



Tucson Community Supported Agriculture

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Summer 2019

Harvest lists are online.

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Find many more recipes on our website.

Laurel's Florals Pop-Up Next Week!

Laurel, one of our incredible farmers from Sleeping Frog Farms, has her own flower business: Laurel's Florals. Next week (July 16 & 17) she'll be in the courtyard selling bouquets of the beautiful flowers she's worked so hard to grow.

If the thought of a gorgeous bouquet of locally grown, chemical-free flowers makes you happy, please consider supporting Laurel at her pop up next week – she'll have a few different sizes and varieties for sale.

Sprouts Are Back

We are excited to announce Tucson CSA's partnership with **Sunflower Superfoods**, our new sprouts provider! Our new 4-oz sprout shares will be delivered on a weekly basis **beginning the week of July 15.**

To add, remove, or change your sprouts share, please log on to your account.

A Brief History of Tortillas

Written by Abel Ramos, aka "Chef Abel"

85 Billion! That's the number of tortillas eaten by Americans every year, according to the Tortilla Industry Association.

I recently quoted this fact during a presentation I did on the history of the flour tortilla at the Tucson 23 Fiesta at the JW Marriott Starr Pass Resort. I thank Tucson CSA members for the opportunity to share this history with you here.

I can't talk about the flour tortilla without talking about the corn tortilla and the heritage grain, White Sonora wheat. Did you know that corn tortillas date back 10,000 BC? The corn tortilla is a symbol of pride that connects Mexicans to their past. The Aztecs were eating a corn flatbread when the Spanish discovered the "New World" in the 15th century. The Spanish named this new food "tortillas" because they looked like a round cake they called a torta. Spain did not have corn in their country – they had wheat. So, they brought their wheat with them to the New World. With this wheat, they would make communion bread (which, according to Canon law, could not be made from any other grain besides wheat) and wheat breads that were part of the Spanish diet.

Soon the Spanish were growing and harvesting wheat around Mexico City. It then made its way to the Sonoran Desert with Spanish missionaries. The missionaries recorded that White Sonora wheat grew two times better than the corn and soon replaced corn fields with fields of White Sonora wheat. By 1710, Father Kino brought White Sonora Wheat to Arizona. That is why this variety of wheat is sometimes called "Kino's wheat". White Sonora became the major crop of Northern Mexico and the U.S. Southwest and is the oldest grain in North America.

The flour tortilla was born around this time, and it replaced the corn tortillas in Sonora, Mexico and Arizona. Foods like burritos and chimichangas would not exist without White Sonora wheat, because without White Sonora wheat there would not be flour tortillas, and without flour tortillas there would not be burritos, and without burritos... no chimichangas.

During the 20th century, the rise of Mexican restaurants and the increasing demand for tortillas in the U.S. forced the traditional way of making flour tortillas by hand to be replaced by machines. Then processed flour and preservatives were used to make them cheaper and last longer. Today's industrial machinery can produce up to 60,000 tortillas per hour.

Despite the increase in machine-made, preservative-laden tortillas, Chef Abel makes all of his tortillas by hand using just four ingredients: local White Sonora wheat, sea salt from the Sea of Cortez, avocado oil, and water. You can add a tortilla share to your CSA subscription by logging into your online account.

RECIPES

Ginger Beet Slaw

Joy Vargo, Tucson CSA

1 cup beets, peeled and grated
1 cup carrots, scrubbed and grated
About 2-3 tablespoons freshly grated ginger
1 teaspoon ground cumin
1 pinch ground coriander
About 2 tablespoons red wine vinegar
2 tablespoons avocado oil
1 tablespoon honey, if desired
Walnuts or cashews, chopped, if desired
Raisins, currants or dried cranberries, if desired
Fresh cilantro or parsley, chopped
Salt and pepper, to taste

Whisk together oil, vinegar, honey and spices, salt and pepper. Pour over grated veggies and toss well to coat. Taste for seasoning and add more vinegar, salt or pepper as needed. Refrigerate before serving. Add fresh herbs, dried fruit and nuts before serving.

Grilled Summer Squash

Philippe, Tucson CSA

Summer squash is great on the grill. The cooked strips make an easy side dish for whatever else you have cooking on the grill and are also a nice addition to sandwiches or burritos. If you want to get fancier you could lay fresh herbs and thinly sliced mozzarella over each slice and roll up and secure with a tooth pick. You can use a store bought Italian dressing to coat the squash or you can make your own quick dressing by whisking together 4 tablespoons oil, 1 tablespoon vinegar, 1 teaspoon Italian herb mix and salt and pepper. Cut the squash lengthwise in 1/4" strips. Note: if seeds are mature, remove them; if they are still white and soft, you can leave them in. Coat all sides with dressing. Grill squash slices over a relatively high flame for about 5-6 minutes on each side.

Easy Calabacitas

Joy Vargo, Tucson CSA

Amaranth greens and corn make a great addition for calabacitas, use them if available.

3 smaller or 2 larger summer squash, ends removed and sliced thinly (remove large seeds if desired)
1 yellow onion, peeled and sliced thinly
1 large clove garlic, minced
1 small poblano chile, seeds removed and diced small
2 tablespoon Cilantro, minced
1/2 tsp Sea Salt
1 tsp Lime Juice
Avocado Oil

Sauté squash, onions, and chiles on Medium High heat with just enough oil to lightly coat vegetables. Season with salt. When vegetables have softened and are just turning a lightly golden color add the garlic and cook just another minute longer. Remove from heat, add cilantro and lime juice. Adjust seasoning if necessary and serve immediately.

Thai Melon Salad

Sara Jones, Tucson CSA

This salad takes its inspiration from the classic Thai Green Papaya salad. It is usually a really spicy dish; use less chile if you want it milder. This is a perfect way to prepare less sweet melons.

1 small to medium melon, peeled and seeded, julienned or cut into thin strips
1 tablespoon dried chile flakes
3-4 cloves garlic
1 tablespoon fish sauce (or soy sauce)
2-3 limes
1 handful mint, finely chopped
1/2 cup roasted peanuts, chopped

Crush chile flakes and garlic together into a paste. Mix paste with fish sauce and the juice from two limes. Pour mixture over melon and stir well to combine. Sprinkle with mint, peanuts and thinly sliced limes to serve.

Lion's Mane Mushroom Scallops – *NEW!*

Sara Jones, Tucson CSA

The Lion's Mane mushroom we have been getting in our mushroom shares do really well in our summer weather, they do cook up a little differently than some mushrooms so here is a simpler recipe to start with. Add any extra seasoning at the very end of cooking for the best texture.

1 share Lion's Mane mushrooms, cut into 1/2" slices
Small drizzle oil
1 scant tablespoon butter or nut oil
Salt and pepper

Heat a tiny amount of oil in a skillet over medium high heat and lay out sliced mushrooms in a single layer. Cook for about 4 minutes and then flip mushrooms and cook an additional 4 minutes. This will reduce the moisture in the mushroom so they soak up the butter without getting too soggy! Once mushrooms are golden brown on both side and have shrunken in size a bit, add a pat of butter or good quality oil and gently stir to coat. Cook another couple of minutes then sprinkle with plenty of salt and freshly ground pepper.