



Tucson Community Supported Agriculture

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Summer `18

Harvest lists are online

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More Recipes Online

Beef shares are ready for pickup.

We have some extra ones!

Trading Table Etiquette

We know that most of you know how the trading table works. This is a gentle reminder those who haven't quite gotten it right.

1. The trading table is for trading only. When you take something from it, you must give something back to it. Likewise, don't give to it without taking something: it messes things up. If you wish to give without taking, give to the surplus bench instead.

2. When trading, you must trade full portions of produce: portions are whatever quantity of each produce item you are allocated on any given pickup (e.g. 5 potatoes, 2 onions, 1 bunch collard greens, etc.).

For example, if you wish to take the 2 onions from one of the trading table baskets, you must put back a full portion of something from your share, i.e. your 5 potatoes, or your full bunch of collard greens. You cannot trade 1 onion for 1 potato. You can only trade full portions.

Summer Picnic Ideas, by Shelby Thompson



When the Fourth of July lands smack dab in the middle of the work week, it can be hard to find time for a relaxing holiday. The solution? Pack a delicious CSA-inspired picnic and head up the road to Mount Lemmon for a cool retreat that feels worlds away. Nibbling on a delicious spread of watermelon, corn, tomatoes, potatoes, and green beans in the cool mountain air will remind you of summer's many delights.

With a bit of planning and preparation, you can pack a wonderful and rewarding summer picnic. A baguette accompanied by fresh fruit and a few summery salads makes for a simple meal that is best enjoyed in nature. Prepare a watermelon for picnic by removing the rind to make it lighter and easier to pack, then dice the flesh into bite-sized pieces and chill in the refrigerator. To make your watermelon even more transportable, scoop the flesh into a blender with a few leaves of fresh mint and blend it into a sweet agua fresca. Store the agua fresca in a lidded carafe, mason jar, or

reusable water bottle and bring it along to serve as a refreshment alongside a slew of snacks and salads.

The right salads can make for great picnic food because they're easy to eat and travel well. While traditional greens-based salads are prone to wilting and soggy, chopped salads made up of tomatoes, corn, potatoes, beans, and cooked grains retain their texture and flavor over time. Replace mayo with a Dijon vinaigrette to make potato salad that keeps better in the heat and is delicious at room temperature. To make it, boil small potatoes and green beans until they're tender, then drain and toss them with a vinaigrette made up of one-part wine vinegar, two-parts olive oil, one-sixth part Dijon mustard, salt, and pepper. For a crunchy and bright summer salad, toss diced tomatoes, cucumbers, cooked corn kernels, and diced jalapeño with a simple dressing made up of equal parts lime juice and olive oil, then sprinkle everything with minced fresh herbs and a sprinkle of salt and pepper. And, if all else fails, rest assured that almost any combination of cooked grains, tender beans, seasonal veggies, and dressing will make for a delicious picnic salad.

Once you have bread, salad, and fruit, choose a few finger foods—olives, nuts, cheeses—and perhaps a bottle of wine or beer to round out your meal. Then, store everything in individual air-tight containers before packing them in a cooler filled with ice. Fill a tote bag with an old blanket or towel, a few plates, utensils, and napkins before heading up the mountain for a wonderful day. Even when you're short on time, a delicious seasonal meal enjoyed in a beautiful setting can help you relax and enjoy the season.

Pickled Watermelon

Sara Jones, Tucson CSA

We have pretty much been living off these at my house. You use the whole watermelon, not just the rind for this super refreshing pickle! The idea might seem slightly bizarre but the balance of salty, tangy, sweet and hot is incredibly refreshing. This Russian recipe is originally a fermented pickle. I just pour the leftover brine from fermented cucumber pickles over my watermelon slices instead of fermenting them. If you are comfortable with fermenting food you can also use a brine to ferment the watermelon. It will ferment relatively fast, within 2-4 days. If you don't have extra pickle juice lingering in your refrigerator then follow this easy recipe. For about 1 quart sliced watermelon you will need:

3/4 cup white wine vinegar
1 1/2 cups water
1 tablespoon salt
1 teaspoon dill seeds
1 teaspoon dill
3-5 cloves garlic
1-2 hot peppers, sliced
Additional pickling spices, to taste (coriander, black pepper and allspice are good)

Pack watermelon, garlic and peppers into a one quart jar. Mix vinegar and water with salt and spices and stir until salt is dissolved. Pour mixture over watermelon and cover. Refrigerate for at least 2 hours before serving.

Picnic Potato Salad

Lorraine Glazar, Tucson CSA

2 pounds potatoes cut into bite-sized pieces
3 tablespoons white balsamic vinegar (divided use)
3 tablespoons smooth style Dijon mustard
2-4 tablespoons olive oil
1/2 cup finely chopped onion
1 pound cherry tomatoes, cut in half
Salt and pepper
Chopped fresh basil to taste

Boil the potatoes until tender. Drain, spread on cookie sheet or large platter and sprinkle with 1 tablespoon white vinegar while still warm. Beat the remaining vinegar together with the mustard and slowly add olive oil to make a dressing, adding salt and pepper to taste. Separately marinate the tomatoes and the potatoes in the mustard dressing. Just before serving, combine the two, add the onions, and garnish with chopped fresh basil.

Pasta Salad with Arugula and Feta

Philippe, Tucson CSA

This is an easy and delicious pasta salad which you can serve warm or cold.

1 pound pasta (e.g. rotelli, fusilli)
1 medium onion, or 1/2 bunch green onions
2 clove garlic

1/4 cup olive oil
3-4 tomatoes, diced
1 bag arugula or mizuna, chopped
Handful of feta, crumbled
Salt and pepper to taste

Boil and drain pasta according to pack instructions. Mix crumbled feta to warm pasta, so that the feta melts a little. Salad dressing: in a small food processor, or chopper, purée or finely chop the onion and the garlic in the olive oil. Mix pasta, salad dressing and remaining ingredients. Don't add too much salt as feta is already salty.

Roasted Green Beans

Sara Jones, Tucson CSA

This is a basic recipe that is great for beans that are on the more mature side. The higher heat and longer cooking gets them tender and brings out their flavor. Add any spices you might like, or mix the green beans with okra, which is also great roasted. You want to get a nice browning around the edges of the beans.

1 share fresh beans
1 tablespoon olive oil
Drizzle balsamic vinegar
Salt and pepper to taste

Toss the beans with the oil, vinegar and salt and pepper. Spread on a baking sheet and cook in the oven at 400 degrees for about 15-20 minutes, stirring once or twice. Sprinkle with more salt and pepper if needed, and serve warm.

Agua Fresca de Sandia (Watermelon drink)

Philippe, Tucson CSA

1/4 watermelon
1/4 cup mint or basil leaves (optional)
1 cup water
the juice from 2 limes or lemons
1/2 cup simple syrup (2 tablespoons sugar dissolved in 1/2 cup of hot water)
Note: instead of fresh citrus juice and simple syrup, you can use 1/4 cup frozen juice concentrate (such as Minute Maid) dissolved in 1 cup of water.

Remove rind and cut watermelon flesh into cubes. Place watermelon cubes and mint in a blender with 1 cup of water and blend well. Pour the obtained juice into a pitcher, through a strainer. Add citrus juice, simple syrup, and stir. Chill in the refrigerator for 1 hour before serving in glasses with some ice cubes. Note: the pulp will separate and sink to the bottom after a while; that's ok, most people prefer to drink the clear liquid only.