



# Tucson Community Supported Agriculture

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## Summer 2018

### Harvest lists are online

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#### More Recipes Online

### Trivia

What is the most common bird on planet Earth?

Pigeons? No, though it sure sometimes seems like it.

Sparrows? Nope.

Starlings? If you lived in Europe you might be tempted to think so, as they can form those amazing "murmurations," but no.

So, what is it?

It's the domestic chicken!

The most common bird in the world is the domestic chicken, with around 50 billion birds. However, the most common *wild* bird is thought to be the red-billed quelea, a sparrow-sized bird with a brown body and the male has a red bill with variable face markings.

They are found in sub-Saharan Africa. There are thought to be about 1.5 billion breeding birds. They are very social and some flocks can be in the millions.



## Josh's Farm, by Philippe Waterinckx

Most of you have heard about Josh. Some of you have even met him at the CSA when he delivers our Thanksgiving turkeys. Josh is the Joel Salatin of Arizona: he raises grass-fed poultry and cattle in the most sustainable way possible on his farm in Cochise County. Our meat shares come from him. And of course he supplies us with the most extraordinary eggs.

Josh started raising chickens at a young age. He named his operation "Josh's Foraging Fowls." Years later, when he started raising beef cattle, then sheep, and finally pigs, the label Josh's Foraging Fowls no longer applied. But Josh liked it. So he kept it. It still shows on his eggs cartons and poultry products. But he created a new label for his cattle products: "Chiricahua Pasture Raised Meats." That's the one you see in the CSA's beef, lamb and pork shares.



Josh's eggs are occasionally in short supply. That always makes many of us very sad. These ups and downs of egg production are the nature of small scale, humane production. Unlike large scale producers, Josh's doesn't boost his egg production with hormones or artificial lighting year round. And Josh's hens are truly, truly free-range. They are raised without cutting corners. When I see his hens foraging in the fields (see photo), looking incredibly robust, healthy

and content, it makes me feel good. Just looking at Josh's happy chickens doing their "chicken things" makes me feel happy too. When I buy Josh's eggs, I know that I am supporting a healthy, sustainable way of raising chickens. Plus, they taste so good! Everybody wins!

I had backyard chickens for 10 years. I eventually gave up because I knew I could never get eggs as good as Josh's. I fed them the best organic chicken feed I could find. I gave them plenty of leafy greens. I took good care of them. Although they lived in a pen I took them out for daily walks across the garden so they could stretch their legs, scratch the earth and find extra food. They loved the compost pile! They produced excellent eggs. But not as excellent as Josh's. Josh's eggs have a superior flavor, with beautiful orange yolks and thick shells. His hens forage on many different grasses and bugs, which they love. He supplements their diet with his own grain mix grown by his uncle on a nearby farm. They spend their entire lives on green pastures, something I could not provide. The only times Josh's hens are cooped up indoors is during the first few weeks of their lives when they need shelter.

Below is an excerpt from Josh's latest newsletter:

"Thank you for considering us as a source for integrity meats (and eggs) for you & your families. Here on the farm, it is busy summer time! The pastures grow quickly in the heat. We have been blessed with a couple of rains, and are hoping for more! New baby chicks are arriving every two weeks, and turkeys will be arriving soon. Also, our new hens are laying now, so plenty of eggs again. Ya! Thank you for your patience and understanding as we waited for eggs!"

## Watermelon Salad

Sara Jones, Tucson CSA

Chances are you still have some watermelon left. Here is something else you can do with it.

You can double or triple this recipe and keep some in the fridge for a couple days, just add the feta at the last minute so it doesn't get slimy.

