



Tucson Community Supported Agriculture

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Summer '08

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Harvest list is [Online](#)

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More recipes at
www.tucsoncsa.org

Prickly Pear Harvesting



It's time to harvest prickly pear fruit! The abundant and native *Opuntia engelmannii* yields a sweet, delicious dark red fruit called "tuna" in Spanish. Since they've got glochids (thin, hair-like spines that get you!), use tongs to gather them into buckets. Eat them raw or skin, strain, and cook them into a liquid base for jellies and syrups.

An easy way to prepare prickly pear fruits is to freeze them after picking. When ready to use, place frozen tunas in a cloth-lined colander inside a larger bowl. The fruit will lightly disintegrate as it thaws and the juice will come through the strainer, into the bowl.

Another way is to blend the tunas in a blender and then strain the puree in a fine-meshed strainer.

Use pure or dilute the juice with water and add to lemonade or tequila! For more on prickly pears and a few recipes, visit www.desertharvesters.org

Newsletter editors

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FALL SESSION SOLD OUT: REMEMBER TO RENEW EARLY NEXT TIME

Last week, when Agua Linda Farm cancelled their fall session because of a risk of crop failure (a threatened grasshopper invasion), we had to re-allocate all fall Agua Linda members to the Tuesday and Friday pick-up days. Unfortunately, that meant there was suddenly less room for renewing and new members. By last Friday, we had sold out and had started turning members away.

To avoid missing your renewal in the future, be sure to submit it in time, preferably during the first two weeks of the subscription window, before we start registering waitlisted members. Subscription time is announced during the whole month prior to a new session: in the newsletters, on the whiteboard by the pick-up table, in the weekly e-mails we send you, and on our website. Don't miss it!

UPDATE YOUR TUCSON CSA E-MAIL SUBSCRIPTION

To receive our brief weekly e-mails, you must sign-up online. We really recommend that you do so to avoid missing out on reminders like those about renewing your subscription. You can subscribe to the e-mail lists on our website.

We have one e-mail list for each pick-up day. Be sure you are subscribed to the e-mail list of your pick-up day. If you changed your pick-up day for the new session, unsubscribe from your former e-mail list and subscribe to your new e-mail list:

To manage your e-mail subscription, follow the following links:

- subscribe to the Tuesday, Thursday or Friday email list: www.tucsoncsa.org
- unsubscribe from the Tuesday email list: www.tucsoncsa.org/mailman/listinfo/tcsatuesday
- unsubscribe from the Thursday email list: www.tucsoncsa.org/mailman/listinfo/tcsathursday
- unsubscribe from the Friday email list: www.tucsoncsa.org/mailman/listinfo/tcsafriday

If you have trouble doing this, send us an e-mail mentioning which e-mail list(s) you want to be unsubscribed from and/or subscribed to, and we'll do it for you. We are currently busy with members' subscriptions for the fall session, so it may take us a few days to get it taken care of.

FOOD AND FILM: "THE GREENHORNS"

Check out a new documentary film about a new generation of farmers who are "sowing the seeds of an agrarian revival."

The film, "The Greenhorns," was made by Severine von Tscharner Fleming, a young farmer who set about documenting this emergent social movement that contains about 20 million participants across the world. These young farmers see themselves as a "redemptive force" that is attempting to challenge the industrialization of farming that has come to dominate the US food system. As the website notes: *This film will challenge us to look squarely at the prospects and choices for American food security in the coming years. But it's not a political attack; nor is it meant to make you feel bad about what you eat. This film documents those who are establishing solutions to our contemporary crises. The stakes are high, but so are our chances of preserving our farmland, our food supply, and the practice of family farming if we can inspire more of America's youth to return, in any degree, to the soil that feeds us.* View the movie trailer at <http://thegreenhorns.net>



Low-fat Curried Vegetables

Wendy McCrady, Tucson CSA member

Curry is a tasty way to prepare many of your vegetables. Use vegetables roasted ahead of time for an easy short-cut. Thai red curry paste is sold in the Asian foods section of grocery stores.

1 onion, chopped
2 cloves garlic, minced
1 tablespoons grated ginger
2 1/2 cups water
1 teaspoon coconut extract
2 tablespoons maple syrup or 4 tablespoons brown sugar
1 1/2 tablespoons low-sodium soy sauce
1 1/2 teaspoon curry powder
1/2 teaspoon cumin
1/2 teaspoon red curry paste
1/2 teaspoon crushed red pepper flakes, opt.

Vegetables (sweet potatoes, potatoes, carrots, green beans, cooked garbanzo beans, etc.), diced

Cooking greens, roughly chopped

3 tbs plain soy creamer (or half and half)

2 teaspoons chopped cilantro

Cooked grain (rice, wheat berries, oat groats, etc.)

In a large non-stick skillet, sauté onion, garlic, and ginger over medium-high heat for 5 minutes. No oil is needed. Stir in the water, seasonings, and vegetables other than greens. Bring to a boil. Reduce heat and simmer for 15 minutes until veggies are tender. Stir in the greens to cook for a few minutes. Remove from heat and stir in creamer. Serve over hot cooked grain and sprinkle with cilantro.



Summer Squash Pesto

Sara Jones, Tucson CSA

1 medium summer squash, cut into thin slices
1 bag basil, large stems removed
2 cloves garlic
1 tablespoon oil
1 large handful toasted walnuts, roughly chopped
Parmesan or Romano cheese, grated (optional)
1 package pasta, cooked

Toss basil, garlic, oil and half of walnuts into a food processor and pulse until well blended. Heat a small amount of oil in a skillet over high heat and cook squash until beginning to brown. Toss squash together with pesto, pasta and remaining nuts. Serve sprinkled with cheese, if desired.

August Medley

Philippe, TCSA

This recipe uses a lot of produce commonly available at the CSA in August. It is very flexible and many items can be easily substituted.

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 (oregano or thyme)
1 garlic clove, crushed
2 fresh green chiles, chopped
1 handful okra, whole (optional)
1 jalapeno, finely chopped (optional)
1 summer squash, diced
1 handful purslane, chopped in 1-in segments
salt to taste

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

Green Chile Soup

Submitted by Paula Karrer, TCSA member.

Adapted from "Southwest The Beautiful Cookbook."

1 boned, skinned chicken breast cut into 1/2 inch cubes
1 boneless pork chop, cut into 1/2 inch cubes
cooking fat (olive oil, butter, lard)
1 finely chopped onion
1/3 cup flour
1 teaspoon ground cumin
1 garlic clove, minced
6 cups chicken stock (homemade, boxed, canned, or cubes, depending on your inclination!)
6 roasted green chilies, diced
1 red bell pepper, roasted and diced
additional "hot" pepper as desired (jalepeño, chiles de arbol, toasted and crushed, etc.)
2 large ripe tomatoes, diced, or used canned tomatoes
Minced fresh cilantro
salt and pepper
grated cheese

Brown meat in the cooking fat. Drain and reserve. Sauté onion until soft. Stir in flour and cook 2-3 minutes, stirring constantly. Add garlic and cumin, and crushed dried pepper if using. Cook and stir another minute. Stir in chicken stock and whisk until thickened and smooth. Add reserved meat and all remaining ingredients except cheese and simmer 10 minutes or so. Serve with cheese on the side.

Roasted Chile Vinegar

Wendy McCrady, Tucson CSA

Simmer 2-3 very hot roasted chiles (skinned and seeded) in 1 cup white vinegar plus 1 teaspoon salt for 5 minutes. Steep, refrigerated, in jar for several days. Strain and use hot vinegar for any dish that needs spicing up. Store in refrigerator.