



Tucson Community Supported Agriculture

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Summer 07 - Week 1 of 13

ATTENTION!

THIS IS A NEW SESSION

Planned Harvest

(May differ from actual harvest)

Grapefruit
Carrots
Kohlrabi
Sweet Corn
Fennel
Green Tomatoes
Squash Blossoms
Farmer's Choice
Miscellaneous seedlings

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Kohlrabi and Fennel Info

For more recipes and information on fennel and kohlrabi, see last week's newsletter ([Newsletter 88](#), available online) or check our [online recipes](#).

First Corn



This week's sweet corn is the first corn of the year. Eat it soon, before its sugars convert to starches, or keep it in the refrigerator, wrapped in a wet towel for no more than a couple days. Remember that it's organic, so there might be a corn borer at the top of an ear. Just chop off the affected part.

Welcome to our Summer '07 Session

This is the session when we get corn, melons, summer squash, tomatoes, green chiles, okra, cucumbers, bell peppers, apples and many other delicious goodies. Watermelons and summer squash are only one to two weeks away; tomatoes and cantaloupes are two to three weeks away. Corn is here now!

Spring Session debriefing

Over a hundred members (one third of our membership) did not renew for the summer session. That is a higher proportion of drops than in previous spring/summer transitions. However, about seventy new or former members are joining or rejoining our ranks for the summer session. So, things are looking good.

Why such an unusual drop? We can perhaps attribute it to the rather challenging spring session we've just had. What was challenging about it? "Too many beets," I heard. "Too many carrots," I also heard. Or not enough this or that... What occurred this past spring were the risks of organic agriculture. In this case, inclement weather severely affected many of the farm's spring crops. We would have received less produce than we normally get if the farm hadn't also experienced bumper crops of root vegetables. So, we got lots of those, to the delight of a few and the dismay of many.

For three years we have been spoiled by Farmer Frank's remarkable successes in producing bountiful and diverse harvests. For the first time, we now have experienced what it means to share with our farmer the risks of farming. Such is the nature of a CSA. So, thanks for sticking with us! We appreciate your support and great attitude.

Green Tomatoes

Along with many heirloom tomatoes, Farmer Frank also grows some commercial hybrids. Because heirlooms can be unpredictable, Frank usually grows a few rows of hybrids as backup, in case the heirlooms fail to produce. Since the heirlooms seem to be doing well and should be ready in a few weeks, if all goes well, Frank is sending us some green tomatoes from his hybrid varieties. This week we are getting Floridades – tasty, although not quite as tasty as our heirloom will be. Picked green, they are ideal for frying.

Farmer Frank's suggestion: eat you green tomatoes now, i.e. green. You may choose to store them on your counter top and wait for them to turn red. However, by the time they turn red they will be older and will have lost some of their flavor - they'd still be good for cooking though. Also, by the time they turn red, we will receive vine-ripened fresh heirloom tomatoes, and your counter top-ripened tomatoes will pale in comparison. In any case, do not refrigerate tomatoes. The fridge is a major tomato flavor killer.

Extra Unloading Volunteers Needed

We will soon start getting Crimson Sweet Watermelons. They're about fifteen pounds each. Unloading three hundred such babes from the truck requires several extra hands! We are looking for volunteers to be on stand-by for such occasions (we give 2-3 days notice).

We are also looking for two unloading volunteers from June 18 to July 9 (four weeks) to substitute for two of our regular volunteers who will be away on vacation.

Unloading is Mondays from 2:00 to 3:30 pm. For every two unloading shifts, you get credit for a free CSA pickup day. See Philippe to apply!

Squash Blossom Quesadillas

Adapted from cooking-for-compliments.com

2 tablespoons olive oil
1 cup minced red onions
1 clove garlic
6 squash blossoms, cut into strips
Salt
2 green or Anaheim chilies, charred, peeled and seeded
½ cup Monterey Jack cheese
6 flour tortillas



Heat the oil in a large skillet over medium heat and sauté the onion until softened. Cut the prepared chiles into strips and cook with the onion for 5 more minutes. Stir in the garlic and the blossoms. Continue to cook for another 5 minutes. Season with the salt and add the cheese. Turn off the heat and stir until the cheese is melted.

Place a spoonful of the filling into each tortilla, and fold the tortillas in half over the filling.

Heat a non-stick skillet over medium heat and cook each quesadilla, turning halfway through, until lightly browned on each side.

Serve with sides of avocado or sour cream if desired.

Stuffed Squash Blossoms

[Cooks.com](http://cooks.com)

Mix equal parts of ricotta and cottage cheese with a clove of fresh garlic (minced). Add fresh herbs such as basil or summer savory or lemon thyme. Chopped bell pepper, black olives and some grated natural cheddar are optional.

Fill blossoms with mixture and pull petals forward to close blossom and twist lightly. Mix a beaten egg with some milk. Roll blossoms in mixture and then in fine sourdough bread crumbs or cornmeal.

Fry breaded blossoms lightly in olive or canola oil. Serve as soon as squash buds are al dente. Serve on a bed of mixed rice.

Kohlrabi and Fennel Salad

2 kohlrabi bulbs, peeled and sliced
1 fennel bulb, thinly sliced
1 teaspoon olive oil
salt and pepper to taste
juice of ½ lemon
¼ cup feta cheese

Steam or boil the fennel and kohlrabi for about 15 minutes. Remove and let cool.

Mix with salt, black pepper, oil, lemon juice and crumbled feta. Chill well.

Fried Green Tomatoes

Lorraine Glazar, Tucson CSA

1-2 tablespoons cooking fat (bacon drippings, olive oil, or canola oil)
2 green tomatoes
½ cup cornmeal or masa harina
Salt and pepper



Core the tomatoes and slice into ¼ inch slices. Heat the oil until it shimmers but does not smoke. Salt and pepper each cut side of the tomato slices. Dip each cut side of the tomato slice into the cornmeal or masa, and then put into the hot oil. Cook the first side thoroughly over medium heat, until crust is crispy and tomato has begun to soften. Then turn and finish cooking the second side. Serve hot.

Amy's suggestion: Use more salt and pepper than you think you should. For variation, add spices and/or herbs of your choice to the cornmeal/masa mix.

Grapefruit Sorbet

Paul Durham, Tucson CSA

On these hot Tucson days, enjoy this zesty (pun intended) and refreshing gift from culinary heaven.

1 quart citrus juice (approx. 4 grapefruit or 8 oranges)
1 rounded tablespoon grapefruit zest, finely grated (option: increase the amount of zest for more citrusy flavor and tartness)
½ cup agave nectar *
¼ cup vodka (optional)

Simmer zests in agave nectar for a couple minutes and let it sit. Juice citrus and add juice to nectar.
Mix in vodka.
Refrigerate until cold.



Stir thoroughly, then pour into an ice cream maker and freeze according to the manufacturer's instructions. Transfer to a container and freeze until firm.

Serve in martini glasses and garnish with sprigs of mint or fennel.

If you do not have an ice cream maker: pour into 9-inch square metal baking pan; cover and freeze, stirring occasionally, until partially frozen, about 4 hours. In a food processor with knife blade attached, process sorbet until smooth but still frozen.

* As an alternative to using agave syrup, mix together ½ cup sugar, ½ cup water and the zest in a saucepan. Heat gradually, stirring until the sugar has dissolved, then boil the mixture gently for 5 minutes to make a syrup. Combine with the other ingredients as described above.