



# Tucson Community Supported Agriculture

Newsletter 642 ~ July 16, 2018 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2018

### Harvest lists are online

#### The Back Page Recipes

Salsa Verde (Green Salsa)  
Raw Squash Salad  
Easy Summer Minestrone  
Soup-new  
Brilliant Blanched Okra

#### More Recipes On Our Website

### Sprouts Shares Are Back

Sprouts shares are returning this week after a 6-week break! Remember that you can add or remove sprouts shares from your subscription throughout the year.

### The IOU Jar

We've had it for years but it's running a bit low on funds now at the moment and it needs your help!

The IOU (I Owe U) jar on the front desk is there to help you buy something at the CSA when you're short of a small amount of money, up to \$5. You can borrow from it to make up the amount needed for your purchases.

When possible, return that amount to the IOU jar at the next opportunity so that it can continue to perform its role and help other CSA members.

Do you have any loose change cluttering up your pocket or your purse? Drop it in the IOU jar and it will make another CSA member happy.

## Preserving My Share – Part 2, by Mary Ann Clark

We get a lot of summer squash in our shares during the hot months. I like to preserve it in the freezer. Usually I grate it to use later in baked goods. The beauty of this method is that the fluid is very easy to separate from the fiber. But grating takes time, so if you need to speed things up, chop the summer squash into chunks and toss in a freezer bag. When defrosted it will resemble mush but you can add it to beans that are baking, soups and casseroles, though for the latter you may want to leave out the liquid. Please don't toss the liquid. Either use in a soup or for cooking a grain or consider adding to your pet's food bowl.

**Fermenting** - If you have time to set up some vegetables to ferment while you are away, then you can preserve okra and string beans. This method can be tricky here in Tucson in the summer. If you are not cooling your house while you are away, this method of preservation might not work for you. However, do you have a friend who can look after your ferments while you are away? If so, ferment the okra and/or beans! All you will need is filtered water, sea salt and a mason jar. I always like to sit the mason jar in a bowl to catch any overflow. If you are not using an airlock device, you might want to consider placing a plate or saucer over the opening. Gasses will need to escape so no tight-fitting lid, please. Wash and trim the vegetables and add to the jar. Next mix a quart of filtered water with 1-3 tablespoons of sea salt. I usually go for the lower end. This is now called brine. Pour it over the vegetables in the mason jar. Try to use a plate or bowl that will submerge the vegetables in the brine. These are bound to be ready in a week but you might be able to stretch it to two. Sometimes things get mushy if fermented too long. There is a remedy for that (dehydrate) and it yields a yummy snack. The original salt and vinegar treat!

(The following segment is repeated from Part 1 of last month – we thought we'd include it again since we have corn in the Tuesday shares this week). Another summer favorite that you will want to preserve for future use is corn. The easiest way to preserve corn is to shuck it and remove any inedible spots. Place shucked ears into a gallon freezer bag and squeeze as much air out as possible. I have never eaten corn on the cob after freezing but it is probably awesome. Usually I remove the kernels from the cob and use in vegetable dishes or baking. I never throw those cobs without the kernels away, either. On a cool, dark day I will throw the accumulated cobs from the freezer into the crockpot along with onion skins and the butt ends of squash, random leaves of greens or whatever other vegetables I might want to use to make a nourishing broth. I will use this broth to cook beans or rice or as soup stock.

## Amaranth Greens (Quelites)

The perfect local greens! Many of us often rather buy well-traveled greens at the store than enjoy these local greens that naturally appear in our back yards after the first summer rains. We tend to consider them as weeds and overlook their good flavor and valuable nutritional qualities.

Cook them as you would cook spinach, stems included. They have a mild spinachy, slightly nutty flavor.



## Salsa Verde (Green Salsa)

This basic tomatillo salsa is great as a chip dip but you have plenty more options as well. Add finely chopped mixed olives or kimchi for an especially tasty addition to rice bowls, steamed fish or grilled summer vegetables. Add sour cream and toss with shredded chicken or steamed sweet potatoes and use as a filling for enchiladas. You can also use the salsa to flavor a delicious soup.

