



Tucson Community Supported Agriculture Newsletter

July 4, 2006 – Issue 43

Summer 06
Week 5 of 13

This Week's Share

Armenian cucumbers
Texas 1015Y sweet onions
Trucker's Delight white corn
Okra
Summer squash
Swiss chard or amaranth (quelites)
Heirloom tomatoes
Squash blossoms

Recipes in this Issue

Philippe's Summer Medley
Tzatziki (Greek Summer Dip)
Fried Squash Blossoms
Summer Squash Griddle Cakes
Smoky Fresh Tomato Salsa



Farmer Frank Martin holding some of the summer squash delivered to you this week

TCSA Contact

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We welcome your comments, questions, and suggestions.

www.tucsoncsa.org

New at the TCSA: Native American Botanic Herbal Teas

Native American Botanic is a Native American-owned and -operated enterprise on the Pascua Yaqui reservation near Tucson. They produce and market traditional whole-herb products while at the same time providing sustainable, environmentally responsible business opportunities to indigenous people and tribal governments. The TCSA now carries their four herbal teas: **American Ginseng/Peppermint, Chamomile, Raspberry Leaf, and Yerba Mansa/Guarana**. We will include a brief description of each in this and the next three newsletters.



American ginseng root (*Panax quinquefolium*) and **peppermint leaf** (*Mentha piperita*) form the basis for this herbal tea blended to appeal to active people. Ginseng, once common around the Great Lakes region and Eastern woodlands of North America, was smoked, spread on the body and clothes, eaten, and made into beverages by the Cherokee, Mohegan, Iroquois, Ojibwa, and others. Here it is combined with stomach-pleasing, aromatic peppermint leaves and red root (*Ceanothus americanus*), with the addition of a small amount of the natural dietary sweetener Stevia Leaf (*Stevia rebaudiana*), making this blend of traditional herbal ingredients an authentic beverage to be enjoyed any time of the day.

Also New: Organic, Cage-Free Japanese Quail Eggs from Estancia Farms

Kim Webber of Estancia Farm in Dragoon is now offering us farm-raised Japanese quail eggs. We are offering them at an introductory price of \$3.50 per dozen. Their nutritional content is comparable to that of chicken eggs, with flavor that is comparable or perhaps more delicate. Quail eggs can be hard-boiled or fried, or they can be pickled using standard canning procedures, by adding hot, diluted white vinegar, salt and pepper and hot pepper etc. for flavoring. Pickle the eggs at least 24 hours before serving.

The Rising Commons 2006 Report - Food for thought on July 4th

Almost everything we do and buy contributes to poisoning our environment, depleting non-renewable resources, and exploiting some segment of our global society. Increasingly powerful corporations have led us into adopting consumer lifestyles which result in environmental damage and social injustice and which ultimately compromise our own survival. Governments, instead of regulating corporations, are complicit in this systematic destruction of our planet's life-support systems. The picture is grim. But you no doubt know this already, and many of you are probably doing things about it (subscribing to the CSA being one of them).

We have the knowledge and technology to become sustainable. There are many things that can be done. Empower yourselves and others to change. Need ideas? Download the *Rising Commons 2006 Report* at www.onthecommons.org to read how we, as individuals and communities, can regain control over the management of our resources and turn things around.

Philippe's Summer Medley

An easy, adaptable, and very tasty dish, which has Tucson CSA written all over it.

1 tablespoon olive oil
1 sweet onion, chopped
2 ears of corn, kernels scraped off
2 cloves garlic, chopped
1 summer squash, sliced
1 pound tomatoes, quartered
Seasoning: salt, pepper and thyme to taste

Optional ingredients:

1 bunch greens, such as chard, amaranth, or purslane, cut coarsely
1 handful basil, oregano, cilantro or parsley, chopped
1/3 log (or more) goat cheese of any flavor
Squash blossoms

In a large frying pan or saucepan, sauté the onion in oil until soft. Add the corn kernels and garlic, and sauté for 10 more minutes or so, stirring occasionally. Add the squash, tomatoes, and seasoning. Stir, cover, and simmer for 10 more minutes. Add any optional ingredients, stir gently, and simmer for another 1 or 2 minutes—the ingredients should wilt without overcooking. Serve with toasted tortillas or on a bed of rice or noodles.

Tzatziki (Greek Summer Dip)

Philippe

Once you get hooked on the incredibly refreshing quality of Tzatziki on a hot, summer day, you will never again think that you are getting too many cucumbers at the CSA.

2 cups plain yogurt
2 cups Armenian cucumbers, shredded (or finely cut) and seeded (no need to peel!)
2 cloves garlic, pressed
½ tablespoon olive oil
Salt and ground black pepper to taste, or replace pepper with grated fresh jalapeno for extra zest

Mix all ingredients together and refrigerate. Use as a dip with pita bread or as a side dish with grilled food. Keeps several days in the refrigerator.

Fried Squash Blossoms

Heidi DeCosmo, TCSA member

1 large egg
½ cup ice water
Pinch of sea salt
½ cup all-purpose flour
Vegetable oil for frying
6 squash blossoms
Sea salt, freshly ground black pepper, and fresh lemon juice

In a mixing bowl, lightly beat the egg and pour in the ice water; mix to combine. Add the salt and flour, and continue to mix until the batter is the consistency of heavy cream.

While the batter is resting, carefully clean the fragile blossoms. Remove the yellow stamens as gently as possible so as not to tear the blossoms. Remove any green leaves near the stem, and clip the stem, if necessary. Gently wash the blossoms, shake them, and lay them on a paper towel to dry.

Heat 3 inches of vegetable oil over medium-high heat to 375 degrees. Dip 2 blossoms at a time in the batter and coat them completely, letting the excess drip off. You may want to fry one flower first to test the oil. The blossom should be light-brown when fried and crisp. Fry the flowers in the hot oil for 2 minutes until crisp and golden brown.

Summer Squash Griddle Cakes

Heidi DeCosmo, TCSA member

2 cups unpeeled, shredded zucchini (2 medium), excess moisture squeezed out once shredded
½ cup finely chopped onion
1 teaspoon Old Bay seasoning
½ teaspoon salt
1 teaspoon ground black pepper
1 teaspoon parsley
1 teaspoon baking powder
1 egg, slightly beaten
¼ cup milk
1/3 cup all-purpose flour
Vegetable oil for frying

Combine the shredded squash, onion, Old Bay seasoning, salt, pepper, parsley, and baking powder, and let the mixture rest for 15 minutes. In a small bowl, beat together the egg, milk, and flour. Pour over zucchini and mix: the result should be the consistency of pancake batter. Add a little more milk or flour if the batter seems too runny or too stiff.

Pour ¼-inch of oil in the bottom of a heavy skillet and heat over medium-high heat. Drop the batter by the tablespoon into the hot oil and fry until the cakes are golden on each side. Drain on paper towels and serve.

Smoky Fresh Tomato Salsa

Heidi DeCosmo, TCSA member

5 medium tomatoes, chopped
½ jalapeno, finely chopped
¼ cup finely chopped sweet onion
2 tablespoons lime juice
¼ cup finely chopped fresh cilantro
2 teaspoons chipotle paste, from canned chipotle peppers
1 teaspoon minced fresh garlic
1 teaspoon chili powder
½ teaspoon ground cumin
½ teaspoon sea salt
½ teaspoon freshly ground black pepper

In a medium mixing bowl, combine all ingredients. Adjust seasonings with additional chili powder, salt, and pepper. If you like hot salsa, add extra jalapeno.