



Tucson Community Supported Agriculture

Newsletter 145 ~ July 7, 2008 ~ Also online at www.TucsonCSA.org

Summer '08

WEEK 6 of 13

Harvest list is [Online](#)

The Back Page

- Paletas
- Agua Fresca de Pepino
(Cucumber Lime Drink)
- Thai Coconut Soup
- Sara's Stuffed Squash
- Caramelized Onions

More recipes on our website

Second Share Payment Due

For those who paid in two payments: if you haven't submitted your second share payment, please do it now.

If you're not sure about the amount due, just ask Front Desk.

Cucumber Galore

If you're at a loss about how to deal with giant Armenian cucumbers (or any cucumbers for that matter), try the deliciously refreshing Agua Fresca de Pepino – Cucumber and Lime juice (see recipe on Back Page). Soon you will have a cucumber shortage!

Salting Eggplant for Bitterness

Many recipes will call for salting and draining eggplant before use to remove bitterness. Generally, this step is not needed with fresh, in-season eggplant. However, some heirloom varieties of eggplant will be bitter even in season. We suggest that you take a small taste of each eggplant before cooking, to determine if it is bitter. If it is, cut into the desired size pieces, place in a colander and sprinkle with a generous teaspoon of salt. Set the colander in the sink to drain for at least 20 minutes. This should eliminate the bitterness, but taste again to be sure.

Newsletter editor

Philippe Waterinckx

SUB-SELLING OR SUB-BUYING SHARES?

Are you looking for an extra share for a couple weeks or so? Or would you like to sell your share while you're on vacation? Place an ad or look for one on the Tucson CSA corkboard near the front desk.



FOOD PAIRING

(from Food for Design Project)

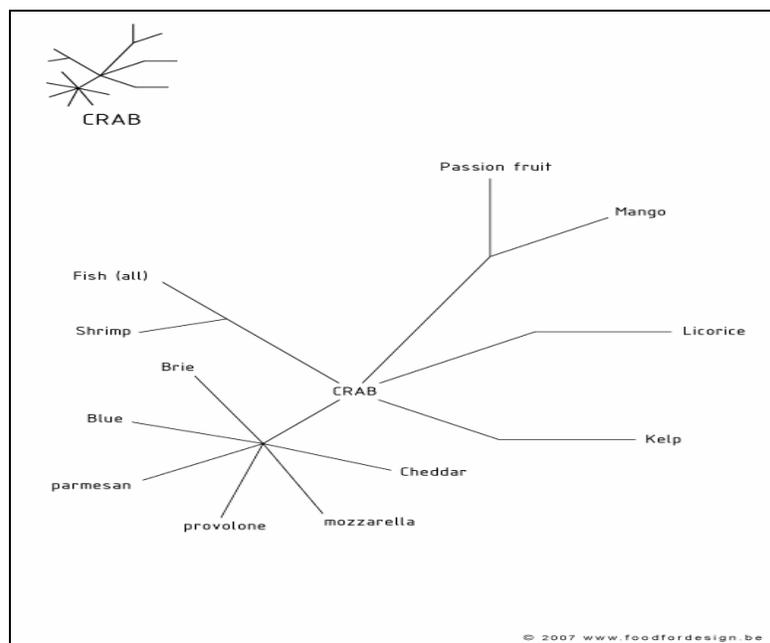


If you are wondering what healthy accompaniments to serve with your favorite foods, you'll appreciate the Food Pairing website at <http://www.foodpairing.be/>. This website has a wonderful collection of food diagrams or "plots" that enable you to see what foods pair well with other foods. Additionally, the website helps you to determine which foods, in terms of their flavor, can be substituted for other foods. For instance, if you want to

use basil in a recipe, but you don't have any on hand, you can still produce it through a combination of other flavors or plants. The Food Pairing people write:

FOOD IS INTERCHANGEABLE: A food product has a specific flavor because of a combination of different flavors. Basil tastes like basil because of the combination of linalool, estragol, So if I want to reconstruct the basil flavor without using any basil, I have to search for a combination of other food products where one contains linalool (like coriander), one contains estragol (like tarragon),... So I can reconstruct basil by combining coriander, tarragon, cloves, and laurel. The way to use it is to take a product from each branch and combine them.

