



Tucson Community Supported Agriculture

Newsletter 649 ~ September 3, 2018 ~ Online at www.TucsonCSA.org

Summer 2018

Harvest lists are online.

Back Page Recipes

- Long Bean Pad-Thai
- Okra Creole
- Simple Melon Salsa
- Stuffed Bell Peppers

Find many more recipes on our website.

Now Taking Orders for Pasture-Raised Pork Shares

Similar to our grass-fed beef shares, these pork shares come from Josh and are 100% pasture-raised and GMO-free. We are buying 2 hogs from Josh and will divide them up into 24 shares. Shares should be ready in early October, just in time for fall cooking!

Pork shares weigh 8-10 pounds each, cost approximately \$7.00/lb, and typically include ground meat, Italian Sausage, one pack of chops, one roast (loin, shoulder, or pork belly), and either spare ribs or baby back ribs.

A \$20 deposit is required when you place your order and the remaining balance will be due at pickup. Please see the volunteer at the front desk to place your order or to learn more.

Managing Your Subscription

To make changes to your subscription, go to our homepage and click 'Manage Account' to access your online CSA account.

Pantry Staples

Written by Sara Jones

When you start with fresh CSA produce, it doesn't take much to transform raw ingredients into delicious meals. Sometimes simpler is better in order to let the flavor of really fresh produce shine. In fact, volunteers at the CSA joke about the fact that many of the recipes we recommend (as well as the ones members recommended to us) are often as simple as sautéing veggies in oil or butter with garlic. But having a few special products on hand to boost flavor is really important when you are relying on fresh, unprocessed ingredients to make your meals.

Oil, vinegar, and salt are the most important building blocks for recipes. It makes sense to be thoughtful with your selection of these products, as the varieties you choose can really affect the final results of your cooking. By identifying your own personal taste preferences and using quality products, good recipes can be fine-tuned into excellent recipes. A versatile, neutral oil is best for cooked dishes, but it is worth buying a bottle of high-quality extra virgin olive oil or nut oil for salads. Additionally, toasted sesame oil or infused oils can add a lot of flavor to cooked or raw dishes. When citrus isn't in season, vinegar can easily add a snap of tang to recipes. The level of acidity and complexity of flavor varies quite a bit among different types of vinegar, so experiment and find ones that appeal to your taste. Some recipes just need a splash of acid, while others benefit from a well-rounded vinegar with some sweetness and depth. There are a surprising number of specialty salts available now, but for everyday cooking choose a salt based on price and the size of the crystals. It is easy to accidentally over-season a dish if you are using fine salt, and large salt crystals may not dissolve or distribute well throughout a dish. Use medium-sized salt crystals for seasoning most recipes and save specialty salts to add as a finishing touch to savory and sweet dishes.

Excellent meals can be made with nothing more than good produce plus oil, vinegar, and salt, but having a range of condiments on hand allows you to play with flavor a little more. Condiments are a great tool for adding versatility during the times when we see lots of repetition in our weekly CSA harvest lists. Hot sauces, pickles, capers and olives, fermented pastes and sweet sauces, mustards, and aged cheeses all pack a ton of flavor. As with vinegar and oil, choose condiments based on your own personal taste preferences. There are a ton of different condiments available, running the gamut of flavors from sweet, funky, salty, spicy and tart. Even if you don't like strong tastes, the right amount of some of these products can add just enough flavor to round out a dish without being overwhelming. Other pantry items like dried fruit, nuts, and seeds can add great flavor and texture and are worth having on hand as well.

Last week I used the condiments in my fridge to add extra flavor to almost every dish I made. I added kimchi and toasted sesame oil to a simple fried rice dish using the corn and long beans from our shares. I also chopped up some of the kimchi and added it to a big bowl of sliced cucumbers for an instant cucumber kimchi. Another night, I sautéed my squash with some onions, whisked up a sour cream and mustard sauce, and mixed it all together with pasta, topping it with some grated Manchego cheese to make an adult version of mac and cheese. The next night, black bean sauce added a ton of flavor to a long bean and sweet potato sauté. My lovely heirloom tomato was diced and mixed with capers and olives, tossed in a mustard-spiked vinaigrette, and served over tuna on a bed of rice. Since my watermelon had the perfect texture but less sugar than usual, I dressed it in a rice wine vinegar and chile sauce and ate it as a snack throughout the week. These dishes were all very easy to make and none of them took more than 15 minutes to prepare. While the produce and techniques I used are similar to the ones I used the week before (and the week before that), none of the dishes seemed redundant or boring because I was able to mix up the flavors and keep things interesting with my arsenal of condiments.

