



Tucson Community Supported Agriculture

Newsletter 188 ~ May 11, 2009 ~ Online at www.TucsonCSA.org

Spring '09 Week 11 of 13

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Summer Session Renewals

Registration for current and former members is May 4 to May 30 (or until we fill up, whichever comes first). Contract forms are available at the CSA, or online under *Join > Subscriptions & Cost*.

We urge current and former members to register before May 18, when we open registration to the waitlist. Space is limited and either or both pick-up days may fill up.

To avoid lines at the front desk, place your completed contract and payment in our drop-box at the CSA pick-up, or mail them to us. We will e-mail you a confirmation after processing your subscription.

Gone for part of the summer?

If you are going to be gone for part of the summer but would still like to enjoy a CSA share while you are here, consider placing an ad on our corkboard (above the trading table) saying that you are looking to buy or sell part of a share for a specific duration this summer.

City Chickens Coop Tour

The Food Conspiracy Coop has organized a self-guided tour of urban chicken coops, May 23, 9 a.m. to 1 p.m. The CSA front desk is selling tickets (\$5). More info at www.foodconspiracy.org/2009/04/10/city-chickens-coop-tour/.

Newsletter Editor

Kimi Eisele

NEW COOKBOOK SEEKS YOUR FAVORITE MESQUITE RECIPES

It's almost mesquite harvest season, when you can pick the pods from the tree and grind them into a sweet, nutritious flour. Once you have mesquite flour, you can make a million different things! In celebration of this abundant, free, native food, a group known as Downtown Desert Harvesters, is creating a specialty cookbook to share mesquite recipes with the public. The four people leading the project are all CSA volunteers – Amy, Kimi, Lori, and Sara.

Eat Mesquite! (the cookbook's tentative title) seeks to increase awareness about this local and abundant natural resource. Funded in part by PRO-Neighborhoods, the book will be professionally printed and distributed throughout the region.

The cookbook's editors are now looking for special tried and tested recipes that highlight the use of mesquite flour. All recipes will be properly credited. Some light editing may happen in order that recipes adhere to the cookbook's design format.

We will test and share a sampling of the recipes at a "Mesquite Tasting Event" tentatively scheduled for June 20, in Tucson (more details to follow). The event will also offer mesquite harvesting how-to tips to motivate desert dwellers to get out and pick pods!

All proceeds from the cookbook will benefit Downtown Desert Harvesters, a Tucson-based volunteer-run, grassroots effort to promote, celebrate, and enhance local food security and production through the planting and harvesting of native foods. The group trains communities in the harvest of native foods, particularly mesquite, through its annual mesquite pod grinding and pancake events throughout Southern Arizona. Learn more about harvesting food from the desert here: www.desertharvesters.org.

Please e-mail your favorite mesquite recipe(s) no later than May 30 to Amy Schwemm at molera@manoymetate.com or hammerrill@desertharvesters.org.

QUE-WHAT?



Quelites, pronounced kay-lee-tays, is a Spanish word for greens, translated sometimes as simply "Mexican greens." More specifically, they are **amaranth greens**, also called chinese cabbage, hinn choy, yin tsoi, callaloo, and tampala, depending on where in the world you live. While many know amaranth as a nutritious grain, the plants' leaves are also edible. People are often afraid of these greens since they tend to look like weeds. Never fear! Quelites can be cooked like any other greens—sauteed, steamed, or chopped and put into egg dishes, soups, and casseroles. Plus, they're high in protein, beta carotene, vitamins K, B6, and C, as well as riboflavin, and folate, and other minerals including calcium, iron, magnesium.



Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish.

1 bunch radishes with greens, cleaned and sliced in half lengthwise
1 pat butter
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 1 minute until heated through. Sprinkle with salt and pepper.

Squash and Grain Fritters

Sara Jones, Tucson CSA

2 cups grated summer squash
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice
1/2 bunch green onions, sliced thinly
1 egg
1 tablespoon flour
Salt and pepper to taste

Drain squash in a colander for 30 minutes. After draining, squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. Mix again, adding more flour if mixture seems very loose. Heat a large skillet over medium heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cover fritter and cook until golden brown underneath, about 4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

Calabacitas and Quelites In Mole Adobo-variation

Philippe, Tucson CSA

Squash and Mexican spices go great together. Adding quelites to this dish makes it more nutritious. Add a can of beans or some pork sausage and serve with rice or tortillas for a quick, easy meal.

1 cup corn kernels
1 onion, chopped
1 summer squash, cubed
2 green tomatoes, quartered
1 bunch quelites, cleaned and trimmed
Salt to taste
1 tablespoon mole adobo (or mole pipian for a less spicy version)
1 tablespoon oil
1/4 cup Mexican oregano or cilantro, chopped

Sauté onion and mole powder in oil until onions are tender. Add remaining ingredients, except the oregano. Cover and simmer for 15 minutes. Mix in oregano before serving. Serve with tortillas or on a bed of rice.

Note: meat eaters can add 1/4 pound pork sausage to this dish. Just add it with the onions and mole powder and sauté it until the meat is cooked, before adding the remaining ingredients.

Fried Green Tomatoes

Lorraine Glazar, Tucson CSA

1-2 tablespoons cooking fat (bacon drippings, olive oil, or canola oil)
2 green tomatoes
1/2 cup cornmeal or masa harina
Salt and pepper
(Amy's suggestion: put more salt and pepper in the cornmeal or masa harina than you normally would.)

Core the tomatoes and slice into 1/4 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, 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.

Squash and Greens in Coconut

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, that is delicious with whatever seasonal vegetables are available. If you like curry flavors, add more spices to the mix, sautéing them with the onions before adding the rest of the ingredients. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped
About 2 cups squash, cut into bite size pieces
1/2 bunch radishes, with greens, sliced lengthwise
1 inch fresh ginger, grated
1 onion, sliced thinly
1/2 teaspoon ground coriander
2 teaspoons oil
1/2 can coconut milk
Red chile flakes, to taste
Soy sauce, to taste
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until squash is tender. Season to taste with soy sauce and a bit of lime juice.