



# Tucson Community Supported Agriculture

Newsletter 246 ~ July 5, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '10 - Week 6 of 13

Harvest list is online

### The Back Page

Barbecued Okra  
Squash Mint Dip  
Panzanella  
Quick Fried Okra

Many more recipes on  
our online recipe archive

### Second Payments Due!

If you are paying for your share in two installments, your second payment is due by July 9.

Typically, the second payment is \$130 (for produce share only) and \$150 for Produce and Cheese share. If you are not sure about the amount, just ask at the front desk. Thanks!

### Looking To Use Up Your Basil?



Make Pesto, or  
Chilled Tomatoes  
And Fresh Basil  
Soup.

There are so many  
things you can do with basil! Look up  
recipes on our online recipe archive.

### Heirloom Tomatoes-In-Bulk \$1.75/lb



Order them one week, pick them up  
the next. Ask at the front desk!

Offer will last until approximately the  
end of July. Get canning!!!

### Newsletter Editor

Philippe Waterinckx

## ENJOY OUR COOKING DEMOS!

On the first week of the second and third month of each session, we showcase, in the courtyard, seasonal dishes made from CSA produce. If you've run out of ideas on how to prepare summer squash, if you have no clue about how to fix okra, or if you're simply curious about new flavors, do check out what's out on the tables. Let yourself be tantalized by Sara and Rachel's amazing creations.

## PLEASE CHECK THE CHECK-IN SHEET!

Most of you place a checkmark next to your name before picking up your share. Thanks! That's how it should be. However, lately we have occasionally run out of a few shares or share items at the end of the Wednesday pickup, which means that some shares are being picked up when they shouldn't. With so many members, it is almost inevitable that some mishaps happen. So, here are a few reminders.

If you are taking turns picking up, make sure that only one of you is picking up a given day. Check the check-in sheet to make sure your share hasn't been picked up yet.

If your name is checked, don't pick up a share. Come talk to Philippe or Sara.

If your name is not on the check-in sheet, then it is not your day to pick up. If you believe we've made a mistake, talk to Philippe or Sara.

Do not take extra items. If you missed a week, or if you weren't satisfied with an item the week before, you cannot take extra items on another week. When you take an extra item, you take from someone else's share. Take something out of the surplus baskets instead. If you were unhappy with an item, please tell Philippe or Sara.

And remember that you absolutely may pick up only on your assigned pickup day. We get a separate delivery for each pickup day, and we only get as many shares delivered for each day as we have members signed up for that day.

Remember, the pickup is an honor system that relies on everyone doing it right (although we sometimes post a volunteer to be sure everyone is checking in correctly).

## FOSTERING A LOCAL FOODSHED (Part 3 and Final) by Kimi Eisele

### Close Enough and Culturally Appropriate

Once we broaden our idea of the food shed, we are able to support small producers who adhere to sustainable practices, in different parts of the region. Examples of "regional foods" CSA members can enjoy are artisan goat cheese and organic, fair-trade and shade-grown coffee. The goat cheese is produced on the Black Mesa Ranch in Snowflake, AZ, just over 200 miles from Tucson. The coffee is grown by Café Para La Vida Digna and comes from the Autonomous Zapatista Municipality of Ricardo Flores Magon in the Mexican state of Chiapas, 1,500 miles away, and it is roasted locally. For those of us who can't live without coffee, Mexico is our nearest producer.

Additionally, foods that reflect the culture and flavor of the region and are locally produced or assembled also find a home in our regional food shed. In Amy Schwemm's "Mano y Metate" mole mixes, for instance, not every ingredient comes from within a 100-mile radius, but the food itself is culturally connected to the region, in a way that, say, curry powder is not.

A food shed is a healthy way to think about the local food system. Broadening our definition of local, while still accounting for the costs and methods of production, will let us see the abundance where we live and match that on our tables.

### **Barbecued Okra**

(foodnetwork.com)

While the following spice mixture is particularly good with okra, you can use whatever spice mix you have in the house. This is a great intro recipe for people who aren't familiar with okra. If you don't want to grill, this works just as well under the broiler.

1 teaspoon salt  
1 teaspoon paprika  
1 teaspoon sugar  
1 teaspoon ground coriander  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon cayenne pepper  
1/4 teaspoon celery seed  
1 pound fresh okra  
1 tablespoon unsalted butter, melted, or olive oil

Preheat the grill to high. Place the salt, paprika, sugar, coriander, black pepper, cayenne, and celery seed in a small bowl and stir to mix. Rinse the okra under cold running water and blot dry with paper towels. Trim the tips off the stem ends of the okra but do not cut into the pods. Place the okra in a large mixing bowl, add the butter and toss to coat. Add the rub mixture and toss to coat. When ready to cook, arrange the okra on the hot grate so that they are perpendicular to the bars or you may wish to skewer 4 or 5 pods side by side with bamboo skewers (that have been soaked in water) to keep any stray okra from falling through the grates and into the fire. Grill the okra until nicely browned, about 2 to 4 minutes per side, turning with tongs as needed. Transfer the grilled okra to a platter or plates and serve immediately.

### **Squash Mint Dip-new**

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. You can also use eggplant instead of squash.

1 large squash, diced  
1 clove garlic, minced  
2 tablespoons olive oil  
1 tablespoon crushed dry mint  
Red pepper flakes, to taste  
1/2 to 3/4 cup greek yogurt or labneh  
Salt to taste  
Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste. To serve, heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes and stir well. Put squash mixture into a medium size bowl and pour oil mixture over the top. Sprinkle with chopped walnuts and serve with pita or baguette for dipping.

### **Panzanella**

Sara Jones, Tucson CSA

You can add a variety of different summer vegetables to this dish, just make sure you have plenty of ripe tomatoes for the bread to soak in. Use croutons instead of the stale bread, if you have them on hand, to make this simple dish even quicker.

3-4 large tomatoes, diced  
1 cup cucumber, melon or squash, diced (optional)  
1/2 onion, diced  
2 to 3 cloves garlic, minced  
3 slices stale bread, cut into cubes  
1 teaspoon paprika  
1 teaspoon ground oregano  
1 teaspoon thyme  
2 tablespoons olive oil  
1 tablespoon vinegar or lemon juice  
Salt and pepper to taste  
Basil, finely chopped

Mix vegetables together, drizzle with the vinegar, one tablespoon of the oil and a pinch of salt and pepper. Heat the remaining one tablespoon of oil in a large skillet over medium high heat. Add bread cubes to skillet and stir to coat with oil. Sprinkle bread with herbs and spices, and cook, stirring occasionally until crispy and beginning to brown. Add hot bread directly to vegetables and toss to combine. Sprinkle with chopped basil. Serve at room temperature.

### **Quick 'Fried' Okra-new**

Sara Jones, Tucson CSA

This recipe imitates the delicious cornmeal crunch of fried okra, without actually frying it. Very easy.

1 basket okra, wiped clean with a dry cloth and sliced into coins  
2 tablespoons cornmeal  
1 tablespoon butter or oil  
Salt and pepper to taste

In a medium bowl, mix cornmeal with a pinch of salt and pepper (feel free to add any other spices you might like). Toss okra coins into cornmeal and shake until well coated, then remove from mixture. Heat butter or oil in a pan over medium heat. Add okra to pan and let cook, without stirring, for about 2-3 minutes, until beginning to brown. Stir okra and allow second side to brown. Place cooked okra onto a newspaper or paper towel to drain any excess oil. Serve hot.

