



Tucson Community Supported Agriculture

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Fall 2019

Harvest lists are online.

Back Page Recipes

- Grilled Eggplant Salad
- Zucchini and Chile Cornbread
- Tomatillo and/or Apple Crisp
- Stewed Summer Vegetables

Find many more recipes on our website.

Please Donate Your Clean Bags

Do you have clean plastic, paper, and reusable bags that you don't need? Please consider donating them to Tucson CSA so that we can provide them to members who forget to bring their own bag. Just leave them in the black crate at the front of the pickup line, or ask a volunteer to take them.

Join the Tucson CSA Facebook Group!

We've created a private Facebook Group for current and former Tucson CSA members called **Tucson CSA Community** where Tucson CSA community members can connect, share, and answer each other's questions.

Tucson CSA Community is a closed group, which means you must ask to join the group on the group's page. To find the group, simply search "Tucson CSA Community" on Facebook or go to facebook.com/groups/tucsoncsacommunity.

Back to Basics: CSA 101

In this back-to-school season, we thought it would be a good time to go over just what a CSA is and the unique opportunities and challenges this program offers. CSA stands for Community Supported Agriculture and, as you already know, you pay a certain amount every six or twelve weeks and in turn you come by every week and pick up your allotment of fresh organic produce from Crooked Sky Farms and Sleeping Frog Farms. But what you may not realize is that you are also an owner. As former CSA member and Author Megan Kimble puts it in her book *Unprocessed*,

"As a member of the Tucson CSA, I technically own a very small, very temporary fraction of this farm. My farm share — \$120 every six weeks — helps (Farmer) Frank invest in operation costs up front; the investment of a thousand members across eight different CSA programs helps diminish the risks inherent in growing food. Collectively, we pay the salaries for his twenty-three employees; we pay for fuel for his carts, tractors, and delivery trucks; for water, rent, and taxes. Collectively, we receive dividends in the form of eggplant and arugula; we reap our investment in the assurance of a weekly delivery of organic, heirloom fruits and vegetables that cost us, on average, 40 percent less than if we bought that same food in the supermarket."

Of course there are also challenges - one of the biggest being a change in mindset from the 'perfection-on-demand' expectations we've inherited from supermarkets that sell fruit and vegetables bred for longevity and uniformity of appearance rather than flavor. Produce grown organically from heirloom and open-pollinated seeds comes in all shapes and sizes. Just remember that even if that bell pepper isn't perfectly lobed, it's still going to taste amazing! And rather than squeeze - and in the process of doing so, bruise - all the pears in search of that flawless one, just pick one that has personality.

Adapting Recipes: Romesco Sauce

Another challenge of the CSA is making the most of what you have and adapting recipes to work with CSA produce. Romesco is a tangy sauce originally from Spain that is normally made from jarred roasted red peppers and almonds. But you can use any roasted peppers or chiles as well as a surprising variety of nuts, including local pecans. It may not be a classic romesco, but it will still be delicious and offer a tangy, smoky flavor that tastes of Tucson.

Adapted Romesco Sauce

- 2 large roasted chiles or peppers (such as this week's green chiles)
- 1 garlic clove
- 1/2 cup chopped pecans, almonds or walnuts (you can even use a mix of different nuts)
- 2 tablespoons tomato paste
- Splash of sherry vinegar
- 1.5 teaspoons smoked paprika
- Pinch of chili flakes
- 1/2 cup plus 2 tablespoons olive oil
- Salt and pepper
- 1-2 teaspoons Dijon mustard
- Juice of half a lemon

Blitz the first 7 ingredients in a food processor. Slowly add 1/2 cup olive oil in a thin stream with the processor on. Add to a mixing bowl with salt and pepper, mustard, lemon juice and another 2 tablespoons of olive oil. Use it as you would pesto.

RECIPES

Grilled Eggplant Salad (Veg, GF)

Kumi Rao

2 Large eggplants
½ teaspoon cayenne pepper
Salt and pepper
2-3 tablespoons of whole grain mustard
1/3-1/2 cup of plain Greek yoghurt (or thick strained yoghurt)
Finely minced raw garlic
Extra virgin olive oil
Bread/pita if desired

Slice eggplant into planks ½-inch thick and sprinkle them with salt, pepper, cayenne pepper and olive oil. Grill eggplant 2-3 minutes on each side. Dice into 1-inch pieces. Mix the garlic, mustard, and yoghurt together and season with salt and pepper to taste. Mix the eggplant with yoghurt/mustard mixture. Top with some sautéed or caramelized onions and fresh herbs. This can be used as a vegetarian substitute for chicken or tuna salad.

Zucchini and Chile Cornbread (Veg)

Sara Jones, Tucson CSA

This is a great cornbread to serve with a soup or stew. Add cheddar or goat cheese to the recipe if you like.

1 cup flour
¾ cup cornmeal
1 ½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup yogurt
1 egg
2 tablespoons honey
3 tablespoons melted butter, or oil
1 cup shredded zucchini
2 roasted chiles, peeled and chopped

Set shredded zucchini in a colander to drain. Preheat oven to 400 degrees. Mix together dry ingredients in a large bowl. In a separate bowl, mix together egg, yogurt, butter and honey. Pour wet ingredients into dry ingredients and stir gently.

Add zucchini and chiles and stir until just combined. Pour batter into greased muffin tins or an 8-inch square baking pan. Bake 25-30 minutes (or about 20 minutes for muffins). The top will spring back when touched and a toothpick will come out clean when cornbread is done.

Tomatillo and/or Apple Crisp (Veg, GF)

Rachel Yaseen, The Organic Kitchen

What a great surprise that you can use tomatillos in a sweet crisp! Of course it would be fantastic with apples instead – if you have some tomatillos left, use a combination of both. You can also use green tomatoes for this recipe!

Tomatillos and/or apples, diced– enough to cover bottom of baking dish
1 ¼ cup coconut sugar, divided
1 ¼ cup dried coconut flakes
1 ¼ cup oats
1 stick cold butter, cut into 8 pieces
1/2 teaspoon cinnamon
1/2 teaspoon salt

Preheat oven to 350 °. Mix tomatillos and apples with 1/4 cup sugar and spread over bottom of 9×14-inch pan. Mix oats, coconut, 1 cup coconut sugar, salt, and cinnamon in a separate bowl. With your fingers or the back of a spoon, work the butter into the dry mixture until it is evenly distributed. Sprinkle on top of the tomatillo mixture. Bake 45 minutes. Serve warm or at room temperature.

Stewed Summer Vegetables (Vegan, GF)

Sara Jones, Tucson CSA

Use any combination of summer vegetables for this recipe. Green beans, okra, eggplant, squash and potatoes would be perfect, though if you only have only one or two of these ingredients it will still turn out nice.

About 3 cups mixed, chopped summer vegetables
1 tablespoon oil
1 medium yellow onion, sliced thinly
4 cloves garlic, minced
1 can chopped tomatoes
1 teaspoon oregano
1 teaspoon basil
1 teaspoon thyme
½ cup chopped green/black olives or capers (optional)
Drizzle of balsamic vinegar
Salt and pepper to taste

In a medium-size pot, sauté onion and garlic in oil until fragrant. Add vegetables and stir to coat. Add tomatoes, herbs and olives and/or capers, plus 1.5 cups of water. Stir well and cover, cooking over medium-low heat for about 35 minutes, until all ingredients are tender. Drizzle with vinegar and add salt and pepper to taste. Serve over pasta, rice or polenta.