



Tucson Community Supported Agriculture Newsletter

August 22, 2006 – Issue 50

Summer 06
Week 12 of 13

This Week's Harvest

Melon
Trucker's Delight white corn
Purslane
Red Knight bell peppers
Okra
AZ-20 green chiles
Beauregard sweet potatoes
Summer squash

Recipes

Lemongrass Lemonade
Sliced Okra Casserole
August Medley
Sautéed Corn
Toasted Pecan-Raisin Snack Pack



Volunteer Opportunities: Are you interested in volunteering this Fall? We'd like to keep a list of members on call for substituting. For every 3 hours you volunteer, you will receive a free week's share or credit for one. Volunteer opportunities include:

- Unloading the truck
Monday 2:30–4:00
- Monday 4:00–7:00 pickup
- Tuesday 7:00–10:00 pickup
- Tuesday 10:00–1:00 pickup

Above, volunteer Danielle helps Farmer Frank unload the truck.

TCSA Coordinator

Philippe Waterinckx

Newsletter Editor

Christa Selig

www.TucsonCSA.org

Reminder: Resubscribe Now! We Are Filling Up Fast!

If you wish to secure your share for the Fall session (starting September 4), we recommend that you subscribe by **August 22**. Space may become limited after this date.

Alternate-Week Pickups

If one share every week is too much for you, consider switching to picking up a share every other week instead. Just add your name to our Alternate-Week Pickup List at the CSA. Once a pair of members has been formed, each of you can start picking up every other week. If you are a goat-cheese subscriber, make sure that your pickup week is on odd-numbered weeks (Weeks 1, 3, 5 of the session, etc.), as these are the weeks when goat cheese is delivered.

Mark Your Calendar! Estancia Farm Open Day on September 10

Estancia Farm in Dragoon, from where we receive our free-range, omega-3 eggs, is hosting a **Pick-Your-Own Day** on **Sunday, September 10** from 9:00 am to 3:00 pm. The farm is about 1-1/4-hour drive from Tucson. Farmer Kim Webber will have special prices for Tucson CSA members (50 cents per pound for apples and pears, in addition to other produce). Visit with the farm's beautiful hens, Japanese quail, beefalo (no, this is not a typo—a beefalo is a cross between Bison [American Buffalo] and domestic cattle, resulting in meat very low in fat and cholesterol), and other critters. Stay tuned! More details and directions in our September 4 newsletter.

Remote CSA Pickup Locations: More Volunteer Opportunities

The Tucson CSA is reaching capacity, not due to Farmer Frank, but because our own physical space places a limit on how many members we can reasonably accommodate. One way we can accommodate new members, however, is by inviting members to **host remote pickup locations**. A remote pickup location may be someone's home or a community space, such as a church, school, club, or other venue. This option would also provide some CSA members with a more convenient pickup location. Hosting specifics:

- Minimum of 12 shares (maximum to be set by host).
- Host must pick up shares from the Historic Y and take them to the remote location.
- Remote location must be easily accessible, have A/C or evaporative cooling, and have refrigeration or a cooler if cheese shares are included.
- Minimum 2-hour pickup window between Monday 5:00 pm and Tuesday 7:00 pm.
- Host receives one free share initially and more as the remote location grows.
- Will initially be limited to produce and goat-cheese shares.

If you are interested in hosting a remote pickup location, please contact us. Once you let us know of a new potential remote pickup location, we can advertise it to our members. When a remote pickup location gets 12 subscriptions, it can get started.

Lemongrass Lemonade

Sunset magazine, August 1990 (www.sunset.com)

You may be wondering why we have been receiving so much lemongrass ... Our fellow CSA members in Flagstaff can't get enough of it! A staple herb in many Southeast Asian cuisines, lemongrass has the fragrance of lemon peel but with more complex and tantalizing floral overtones. It often adds interest to spicy curries or stir-fries and to pungently seasoned soups and salads. Farmer Frank's CSA in Flagstaff uses lemongrass to make a fragrant lemonade similar to the one below. Lemongrass keeps up to 1 month in the refrigerator.

