



Tucson Community Supported Agriculture

Newsletter 650 ~ September 10, 2018 ~ Online at www.TucsonCSA.org

Summer 2018

Harvest lists are online.

Back Page Recipes

- Summer Pasta with Goat Cheese (New!)
- Cold Ramen Salad (New!)
- Chilled Cucumber Soup
- Quick Tortilla Soup
- Quick Melon Sorbet

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. Shares should be ready in mid-October, just in time for fall cooking!

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.

Weekly Meal Plan

- Harissa Chickpea Bowl with Potatoes, Lemon Tahini, & Greens (thefirstmess.com)
- Thai Sonoran Curry (tucsoncsa.org)
- Extra Vegetable Fried Rice (cookieandkate.com)
- Roasted Pepper Pasta with White Beans and Basil (halfbakedharvest.com)
- Harvest Corn Chowder with Beer & White Beans (thefirstmess.com)
- Cold Ramen Salad (tucsoncsa.org)
- Green Chile Pork (tucsoncsa.org)

Meal Planning with CSA Produce

Written by Shelby Thompson

When it comes to meal planning, Tucson CSA members have a unique set of challenges. Firstly, other people (our farmers) choose what we'll be cooking with each week. Then there's the fact that we get our produce shares in the middle of the week – at time when it's hard to focus on much other than work, school, and whatever Netflix show you're currently binge watching. While most people can spend a lazy Sunday morning perusing bookmarked recipes, making a grocery list, and gathering all of the ingredients they need for a week of meals, Tucson CSA members have to approach meal planning a bit differently.

There are a few things you can do to make meal planning around your CSA share easy, fun, and creative. Spend a few minutes each week searching for seasonal recipes online and bookmarking the ones that look good. I categorize my recipe bookmark folders by season so that I can quickly find a recipe for summer squash when my veggie drawer is overflowing with patty pan squash and zucchini. If you don't have the time or patience to go looking for recipes yourself, sign up for free recipe newsletters from websites like *NYT Cooking* and other food blogs you enjoy – almost everyone has a newsletter these days, and they're a great way to get new ideas for how to use your seasonal produce right in your inbox. If you've accumulated a nice cookbook collection, spend a few hours going through your favorites and categorizing their recipes by season in your own reference notebook. Lastly, keep a well-stocked pantry that will make it easy for you to turn the produce in your CSA share into simple and delicious meals.

Soon after you get home from the CSA, make a list of each item of produce in your share – plus any other produce that's left over from last week. If any tried-and-true recipes pop into your head as you're doing so (perhaps your favorite roasted ratatouille that calls for the tomatoes and bell peppers in your share) write them into your meal plan. From this point, you can sift through bookmarked recipes, cookbooks, or the Recipes section of our website and pick out other recipes that call for the produce you have on hand, checking off produce items as you find recipes to use them in. To make meal planning even easier in the future, record your meal plans in a journal or on a note in your phone so that you can reuse them in the years to come.

Yardlong Beans: The Simpler, the Better



Farmer Frank's long beans have been growing especially well this year and, as such, we've been getting a lot of them in our CSA shares. Now that Tucson CSA members have had a few weeks to experiment with yardlong beans in the kitchen, we've heard that they're best prepared simply – cut up in bite-sized pieces and sautéed with garlic in butter, olive oil, or a combination of the two. Other members have enjoyed them raw, served with a tasty dip like hummus or tzatziki. If their tough texture bothers you, toss them in a pot of summer minestrone or coconut curry, where they'll absorb great flavors and become tender. Let us know how you like to prepare your yardlong beans!

Summer Pasta with Goat Cheese - New!

Shelby Thompson, Tucson CSA

3/4lb whole wheat spaghetti
1 tablespoon butter
1 tablespoon olive oil
1/2 large yellow onion, thinly sliced
3 gloves garlic, smashed
1 teaspoon red chile flakes
3 cups summer squash, thinly sliced
1 large heirloom tomato, diced
1 teaspoon capers, minced
4oz goat cheese
Sea salt, to taste

Heat olive oil and butter in a large skillet over medium-low heat. Add chile flakes, onions and garlic and cook for 7 minutes, until tender. Add summer squash to the skillet and cook for 5 minutes. Salt the veggies with a few pinches of sea salt. Add the diced tomato (with its juices) and capers and simmer everything for 10-15 minutes over low heat while pasta is cooking. Add spaghetti to the skillet with goat cheese and 1/2 cup pasta water and toss to evenly coat pasta.

Hiyashi Chuka or Cold Ramen Salad - New!

Sara Jones, Tucson CSA

This is a perfect meal for the relentless September heat! Ramen has a great texture and it cooks super fast so you can avoid heating the kitchen up, but you can use other long noodles if you like.

Two packs ramen noodles
1 large tomato or two smaller tomatoes
About 2 cups matchstick cut cucumber slices
1 package extra firm tofu, leftover chicken and/or hard boiled eggs, cubed
Dressing:
1/3 cup broth or water
2 tablespoons soy sauce
2 tablespoons rice wine vinegar or white wine vinegar
1-4 teaspoons sugar, to taste, if desired
About 1 inch fresh ginger, grated
2 teaspoons toasted sesame oil
1 tablespoon oil
Sprout to garnish, if desired

Mix dressing ingredients together and set aside. Cook noodle just until al dente then drain and rinse well. Toss noodles immediately with about 1/4 of sauce mixture and allow to cool to room temperature. Serve noodles in individual bowls topped with tomatoes, cucumber and tofu, eggs or chicken adding more dressing as needed. Garnish with sprouts and toasted sesame seeds if desired.

Chilled Cucumber Soup

Philippe Waterinckx, Tucson CSA
Adapted from www.foodnetwork.com

1/2 large cucumber, chopped
1 cup plain yogurt
1/4 cup sour cream
1/2 teaspoon mustard
Salt and pepper to taste
1/4 cup fresh dill, chopped
1/4 cup cold water, if desired for thinner consistency
1/2 lemon, juiced

Set aside some finely diced cucumber and dill sprigs for garnish.

In a food processor or blender, pulse chopped cucumbers, yogurt, sour cream, mustard until almost smooth. Add salt and pepper to taste and transfer to a bowl. Chill soup until ready to eat. Before serving, stir in finely diced cucumber, dill and lemon juice. Drizzle with a bit of good quality olive oil if desired and garnish with additional dill.

Quick Tortilla Soup

Sara Jones, Tucson CSA

6 cups broth
3-5 roasted chiles, seeded, peeled and diced
1 medium tomato, chopped
1 onion, chopped
3 cloves garlic, minced
2 teaspoons ground cumin
1 teaspoon dried oregano
1 tablespoon oil
Salt and pepper to taste
Garnish with tortilla chips and any combination of cheese, avocado, lime wedges, sour cream and cilantro.

In a large pot, heat one tablespoon of oil and quickly sauté all ingredients (except garnish). Cover with broth, bring to a simmer and cook for 15 minutes. Serve in individual bowls and let each person add their own garnish.

Quick Melon Sorbet

Sara Jones, Tucson CSA

Cut up and freeze your melon and you can have this easy sorbet any time you like.

4 cups frozen melon
1-2 cups Apple Juice
1 handful fresh Mint (optional)
Sugar, as desired

Using the pulse button, mix melon and 1 cup juice in food processor or blender. Add more liquid as needed to make a soft sorbet. Add sugar, if needed and serve immediately.