This is what the crab plot looks like. Go to the website and compare it to, say, the artichoke plot, which is far more extensive. The plots can help you to plan and produce meals that are full of complementary flavors.



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THE BACK PAGE

Paletas

Lorraine Glazar, Tucson CSA

1 cup water
1 cup sugar or sugar equivalent
2 cups cubed melon
1 cup peeled and cubed cucumber
¼ cup lime juice
1 tablespoon minced fresh mint or basil (optional)
Popsicle molds or small paper cups and wooden sticks

Make a simple syrup by boiling the water and dissolving the sugar in it. Allow to cool. You won't use it all in one batch, but it keeps forever in the refrigerator and can be used to sweeten drinks or in your next batch of paletas. Combine ¼ cup of syrup, the melon and cucumber, the lime juice and the minced herb in a blender and blend until smooth. Pour into popsicle molds or paper cups. Freeze until firm, about 6 hours. If using cups, check after 2 hours and insert wooden sticks into the paletas.

Yield: six two-ounce popsicles

Agua Fresca de Pepino (Cucumber-Lime Drink)

Amy Schwemm, Tucson CSA



Our gigantic Armenian cucumbers are ideal for this most refreshing summer drink. Easy to make and to drink! It will use up your CSA cucumbers faster than you can get them.

1 large Armenian cucumber, unpeeled (equivalent to 3 English cucumbers)
1/2 to 1 cup lime juice
1-2 cups water
¼ cup sugar, agave syrup, or other sweetener

Juice the whole cucumber (with skin and seeds), or blend and strain it. Add lime juice, water, and sugar. Serve chilled. For added zest, sprinkle with chopped mint or Stevia leaf. Makes approximately 2 quarts. (Shortcut: use ¼ cup frozen limeade in place of the lime juice and sugar.)

Thai Coconut Soup

Sara, Tucson CSA

This is a great summer-time soup. If you aren't in the mood for soup, prepare it with less water and serve it over steamed rice. Add cooked, diced chicken or chunks of tofu if you like.

1 medium or 2-3 small eggplant, chopped
1 large handful green beans, chopped
½ onion, chopped
1 handful chopped mushrooms
1 tablespoon oil
1 stalk lemongrass
1 inch piece ginger, grated
1 teaspoon crushed coriander
1 teaspoon red chile flakes
1 can coconut milk

Soy sauce to taste
1 handful chopped basil or cilantro
Lime wedges for garnish

In a large stock pot heat one tablespoon oil and briefly sauté onion, ginger, and spices. Add 3 cups water and lemongrass. Bring to a boil, then let simmer ten minutes. Add vegetables and coconut milk, return to a boil and simmer until vegetables are soft. Add soy sauce, to taste. Remove from heat and add chopped herbs. Squeeze lime wedges over each individual bowl.

Sara's Stuffed Squash

Sara Jones, 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, or ¼ cup canned tomatoes
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 long squash in half lengthwise and use a spoon to scrape out seeds or cut top inch off of round squash and 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.

Caramelized Onions

Sara Jones, Tucson CSA

Caramelizing onions makes them incredibly sweet and delicious. It is a great way to use up a backlog of onions, as they reduce in size greatly. Use the onions to top burgers, casseroles or pasta.

About 3 cups thinly sliced onions
2 tablespoons oil
1 teaspoon salt

Heat oil over medium heat and add onions, stirring well to coat. Once onions begin to brown reduce heat to medium low and cook, stirring often, until onions are nicely browned. Add salt and a splash of balsamic vinegar if desired.

