



Tucson Community Supported Agriculture

Newsletter 94 ~ July 9, 2007 ~ Online at www.TucsonCSA.org

Summer 07 - Week 6 of 13

Planned Harvest

(May differ from actual harvest)

Red LaSoda Potatoes
Onions
Wheat Berries or Oat Groats
Summer Squash
Cucumbers
Tomatoes
Melons
Farmer's Choice



The Back Page

Stuffed Squash
Zucchini Noodles
Chocolate Zucchini Cake
Cucumber Noodles

Chickens

Chickens have arrived!! Check at the desk to pick yours up. The frozen chickens are 3-4 pounds each. If anyone knows what to do with chicken feet, we have some of those available as well!



Newsletter editor

Sara Jones

Summer Farm Trip

About 17 members made the trip to Glendale to visit the farm. Farmer Frank gave everyone a walking tour, pointing out the tomatoes, eggplants, cucumbers, and corn. Everyone got a chance to pick their favorite melons to take home, too. As the day got hotter, we convened in the shade. Kids were treated to tractor rides around the farm--they didn't care about the heat! A delicious lunch was prepared for us, including squash blossom quesadillas, grilled squash and zucchini, fresh tomatoes, cucumbers and nopalitos, as well as an abundance of roasted corn with chipotle lime butter, and melon for dessert. For those that were unable to make it, there will be another chance in the fall. For those that did brave the drive and the heat, at least we can say we know where our food comes from and now have seen it with our own eyes.

Summer Bounty

As anyone who has ever grown them in their own garden knows, squash and cucumber plants are prolific suppliers of food. They are a perfect symbol of abundance! Squash and cucumber (which are members of the same plant family) are also a more sustainable option than many other plants during the summer because they are well adapted to our hot climate. Their flesh is cooling and fresh on a hot summer day. However, they can sometimes be uninspiring and rarely elicit the excitement that fresh corn or tomatoes can. I have already heard sighs of resignation coming from the pick-up lines as members reluctantly reach for their weekly ration of squash. Don't despair! Your options are vast with these versatile vegetables. Try stretching your imaginations. And if you have any good unusual or classic recipes that may inspire other members to take a fresh look at squash or cucumbers, e-mail them to us so we can post them on the website. We have included some recipes this week to get everyone started. Enjoy!

Tomatoes

Ripe tomatoes, straight off the vine, are a favorite part of summer time. Unfortunately, a ripe tomato doesn't stand up too well to heat or handling. On the other hand, a ripe tomato loses its flavor, and the texture becomes mealy, when it is refrigerated. What are we to do? I suggest you make your tomatoes a top priority and eat them right away, instead of having them melt on your countertop or lose flavor in your fridge. If you can't get to them right away, a good option is to freeze them. Just rinse and dry and put in a zip lock storage bag. You can then use them when you want in any recipe calling for canned tomatoes.



New Pick Up Arrangement

For the past few weeks we have been slowly moving most of our things into our new back room. Last week we finished the move and rearranged the front room to provide enough space for a Monday afternoon pick-up. We hope it is just in time for our long awaited monsoon season. (Let's keep our fingers crossed and hope for rain!) So, if you come on a rainy or extraordinarily hot Monday and the courtyard looks empty, don't fret! We will be inside trying to keep dry. With the rains coming we also wanted to warn people that the courtyard rocks can get slippery. Please be careful!

Stuffed Squash

Sara, Tucson CSA

In this recipe, wheat berries and lentils provide the protein and texture of cooked ground beef. If you like, you can substitute ground beef for the wheat and lentils.

1 large squash or 2 medium
1/3 cup wheat berries
1/3 cup lentils
1/2 cup shredded carrot (if available)
1 onion, chopped
2 garlic cloves, minced
2 tablespoons olive oil
2 tomatoes, chopped
1/2 teaspoon oregano
1/2 teaspoon thyme
1/2 teaspoon cumin
Salt and pepper to taste
Mozzarella or goat cheese for topping.

Sort wheat berries and lentils to remove any debris. Bring 6 cups of water to a boil in a large saucepan and add wheat berries. Keep berries at a low boil for 30 minutes and then add lentils. Boil for another 30 minutes until tender. Keep an eye on the mixture and add water as needed, then drain any excess water once tender. Heat oil in skillet and sauté carrots, onions and garlic over medium high heat for about 5 minutes. Add herbs and spices, tomatoes and salt and pepper. Combine all ingredients in saucepan and cook, covered, over medium low heat for about 10 minutes. Cut squash in half lengthwise and use a spoon to scrape out seeds. Lay the squash cut side up in a baking dish and add a generous portion of the filling. Cover with cheese and bake for 30 minutes in a 350 degree oven.

Zucchini Noodles

Sara, Tucson CSA

You can use any summer squash for this recipe. Serve as a side dish, tossed with goat cheese and herbs. Or make a large portion and use in place of regular noodles in your favorite pasta dish.

1 large summer squash
1 tablespoon olive oil
Salt and pepper to taste

Peel zucchini into thin 'noodles'. Heat a skillet with olive oil and sauté the squash for a few minutes, until tender. Season with salt and pepper.

Chocolate Zucchini Cake

2 cups all purpose flour
1/2 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter, softened
3/4 cup brown sugar
3 eggs
1 teaspoon vanilla
2 cups zucchini, shredded
1 cup chocolate chips
1 cup walnuts

Preheat the oven to 360°F. Grease and flour muffin tin. In a large bowl, whisk together the **flour**, cocoa powder, baking soda, baking powder and salt. Combine the **sugar and butter**, and beat until fluffy. Add in the vanilla extract, then the eggs, one at a time, mixing thoroughly between each addition. **Spoon** in flour, mix well, then add zucchini, chocolate chips and walnuts. Drop batter into prepared tin, filling each cup about 3/4 full. Bake about 20 minutes until a toothpick comes out clean.

Cucumber Noodles

Sara, Tucson CSA

This is a great, refreshing side dish. If you want to make it into a simple meal, double the ingredients for the dressing and toss together with chilled soba noodles and cubed tofu or pre-cooked chicken.

2 cucumbers
2 tablespoons rice vinegar
2 teaspoons sesame oil
1/2 teaspoon red pepper flakes
1/2 teaspoon sugar
1 teaspoon soy sauce
1/4 teaspoon grated ginger
1 tablespoon toasted sesame seeds, to garnish

Peel cucumber and discard skin. Continue using peeler, making long, lengthwise cuts to make 'noodles'. Peel, rotating cucumber until you reach the core of seeds. Discard seeds. Drain noodles in a colander while preparing dressing. Whisk all other ingredients together. Squeeze noodles to get rid of excess moisture. Toss with dressing and garnish with sesame seeds. Serve immediately.

