



# Tucson Community Supported Agriculture

Newsletter 151 ~ August 18, 2008 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '08

WEEK 12 of 13

Harvest list is [Online](#)

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More recipes at [www.tucsoncsa.org](http://www.tucsoncsa.org)



### Fall Session Registration

**August 1 to 29:** registration for renewing and former members

**August 18 to 29:** registration for waitlisted members

To avoid lines at the front desk, you can mail us your contract and payment, or drop them off in the Drop Box by the front desk.

Subscription details and Contract Form are online, under Join: Subscriptions.

We still have room on all three pick-up days at the time of this writing. However, we are gradually filling up and pick-up day choices may become restricted as we approach the end of the month.

### Newsletter editor

Philippe Waterinckx

## EAT LOCAL CHALLENGE.. HOW LOCAL CAN YOU GO?



**Food Conspiracy Co-Op To Host An *Eat Local America Challenge* In September.** By Torey Ligon

As a CSA member, you already eat a lot of local foods, but have you ever wondered just how local you can go? Well, now's your chance to take part in a fun community-wide challenge to push your local limits.

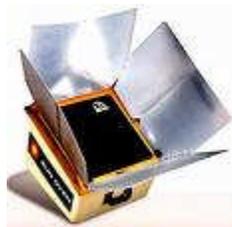
Food Conspiracy Co-op is hosting an "Eat Local America" challenge this September and inviting the Tucson community to consume more locally grown and produced foods. Each participant in the challenge will determine his or her own personal challenge goal, be it 80 percent local ingredients or one local food each day. Perhaps there are even CSA members who want to give a 100% local diet a try, for a day, a week, or even the whole two week period.

The challenge will take place from September 15th to September 30th, a time when the harvest at many local farms is particularly bountiful. During the month of September, the Co-op will have many local items to choose from, along with menu guides and recipes to help local food challenge takers succeed. CSA members have the added benefit of a weekly share of local goods and a wonderful recipe archive for inspiration.

To sign up for the challenge, or read more about it, visit the Food Conspiracy's webpage at [www.foodconspiracy.coop](http://www.foodconspiracy.coop), or stop by the Co-op on 4th Avenue to ask questions and sign up in person.

## GOT A SOLAR OVEN YET?

With its sunny days, Tucson is the ideal area for cooking with the sun. Solar cooking has many benefits:



- \*Cooking with the sun's energy instead of with electricity or gas.
- \*No-fuss cooking - food does not need stirring and is hard to over-cook
- \*Brings out great flavors of food from your CSA share
- \*No need to heat up your house when cooking in the summer
- \*Fun
- \*Portable

You can build your own (<http://solarcooking.org/plans/>) or purchase a commercial version such as the Sun Oven or Tulsi Hybrid Solar Oven. One of our CSA members has a coupon for 10% off solar ovens (and other sustainable living products) on her blog at <http://chilechews.blogspot.com>. Enter "coupon for solar oven" in the search box in the upper left corner of the page to get the details.

## NATURALLY-RAISED PORK AVAILABLE

We currently have local naturally-raised pork available: ground pork, breakfast sausage, Italian sausage, chorizo and mesquite-smoked bacon (no nitrites). Available individually or in combo packs including one of each (save 10% on the combo packs).

## GOAT CHEESE SHARES OVER – SOME CHEESE LOGS AVAILABLE RETAIL

We are done with Black Mesa Ranch's goat cheese shares for the summer session and will resume the shares in the second week of our fall session. However, to give folks who haven't had cheese shares a chance to try out Black Mesa Ranch's cheese, some cheese logs will be available for individual purchase during the last two weeks of this session.

### Spicy Balsamic Melon Salad with Greens

Sara Jones, Tucson CSA

This salad has a perfect balance of flavors. Spicy greens like arugula or mizuna will work best with this recipe. Braising mix will also work well. If you like a really spicy salad, add more chopped green chiles before serving. Grilled okra or nopales adds an extra dimension to this dish, if they are available.

1 small or 1/2 of one large melon, peeled, seeded and diced into 1 inch chunks  
2 cups spicy greens, chopped fine  
1/2 cup balsamic vinegar  
1/2 yellow onion, thinly sliced  
1 or 2 roasted green chiles, skin removed, chopped  
2 teaspoons oil  
1/2 teaspoon ground cumin  
Pinch of salt

Heat oil over medium high heat, in a medium skillet. Add onion and sauté, stirring occasionally, until mostly browned. Add cumin, chiles and balsamic vinegar. Reduce heat to low and simmer until vinegar is reduced by half. Add a pinch of salt and remove from heat. Strain onion and chile out of sauce and discard. Toss melon and greens together in a large bowl and drizzle with sauce. Stir well to coat. Serve at room temperature.

### Zucchini and Chile Cornbread

Sara Jones, Tucson CSA

This is a great cornbread to serve with a soup or stew. Add cheddar or goat cheese to the recipe if you like.

1 cup flour  
3/4 cup cornmeal  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 cup yogurt  
1 egg  
2 tablespoons honey  
3 tablespoons melted butter, or oil  
1 cup shredded zucchini  
2 roasted chiles, peeled and chopped

Set shredded zucchini in a colander to drain. Preheat oven to 400 degrees. Mix together dry ingredients in a large bowl. In a separate bowl, mix together egg, yogurt, butter and honey. Pour wet ingredients into dry ingredients and stir gently. Add zucchini and chiles and stir until just combined. Pour batter into greased muffin tins or an 8-inch square baking pan. Bake 25-30 minutes (or about 20 minutes for muffins). The top will spring back when touched and a toothpick will come out clean when cornbread is done.

### Spicy Green Beans

Sara Jones, Tucson CSA

These beans are delicious cooked until just barely tender, but are sometimes even better slightly browned and wilted. If your green beans are small and tender use a shorter cooking time. Larger beans will benefit from a longer cooking time.

1 CSA bag green beans  
2 cloves garlic, minced  
1 teaspoon grated ginger  
1/2 teaspoon chile flakes (or to taste)  
2 teaspoons vegetable oil  
Soy sauce to taste  
Garnish with sliced green onions

Clean beans and remove stem end. Heat oil in skillet over medium-high heat. Add garlic, ginger and chile flakes and stir quickly for about 30 seconds. Add green beans and toss to coat. Drizzle with a little water, then cover and cook over medium low heat for about 5 minutes for tender-crisp beans, or up to 25 minutes for wilted beans. Stir occasionally and add water as needed to keep beans from sticking. Add soy sauce to taste and serve.



### Stewed Summer Vegetables

Sara Jones, Tucson CSA

Use any combination of summer vegetables for this recipe. Green beans, okra, eggplant, squash and potatoes would be perfect. Though if you only have only one or two of these ingredients, it will still turn out nice.

About 3 cups mixed, chopped summer vegetables  
1 tablespoon oil  
1 medium yellow onion, sliced thinly  
4 cloves garlic, minced  
1 can chopped tomatoes  
1 teaspoon oregano  
1 teaspoon basil  
1 teaspoon thyme  
1/2 cup chopped green or black olives or capers (optional)  
Drizzle of balsamic vinegar  
Salt and pepper to taste

In a medium-size pot, sauté onion and garlic in oil until fragrant. Add vegetables and stir to coat. Add tomatoes, herbs and olives and/or capers, plus 1.5 cups of water. Stir well and cover, cooking over medium-low heat for about 35 minutes, until all ingredients are tender. Drizzle with vinegar and add salt and pepper to taste. Serve over pasta, rice or polenta.