About 1 quart diced watermelon pieces  
1/2 onion, sliced  
1 tablespoon white vinegar  
Small handful fresh herbs (mint or basil are good)  
2 tablespoons oil-cured black olives, chopped (don't use the canned variety)  
2 tablespoons crumbled feta cheese  
1 tablespoon red wine vinegar  
1/4 teaspoon red chile powder (if desired)

Toss onions in white vinegar and soak for at least 10 minutes. Drain and discard vinegar. Gently toss watermelon with onion, herbs, olives, chile powder and red wine vinegar. Garnish the top with feta cheese and serve.

## Watermelon Smoothie-new

Sara Jones, Tucson CSA

Still feeling a little overwhelmed by watermelon? Peel and cut your melon into squares, lay out on a baking sheet and freeze. Once frozen you can pack the melon cubes into a freezer bag to have on hand for quick desserts, icy cocktails or rehydration boosters.

You can use either coconut milk or yogurt for this recipe. Add honey or maple syrup if the watermelon is not quite sweet enough. Add a pinch of cardamom if you have some for an extra special flavor.

3 cups frozen watermelon cubes  
1 cup coconut milk or 3/4 yogurt plus 1/4 cup milk  
1-2 tablespoons honey or syrup  
1/8 teaspoon ground cardamom (optional)

Place all ingredients into a blender or food processor. Pulse and stir until watermelon begins to break up then process until smooth. Serve immediately, garnishing each serving with a pinch of cardamom if desired.

## Grilled Okra

Philippe, Tucson CSA

Many CSA members have eagerly been hoping for okra since the weather turned hot. For those of you who have more trepidation about the vegetable try this simple recipe to ease into the season. Keeping okra whole prevents a lot of the gooeyness from forming. You can also prepare this under the broiler if you don't have a grill.

1 basket okra  
Olive oil  
Salt and pepper

Additional spices like Cajun seasoning (if desired)

Place whole okra pods in a bowl. Drizzle with olive oil and add salt and pepper. Mix carefully to coat all the okra pods. Skewer the okra. Place on grill until skin starts to brown or blister, then flip to cook the other side.

## Okra with Chickpeas and Tomatoes (Egyptian recipe)

Submitted by Paula Redinger, Tucson CSA, adapted from Saveur Magazine

1 cup cooked chickpeas  
2 tablespoons olive oil  
1-2 cloves garlic, peeled and minced  
1 basket okra  
1 can fire roasted tomatoes, drained and coarsely chopped (fresh tomatoes are certainly fine! (peel, core and seed them)  
1 1/2 teaspoons ground cumin  
1/2 cup chicken stock  
juice of 1/2 lemon  
1/4 cup chopped fresh parsley  
salt and pepper

Heat oil in deep skillet and sauté garlic until fragrant. Add okra and cook, stirring, a few minutes until it turns bright green. Stir in tomatoes and cumin. Cook for 1-2 minutes. Add stock, lemon juice, salt and pepper. Cover, reduce heat to medium low, and cook until okra is soft and sauce is almost caramelized (this is what gives a delicious unique flavor)- about 35 minutes. Check occasionally to see that sauce is not sticking or burning – you may need to add small amounts additional liquid. Add chick peas and cook until heated through. Add parsley and adjust seasoning. Serve over rice.

## Chorizo & Kale Soup

Chase Barnes, Tucson CSA adapted from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

3 tablespoons olive oil  
1.5 onions, finely chopped  
4 garlic cloves, crushed  
2-3 Spanish chorizo sausages, sliced  
63-4 medium red potatoes, cut into small chunks  
6 cups chicken stock  
1 bunch kale, stems removed and coarsely chopped

Heat 2 tablespoons of the oil in a large saucepan. Add the onions, garlic and chorizo, then cook for 5 mins until soft. Throw in the potatoes and cook for a few minutes more. Pour in the stock and bring to the boil. Add greens, lower heat to a simmer and cook everything for 15 minutes until the potatoes are on the point of collapse. Use a masher to squash the potatoes into the soup, then bring back to the boil. Cook another 5 minutes until thickened slightly. Ladle the soup into bowls, then serve drizzled with the remaining olive oil.