



Tucson Community Supported Agriculture

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Spring `18

Harvest lists are online

The Back Page Recipes

Italian Style Greens
Vegetable Hash
Gingery Carrot-Raisin Salad
Easy Minestrone Soup

More Recipes Online

Berry baskets and other reusable items

Please bring back your reusable green or black reusable berry baskets (those the tomatoes, small potatoes, and other items sometimes come in). The farms can use them time and time again.



You can also return cardboard egg cartons. They cost about 20 cents each new, so reusing them helps save money and resources.

And although we encourage you to bring your own bags to pickup your CSA goodies, remember that we always welcome your used paper and plastics bags for those who forget their bags.

All of the above reusable items can be dropped off during pickup hours in the milk crate near the check-in table.



Cooling Down in the Kitchen, by Shelby Thompson

At the end of May, when the temperatures rise and your AC (or perhaps swamp cooler) dips, the idea of turning on the oven, standing over a steaming sauce pan, and even eating a hot meal can seem preposterous. Luckily, eating with the seasons has its perks - many of the vegetables that are in season from May until October require little to no effort before they're edible and delicious. Eating seasonally can help keep your kitchen cool, your taste buds happy, and your belly satisfied.

The easiest and most obvious way to keep your kitchen cool in the summer is to stop cooking. Believe it or not, much of the seasonal produce in your summer CSA shares make it possible to eat wonderful meals that don't require any heat at all. Seasonal produce like tomatoes, cucumbers, summer squash, melons, onions, carrots, peppers, and stone fruit can be eaten without any time in the oven. Pick up a loaf of Barrio Bread and a log of goat cheese to bring home with your CSA share to make dishes that will cool you down all summer long.

For an easy lunch or light dinner, layer hummus and thick slices of tomato between two slices of rustic bread for an easy yet intensely satisfying sandwich. Blend raw tomatoes, cucumbers, onions, garlic, and peppers with a few other ingredients to make Easy CSA Gazpacho in a matter of minutes. Tear up half a loaf of stale Barrio Bread and add it to a bowl with diced juicy tomatoes, basil, and sliced ripe peaches, then drizzle everything with olive oil and balsamic vinegar for a beautiful bowl of panzanella that pairs perfectly with a bottle of chilled wine. Near the end of June, when the monsoons still haven't come and even the simplest no-cook meal seems like too much work, gently toss chilled and cubed melon with thinly sliced red onion, feta, fresh mint, lime juice, and a little olive oil to enjoy while you wait for the rain. Many more of these cooling summertime recipes—which can save your energy, time, and sanity—can be found at TucsonCSA.org.

Despite relentless heat in the dog days of summer, I still long to use the oven and stove to make my meals. Luckily, with a bit of forethought, you can spend half of a day cooking everything you need for a week of pasta dishes, burritos, and salads full of roasted vegetables, grains, and perfectly cooked beans. When you get home from the CSA, take time to dice and roast the veggies in your share. In the meantime, cook a pot of beans (I like to do this in the crock pot), a bag of small-shaped pasta, and maybe even a few cups of brown rice or quinoa. For a few hours, you'll work hard as you curse the oven's wrath and the resulting beads of sweat that roll down your forehead. But soon you'll be rewarded with all of the cooked ingredients you need to make delicious meals—like pasta salad with roasted carrots and sunflower seed dressing, hearty veggie burritos, and spectacular green salads—that won't require you to go anywhere near the oven knob.

Recipes cited:

[Cool Summer Salad](#) (Tucson CSA)

[Easy CSA Gazpacho](#) (Tucson CSA)

[Summer Peach and Tomato Panzanella](#) (The First Mess)

[Pasta Salad with Roasted Carrots and Sunflower Seed Dressing](#) (Smitten Kitchen)

Italian Style Greens

Sara Jones, Tucson CSA

½ onion, chopped
2 large tomatoes, or ½ can stewed tomatoes
3 cloves garlic
1 bunch greens, washed and roughly chopped
¼ cup chopped olives and/or capers
2+ tablespoons feta cheese or grated hard cheese
Red pepper flakes, to taste
1 tablespoon olive oil
Salt and pepper to taste
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and sauté for about six minutes, stirring occasionally. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add cheese and serve over cooked pasta, toasted bread or polenta.

Vegetable Hash

Inez Whipple, Tucson CSA

2 medium potatoes, scrubbed and cut into 1/2" cubes
1-2 tablespoons olive oil
1 medium onion, chopped
¼ pound of breakfast sausage or 4 veggie breakfast "sausage" links (optional)
1/2 teaspoon smoked paprika
1/8 teaspoon or less cayenne pepper
1/4 teaspoon ground sage
1 large bunch greens, washed and chopped
1 tomato or a small handful of cherry tomatoes, chopped
Salt and black pepper to taste

Heat the oil over medium heat in a non-stick frying pan, add the potatoes and cover. Cook the potatoes until they are about halfway cooked through, then add the onions and links, if using, and continue cooking. When the onions are translucent, add the spices and cook for another minute or two. Cover and cook until the potatoes are pretty much cooked through and then add the greens, the tomatoes, and about a tablespoon of water. Cover and cook until the greens are cooked. Salt and pepper to taste. Stir the mixture until everything is thoroughly combined and serve.

Gingery Carrot-Raisin Salad

Rita Silverberg, Tucson CSA

For raw food lovers, here's a new variation on an old theme. There's enough here for a party; amounts can be reduced, of course.

4 cups grated carrots
1 cup raisins
¼ cup grated fresh, peeled ginger root
1 cup orange juice (with pulp)
¼ cup rice syrup, agave nectar or honey
1 cup chopped walnuts

Combine all ingredients and mix together. Chill and serve. It keeps well for several days in the fridge. A food processor makes this dish a snap – especially if you're doing the party size.

Easy Minestrone Soup

Sara Jones, Tucson CSA

In summertime I crave soup, probably because I can't keep hydrated by drinking water alone! This is a perfect use of our share this week, and would make a fantastic dinner served with a quick side salad. Any greens will do nicely in here, remember they will shrink a lot. One whole bunch isn't too much.

2 medium potatoes, diced
1-2 bunches greens, cleaned and chopped
3-4 carrots, diced
1 onion, diced
3 cloves garlic or ½ bunch green garlic
1 tablespoon tomato paste
1 can diced tomatoes
1 can beans, drained
1 large handful small pasta such as shells or orzo
1 teaspoon oregano
1 teaspoon thyme
1-2 tablespoons oil
Salt and pepper to taste

In a large saucepan, sauté onion in oil over medium high heat until beginning to brown. Push onion to one side and add tomato paste to pan. Cook, stirring continuously, until paste has darkened a shade or two. Add garlic, herbs, canned tomatoes and about 2 cans of water. Stir in remaining veggies. Bring to a simmer and cook for about 15 minutes, until potatoes and carrots are mostly tender. Add beans and pasta and continue cooking until pasta is ready. Season to taste with salt and pepper and a drizzle of balsamic vinegar, if desired. Serve garnished with shredded parmesan and croutons.