



Tucson Community Supported Agriculture

Newsletter 644 ~ July 30, 2018 ~ Online at www.TucsonCSA.org

Summer 2018

Harvest lists are online

The Back Page Recipes

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More Recipes on Our Website

www.TucsonCSA.org

Beef Shares Available

Many members are returning from their summer break. We have several of Josh's grass-fed grass-finished beef shares left to sell.

Ask the front desk for more details or to buy.

Re-Use Little Green and Black Baskets

Please bring those back if you remember. The farm can use them over and over again.



Please drop them off in the milk crate near the check-in table or give them to a volunteer.

Need help with your subscription?

Check our Help tab on our website.

Introducing Shelby

Like the seasonal reversal of winds that happens in the tropics, winds of change have been blowing over The Historic Y courtyard, mirroring a reversal of roles at the CSA. After 14 years at the helm of the Tucson CSA, Philippe is stepping down to become, once again, a volunteer, and Shelby Thompson is stepping up in his place.

Many of you have already seen or met Shelby in one capacity or another. She has been a member and a volunteer at the CSA for quite some time: she regularly contributes to weekly newsletters and to our recipes' webpage, she performs administrative tasks, she has staffed the check-in table as well as the front desk, produce and bread lines, and she has held cooking demos in the courtyard. And many of you have read her weekly CSA-inspired recipes back when she was the online editor for *Edible Baja Arizona*.

Philippe will continue to be present in the courtyard during pickup times, as a volunteer, and Sara will continue her role of supervizing the unloading and pickup, as well as that of volunteer coordinator, all of which she has done, superbly, for years. And of course, all of our amazing volunteers will continue to be there for you. But you will see a lot more of Shelby, whose fresh vision will gradually make itself be felt.

Let Shelby introduce herself in her own words:



"I never planned to fall in love with Tucson. When I arrived here eight years ago as a wide-eyed college freshman, my goal was to work hard, get my degree, and get out of Arizona. Now, I can't imagine being anywhere else. Why? The people and the food.

Food has always captivated me. As a child, my mother and grandmother ("Nanny") welcomed me into the kitchen with open arms—literally. Before I had my own kitchen stool to stand on, my mom precariously balanced me on her hip as she cooked every night. Together, we inhaled the sweet marinara sauce bubbling on the stove, snuck bits of cookie dough

from the bowl, and provided sustenance for ourselves and our loved ones. Years later, Nanny relocated a chair from the kitchen table to the counter and inspired my curiosity and creativity. These were formative years that taught me to love food, people, and—eventually—Tucson.

Three years ago, I was lucky to find a gig writing a weekly Tucson CSA recipe column for *Edible Baja Arizona*. The rest, as they say, is history. Tucson CSA introduced me to countless wonderful things: eating seasonally; the importance of local agriculture; and deep, unwavering love for my community. For over three years, Tucson CSA has inspired me to support farmers, people, and organic produce in southern Arizona. I can't wait to continue working with Tucson CSA to serve the people and community that I care so deeply about."

Savory Watermelon and Feta Salad

Philippe, Tucson CSA

If you are starting to suffer from watermelon overdose, try this savory watermelon salad for a refreshing and zesty change.

1 small watermelon (3-4 lbs) diced in 1" cubes
8oz feta, crumbled
Optional: olives (chopped) and cucumber (diced)

Dressing: whisk together:

1/2 cup fresh mint or basil, finely chopped
1 Japaleño or Serrano chili, seeded and chopped
2 tablespoons apple cider or rice vinegar
Juice of 1 lemon or lime
1-2 tablespoons olive oil
Salt and ground pepper, to taste

Place the watermelon, feta, and optional olives and cucumber in a bowl and drizzle with dressing.

Bean and Squash Salad

Philippe, Tucson CSA

This is a great recipe for green beans, too, or use a combination of both vegetables.

1 lb dry pinto beans
1/2 lb green beans
1 summer squash
2 garlic cloves, minced
1 small onion, finely chopped
2 tablespoons olive oil
1 tablespoon vinegar
1 teaspoon cumin
Juice of 1 lime or lemon
Salt and pepper to taste

Soak dry beans overnight. Drain. Boil for an hour. Drain again and let cool.

Boil or steam the green beans for 3 minutes. Drain. Cut in 1" segments.

Cut squash in half lengthwise, rub with olive oil, and grill on hot grill for 5 minutes on each side. Then dice in 1/2" segments.

Mix all ingredients together and serve cold.

Lemon Basil Potato Salad

2 pounds small potatoes, cut into eighths
2 tablespoons olive oil
1/4 cup fresh squeezed lemon juice
4 garlic cloves, finely minced
1/3 – 1/2 cup chopped fresh basil (lemon basil or sweet basil)
1 tablespoon Dijon mustard
1 teaspoon salt
1/2 teaspoon freshly ground pepper
2/3 cup olive oil

1/2 medium-size purple onion, thinly sliced
3-4 thick bacon slices, cooked and crumbled (optional)

Toss potatoes with olive oil and place on a foil-lined jellyroll pan. Roast at 450°F stirring occasionally, 20 to 25 minutes or until tender and golden.

Whisk together lemon juice and next 5 ingredients; whisk in 2/3 cup olive oil in a slow, steady stream. Gently toss potato and onion with vinaigrette.

Sprinkle with bacon if desired.

Serve immediately.

Roasted Nopales, Potato and Bean Salad

Dana Rosenstein, Tucson CSA

If you have any nopales left from last week...

1 share CSA beans
1-2 shares CSA potatoes
1 share CSA cactus pads (nopales)
Dry CSA chili
Cumin
Chili powder
Salt
I'Itoi onions
Cilantro

Soak CSA beans overnight.

Slice open a dry CSA chile a few inches along its length. Add chile with beans and water to a pot. Boil, then simmer until the beans are cooked, ~ 1 hour.

Meanwhile, preheat oven to 375. Dice CSA potatoes and nopales. Place in a large bowl with cumin, chili powder and salt to taste. I used ~12 red potatoes and 2 cactus pads. I added 1/2 tablespoon cumin, 3/4 tablespoon chili powder, 1/4 tablespoon chiltepin powder, and 3/4 tablespoon salt.

Stir well with some olive oil. Place on baking sheet and roast for 20-25 min or until the potatoes are cooked and the nopales are dry to your liking. Stir at ~10 min mark.

Return potatoes and nopales to the bowl and set aside. When the beans are done, strain and add them to the roasted vegetables.

If you like, whip equal parts olive oil and lemon/lime juice with salt and pepper as a dressing.

Garnish with (or stir in) cilantro or green I'Itoi onions if you like. Can be served as a hot or cold salad or as a taco or burrito filling.