucson. But if you are looking for a more appetizing way to utilize the sun's power to cook check out these links recommended by CSA member Robert Wakefield:

<http://www.sunoven.com/product/all-american-sun-oven/>

<https://www.sunoven.com/sun-cooking-usa/how-to-use/>



## Cooking With The Sun, with CSA member Robert Wakefield

*CSA: It has been really interesting to hear all about your solar cooking experiments. How long have you been using the solar oven and what got you interested in it in the first place?*

Robert: I have a background in ecology, and I currently teach environmental biology at Pima Community College, so I'm a fan of anything that uses fewer resources. When I found out a solar oven can boil eggs without water (you just put them in the oven, dry and in the carton), I was intrigued. Another eco benefit is that it doesn't heat up the house since the cooking takes place out of doors. And you can't beat putting the sun to work while also avoiding house cooling costs. It is very satisfying to buy sustainable produce, meat, beans, eggs, etc. and cook it with a 100% sustainable energy source. I feel like it completes the cycle.

*CSA: What resources are available to help people learn how to use solar oven?*

R: YouTube is a great resource for solar oven general information, tips/tricks and recipes. I purchased the *All American SUN OVEN* from the Solar Store in midtown Tucson. It is large, yet light-weight at 22 pounds. I was surprised to find that it can also maintain fairly high temperatures (360-400 degrees), has a built-in thermometer, and is easy to position as the sun changes throughout the day. It is their videos that sold me on the product. One of the videos describes how to boil eggs in their carton (see link in left margin).

*CSA: Besides the occasional cloudy day, what are the drawbacks to using a solar cooker?*

R: Clouds are obviously an issue, although we have few completely cloudy days in Tucson. Wind is also an issue. If it is predicted that the wind will get above 15-20+ mph, I avoid cooking on that day. While it's fun, easy to use and nearly everything seems to taste better, it is a "high maintenance" way to cook because of the constant checking and adjusting the oven's angle to the sun. In order to maintain a constant temperature, it needs to be repositioned about every 15-30 minutes. I don't have an issue with this as it gives me an excuse to get up from my computer for a few minutes and check on the critters in the wash behind my yard (today I saw ground squirrel babies, quail babies, and javelinas!). For a busy individual who is away from the house most days, this might be a fun cooking method to use on the weekend or a camping trip.

*CSA: Is it hard to adapt recipes for the solar oven? What traditional cooking techniques work best in the solar oven?*

R: Most meals use the same recipe with only a few adjustments. The only thing that is different is being flexible with the times and temperatures depending on cloud conditions. Anything that is traditionally baked is a good candidate for the solar oven. I've also slow roasted meats, and they have worked well. Really the only thing that you can't do is fry things. Everything seems to be fair game. It is particularly good at making breads and is also an effective dehydrator. You don't really need any special equipment, I mostly use my own previously purchased dishes like Pyrex dishes, muffin tins, cast iron pans and slow cooker ceramic crock. The only special item I purchased was a three-level stacking rack that make it possible to cook several low-profile dishes at once.

*CSA: Are there any special recipes you are looking forward to trying with the summer produce this year?*

R: I have not yet had a chance to use it as a dehydrator so I am excited to try making beef jerky, nopales cactus jerky, dried green chiles for chile salt, and other dried fruits and vegetables.

**Shredded Carrot Marinara**

Sara Jones, Tucson CSA

This recipe will help use up an abundant carrot harvest. It is a great way to use warm season carrots that aren't quite as sweet. You can also substitute half the carrots for beets or parsley root. The trick is to slowly caramelize the carrots with the onions. You will be amazed with the results! This is great served over spaghetti, but is also an excellent base for a soup or chili. I add cooked, drained lentils to my carrot marinara to make a vegan chili, or you can add ground beef for a delicious meat sauce that could be used for pasta or to stuff peppers or squash.

2 tablespoons olive oil  
6 medium carrots, shredded  
1 onion, diced  
3 cloves garlic, minced  
1 large can diced tomatoes  
2 tablespoons tomato paste  
1 teaspoon dried thyme  
1 teaspoon dried oregano  
Red pepper flakes, to taste  
Salt to taste

Use a large pan or pot with a heavy base, to distribute heat evenly. Over medium heat, cook carrots and onions in olive oil, stirring occasionally, for about 20 minutes. The vegetables should be soft and browning. Add garlic, herbs and spices and tomato paste and cook an additional 5 minutes, stirring often. Add diced tomatoes and cook about 10 minutes. Salt to taste. Toss with cooked spaghetti or use for soup or chile.

**Stuffed Artichokes**

Philippe Waterinckx, Tucson CSA

2-4 artichokes  
1 onion  
2 garlic cloves  
Oil, vinegar, salt, pepper, herbs

With a sharp knife, cut off the stem as well as top third of each artichoke. With scissors, cut the sharp tips off the remaining leaves – this is mostly for aesthetic purposes. Then, using your thumbs, pry open the artichokes as much as you can, to separate the leaves. Don't hesitate to apply force – artichokes are tough babes! Peel an onion, cut it in half, and slice it into 1/3" thick strips. Peel two cloves of garlic and cut them into 4 to 6 slices each. Insert the garlic slices and onion strips among the leaves. Pack in as many as you can! Place artichokes in a pot. Fill the pot with water halfway up the height of the artichokes. Pour ¼ cup oil and ¼ cup vinegar over the top of the artichokes. Sprinkle with salt, pepper, and thyme, Italian herbs, or Herbes de Provence (or any seasoning of your choice). Cover, bring to a boil, then simmer for 45 minutes to 1 hour, depending on size. Artichokes are ready when you can pull a leaf off with ease. Serve hot, warm or cold, by itself or with a garlic-butter dip or mayonnaise.

To eat, pull one leaf at a time, dip it in the dip, and suck/chew on the end. When you've pulled all the leaves, you are left with the artichoke heart that is covered by the fibrous/hairy choke. Remove the choke with a spoon (it will come off easily). Eat the heart.

**Stuffed Squash Blossom Tempura**

Sara Jones, Tucson CSA

These stuffed blossoms can be a little fiddly to make but they are a great treat. A piping bag with a large tip makes it much easier to get the filling in the blossoms. If you don't have one you can cut a ¼" off the corner of a small Ziploc bag, or use a long slender spoon to scoop mixture into the middle of the flowers. You will have extra tempura batter left, perfect for thin strips of carrots or parsley root and parsley leaves, too!

¾ cup ricotta or mascarpone  
2 tablespoons grated parmesan or asiago cheese  
1 egg yolk  
Finely chopped parsley  
1 clove minced garlic  
Lots of freshly ground pepper

For the batter:

1 ½ cups flour  
1 can beer or seltzer water

Whip filling together until smooth and slightly fluffy. Fill blossoms with mixture (don't overfill, stuffed blossoms should be about the width of a finger). Pull petals together and forward to close blossom and twist lightly. Heat about ¼" of oil in a pan over medium high heat until shimmering. Whisk flour and beer or soda together until mostly smooth. Dip stuffed flowers into mixture and add to pan. Cook a couple of minutes on each side, until golden brown. Drain on newspapers or paper towels. Sprinkle with salt and serve.

**Balsamic Lemon Greens**

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of braising greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

1 bunch CSA greens, cleaned with any thick stems removed  
2 teaspoons oil  
1 squeeze of lemon juice  
dash balsamic vinegar to taste  
dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.