Long Bean Pad-Thai

Sara Jones, Tucson CSA

Use wide rice noodles if available. Linguine, soba or even ramen noodles make a decent substitute if not.

½ bunch long beans
1/2 medium onion, thinly sliced
1 tablespoon oil
2 eggs, beaten
2 cloves garlic, minced
2 tablespoons fish sauce, plus a scant tablespoon soy sauce (use all soy sauce if you don't have fish sauce)
2 tablespoons lime juice (plus extra for garnish)
1-2 tablespoons brown sugar
1 tablespoon chile sauce
1/2 cup dry roasted peanuts, finely chopped
Cilantro, for garnish

Blanch whole beans in boiling water for 3 minutes. Drain and set aside to dry. Mix together lime juice, fish sauce, soy sauce, sugar and chile sauce and half of peanuts. Chop blanched beans into 2" pieces. Cook noodles according to instructions on package, drain and set aside. Stir fry onion in hot oil for a minute or two. Add beans and garlic and continue cooking, stirring occasionally for about 4 minutes. Move veggies to the side of the pan and pour in beaten eggs. Wait until mostly set and then stir, to scramble. Add about half of the lime juice mixture to pan, once it begins to bubble add noodles. Toss everything gently to coat. Taste for seasoning, adding more of the liquid mixture as needed. Serve immediately, garnished with extra peanuts, lime wedges and cilantro. Serve with sliced cucumbers on the side.

Okra Creole

Gina, Tucson CSA

Add some shrimp or chicken to this classic Creole dish and serve it over rice for Sunday night supper (I served it over brown rice).

1 pound fresh okra
2 Tablespoons oil (*I used canola*)
2 celery stalks, finely chopped
1 small onion, chopped
½ can diced tomatoes
1/2 green bell pepper, finely diced
1 teaspoon sugar (*could use another sweetener*)
1/2 teaspoon salt
Freshly ground black pepper to taste.

If using fresh okra, wash and trim the okra and slice it into medium-thin rounds. In a large skillet, heat the oil over moderately high heat. Add the okra and cook until it is slightly softened. Add the remaining ingredients and cook, stirring for 5 minutes. If the vegetables seem too dry, add about 1/3 cup water (*I added some water just to help with the cooking of the okra*). Turn the heat to very low and simmer for about 1 hour, until all of the liquid has been absorbed (I put a lid on the pan and then removed it at the end to lessen the liquid a little, but still left a little moisture). Serve hot.

Simple Melon Salsa

Philippe Waterinckx, Tucson CSA

1/2 melon, peeled and seeded and cut in small cubes
2 cloves garlic, minced
½ red onion, chopped
½ cup cilantro, chopped
½ Jalapeno or Serrano pepper, finely chopped or 1/2
tablespoon chile flakes
Juice of 2 limes or about 1 tablespoon red wine vinegar
Salt

Gently mix all ingredients. Refrigerate for 1 hour before serving.

Stuffed Bell Peppers

Philippe, Tucson CSA

1/2 cup quinoa
Meat version: ½ pound ground meat (or Italian sausage)
Veggie version: replace meat cooked black beans, plus 1
beaten egg to bind the mixture.
2 large bell peppers
½ pint canned tomatoes
½ onion, chopped
2 cloves garlic, minced
1 tablespoon olive oil
1 ½ teaspoons thyme, Italian seasoning, or Herbes de
Provence
Salt and pepper to taste

Boil 1 cup of water, slightly salted. Add 1/2 cup of quinoa. Bring back to boil, then reduce heat to low and simmer for 15 minutes. Turn off heat and let the quinoa steam for 15 more minutes. Let cool. Cut out the stem end of the bell peppers, remove stem and seed core, and scoop out most of remaining seeds. Season the ground meat with salt and pepper, add the cooled-off quinoa, and mix well. You can also add some herbs/spices for extra flavor. If you're making the veggie version, make the stuffing by mixing the quinoa, beans, egg and seasoning. Stuff the bell peppers with the ground meat/quinoa mix. If you end up with extra mix, stuff more bell peppers if you have any. If not, just make a few meatballs. In a large pot on medium heat, sauté the onions in olive oil until translucent. Add garlic, tomatoes, herbs, and salt and pepper to taste. Cook for 10 minutes. Place the stuffed peppers (and meatballs if any) in the sauce. Cover, bring back to a simmer and cook for another 45 minutes. Serve with rice.