5 cups water
1 cup lemongrass syrup (see below)
6 tablespoons lemon juice

In a 7- to 8-cup pitcher, mix water, lemongrass syrup, and lemon juice. Cover and chill up to overnight. Pour into ice-filled glasses. Makes 1-1/2 quarts (6 to 8 servings).

Lemongrass syrup: Cut off leafy top and peel tough outer layer from 3 stalks fresh lemongrass. Trim off and discard discolored or dry part of root ends. Cut trimmed, woody sections into 2-inch lengths and crush lightly with a mallet, or thinly slice crosswise.

In a 1- to 1-1/2-quart pan, combine lemongrass and **1 cup each sugar and water**. Bring to a boil over high heat and simmer, uncovered, until reduced to 1 cup, about 30 minutes. Cool; if made ahead, cover and chill up to 2 weeks. Makes 1 cup.

Sliced Okra Casserole

JodyLee Estrada Duek, TCSA member (and okra lover!)

4 okra per person, cut in 1/3- to 1/2-inch slices
1 to 2 slices of bacon or turkey bacon per person
1 small tomato per person, chopped
Onion to taste, chopped
2 to 3 leaves of basil, chopped fine
1 ounce soft white cheese per person, grated (either a melting cheese or a crumbly queso blanco)

Simmer the bacon until the fat is rendered and the bacon is done; remove and drain. Turn up the heat until the remaining bacon fat in the skillet is nearly smoking (you could use olive oil instead, but doing so provides a completely different flavor to the dish). Add okra and cook for just a minute or two, until it starts to brown on each side. Quickly add the tomato and onion and stir for 30 seconds, until beginning to soften. Remove okra, tomato, and onion mixture from skillet, let the fat drain for a few seconds, then place the mixture in a microwave-safe dish. Add the chopped basil and crumbled bacon and mix gently. Top with cheese and put in the microwave for 30 seconds or until the cheese melts.



Many new recipes (including okra recipes!) online at www.tucsoncsa.org!

August Medley

Philippe

This very flexible recipe uses a lot of produce commonly available at the CSA in August. Many items can be easily substituted or omitted

1 tablespoon oil
1 onion, chopped
1 ear of corn, kernels scraped off with sharp knife
1 teaspoon chile powder or paprika
1 teaspoon herbs, such as oregano or thyme
1 garlic clove, crushed
1 fresh green chile, chopped
1 handful okra, whole
1 Jalapeño, finely chopped
1 summer squash, diced
1 handful purslane, chopped into 1-inch segments
Salt to taste

In a large skillet, sauté the onion and corn in hot oil until the onion becomes translucent. Add chile powder, herbs, garlic, chiles, okra, and Jalapeño. Sauté for 5 minutes, stirring occasionally. Add squash and sauté for another 5 minutes. Add purslane and sauté for 5 minutes more. Serve with an omelet, on a tortilla, or with some rice.

Corn-Off-The-Cob

Philippe

Corn on the cob is best eaten as quickly as possible, before its sugar turns into starch. If you have left your corn sitting around a bit, it is best to use it off the cob such as in the recipe below, which makes a tasty side dish or tortilla filling..

1 tablespoon olive oil or butter
2 ears of corn, kernels scraped off with a sharp knife
1 small onion, chopped
1 clove garlic, crushed
1 teaspoon chile powder
1 teaspoon herbs, such as oregano or thyme
Salt to taste
1/2 lime

Sauté all ingredients except the lime juice in a skillet for about 10 to 15 minutes over medium heat. Squeeze the lime juice over it before serving.

Toasted Pecan-Raisin Snack Pack

Heidi DeCosmo, TCSA Member

2 tablespoons butter
1/2 teaspoon garlic powder
1 tablespoon Worcestershire sauce
2 cups pecans
1/4 teaspoon ground red pepper
1 tablespoon chile powder
1/4 teaspoon sea salt
1 cup dark raisins

Preheat oven to 300°F. In a medium bowl, mix butter, Worcestershire sauce, red pepper, salt, and garlic powder. Stir in the pecans. Gently toss with chile powder to coat.

Spread coated pecans on a medium baking sheet, and cook 20 minutes, stirring once halfway through. Stir once again, add in raisins, and bake 10 more minutes. Cool before serving.