1 basket tomatillos, husked, rinsed  
6 roasted green chiles  
1/2 to 1 jalapeno (you can omit these if the green chiles are spicy)  
1 onion, quartered  
2 garlic cloves  
1/4 cup fresh cilantro leaves (fresh mint works well too and adds a fresh, clean burst of flavor)  
1 tablespoon fresh lime or lemon juice  
1 tablespoon olive oil  
About 1/4 cup finely chopped olives or kimchi (optional)  
Salt to taste

You can make this salsa with either raw or roasted tomatillos and chiles. Both versions are excellent. The raw version has a fresh, vibrant touch while the roasted one has a more rounded, smoky quality. To roast, simply char tomatillos on a grill or under broiler until slightly blackened on all sides. Place in a dish and cover. Let stand 10 minutes. Peel and seed the chilies.

Combine all ingredients in blender. Purée until almost smooth (should be slightly chunky). Add extra salt and lime juice if desired, stir in olives or kimchi if using.

## Raw Squash Salad

Sara Jones, Tucson CSA

We just got a spiralizer at the CSA last week and were able to make ourselves a quick squash salad. It was so simple but incredibly delicious. If you don't have a spiralizer you can use a mandolin or vegetable peeler to cut thin strips of squash. You really want the squash to be thin so it becomes tender and soaks up the flavor of the dressing. We happened to have some za'tar on hand and it worked perfectly for seasoning the salad. The spice blend of oregano, thyme, sumac and sesame seeds is great for all kinds of summer veggies so I highly recommend seeking it out. You could substitute an Italian or Herbs de Provence spice blend, but make sure you finely grind the herbs before using.

2 medium squash, spiralized or cut into match stick size pieces  
1 tablespoon vinegar or lemon juice  
1 1/2 teaspoons finely ground herb mix  
1 1/2 tablespoons good olive oil or walnut oil  
Salt and pepper to taste

Gently toss vinegar or lemon juice together with squash. Sprinkle with herb mix, salt and pepper and olive oil. Toss again, taste for seasoning and add additional salt or vinegar as needed.

## Easy Summer Minestrone Soup-new

Sara Jones, Tucson CSA

This soup will accommodate a wide range of summer vegetables. Add as much variety as possible! Starting with a pre-prepared salsa verde adds lots of flavor to the soup but you could substitute chopped onions and minced garlic if you want.

3/4 cup salsa verde  
1 teaspoon ground cumin  
2 tablespoons oil  
2 cups diced potatoes and/or sweet potatoes  
2 cups mixed vegetables, chopped (corn, green beans, squash)  
2 handfuls greens, cleaned, large stems removed, roughly chopped  
1 can beans, drained  
2 large handfuls small pasta like orzo or shells or elbows  
2 quarts broth or water  
1 teaspoon oregano  
1 teaspoon thyme  
Salt and pepper to taste

In a large saucepan, sauté salsa and cumin in oil over medium high heat until most of the liquid is evaporated. Add potatoes, mixed vegetables, beans and herbs along with broth or water. Bring to a simmer and cook about 15 minutes. Stir in greens and cook an additional 5 minutes or so before adding pasta. Bring up to a boil and cook until pasta is just al dente. Season to taste with salt and pepper. Serve garnished with a dollop of salsa verde if desired.

## Brilliant Blanched Okra

Kristin Van Fleet, Tucson CSA

While the CSA crew was discussing preparation methods for okra, Kristin mentioned her favorite way of fixing it. We all tried it and it was an instant hit! We think this is the most brilliant idea yet! And yes it's as simple as blanching the (sometimes dreaded) vegetable and salting it liberally. Served immediately while still warm, it is reminiscent of the edamame you eat at Japanese restaurants. A great snack!

Okra (not trimmed!)  
Salt

Bring a large pot of water to a boil and add okra. Cook for just under 2 minutes, until okra has a vibrant green color and before tips start to split! Drain, and while okra is still warm, toss with a generous sprinkle of salt. Serve immediately.