



Tucson Community Supported Agriculture

Newsletter 253 ~ August 23, 2010 ~ Online at www.TucsonCSA.org

Summer 2010 - Week 13 of 13

Harvest list is online

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Many more recipes on
our online recipe archive

Fall Subscriptions Closing Soon

This is the last week to sign up for a produce share. Tuesday is full and Wednesday is almost full.

Contract forms are available at the CSA, or online under *Join > Subscriptions & Cost*.

Bread Shares

We are excited to offer Barrio Bread bread shares this fall. If you want true artisan bread, this is the real deal.

For more information about our bread shares, see last week's newsletter.

Bread Share contract forms are available at the CSA, or online under *Join > Subscriptions & Cost*.

For more info on Barrio Bread:

Web: www.barriobread.com

Email: barriobread@cox.net

Facebook: barriobread

Verdolagas (or Purslane)

Don't pass up this green delicacy. You won't get other local greens for another few weeks.

Purslane has succulent, fleshy leaves and stems with a delicate and tangy flavor. Both stems and leaves are eaten. It is used as an herb for seasoning, and as fresh green to be served in salads (sprigs of purslane are perfect for salads or tucked into sandwiches or tacos). It can be chopped and folded into mayonnaise-based salads such as egg, tuna, or potato. Cooked purslane is delicious too. It can be sautéed or cooked into soups.

END OF SESSION

And here comes the end of the summer session! Thank you all for sticking with us during these hot months. Fall session starts next week. We'll see most of you there. Meanwhile, enjoy this week's green chiles. They are a sure sign that fall is on its way!

ANOTHER CLUCK FOR LOCAL CHICKENS

You're probably already paying attention to the eggs you eat, but you might want to pay even more attention now.

Half a billion eggs were recalled last week due to salmonella contamination. The eggs - packed and sold in 14 states by over a dozen different companies - were traced to two large industrial farms in Iowa. Over 2,000 cases of illness have been reported.

The company responsible for the recall, Wright County Egg in Galt, Iowa, has on several prior occasions violated both environmental and worker safety regulations. Salmonella is most often passed from rodent droppings. Bacteria strains can infect hens' ovaries and then pass to the eggs.

The recall sheds light on the dangers of large-scale industrial chicken farms, where a single contamination can spread rapidly when thousands of hens are housed together in cramped quarters. The event also reveals the dangers of a system in which eggs from a single source are distributed far and wide.

And there's also this...

Lest you feel good about yourself for buying "cage-free" or "free-range" eggs, think again. Often these eggs are produced at large industrial farms, where producers can easily capitalize on consumer demand by adding these classifications to their already-existing large operations. But just how "cage-free" and "free-range" these chickens really are is questionable.

A recent New York Times story about "battery cages" described the small cages used by many industrial chicken farms to house hens. Ninety seven percent of U.S. eggs are produced by chickens housed in battery cages - 8 square inches in size and often holding as many as 6 birds. But 15 percent of producers reportedly don't comply with animal welfare standards and instead use cages that are only 7 square inches.

One percent of U.S. eggs come from so-called free-range birds. Animal welfare advocates report that often the "free-range" label is inaccurate; not all hens can go outside and the ones who do can only go for limited times. Two percent of U.S. eggs come from cage-free chickens. But cage-free does not mean space to roam outside. Cage-free simply means no cages. Birds are housed exclusively indoors, with a minimum of 11 square inches of space to roam (according to United Egg Producers' guidelines).

All this to say, buy local eggs. From backyard chickens, or from small, local farms, where you know the hens are truly free-range and are treated humanely.

- Kimi Eisele, Tucson CSA



Quick Okra (Jhatpat Bhindi)

2 tablespoons oil
4 green chiles, sliced
1 tablespoon ginger, finely chopped
4 medium onions, finely sliced
1/2 teaspoon turmeric powder
1/2 pound okra washed, pat dried and sliced lengthwise into fine strips, or cut into rings. **It is very essential that the okra is completely dry before slicing.** Water droplets will make the okra mushy.
Salt to taste

Heat the oil in a heavy-based pan and fry the green chiles and ginger briefly till the ginger turns brown. Add the onion slices and fry on medium heat for about 3 minute(s) or till the onions are just about translucent (do not brown). Add the turmeric powder and mix well. Mix in the finely sliced okra stirring gently and briefly on high heat till it is well coated with the oil and looks glossy. Mix in the salt, cover and cook on low for about 12 minutes or till the okra is tender and well cooked. Sauté briefly and gently till the okra is well fried and starts sticking to the bottom of the pan.

Roasted Green Chile Stew

Philippe, Tucson CSA

This dish lends itself well to use leftover vegetables. Don't hesitate to substitute or add more vegetables.

1 tablespoon olive oil
1 onion, chopped
1-2 cloves garlic, peeled and minced
2 teaspoons ground cumin, or mole pipian rojo
2-4 potatoes, diced
1 lb squash/zucchini, diced
6-8 roasted green chiles, skin and seeds removed, coarsely chopped
1 lb diced tomatoes, fresh or canned
2 cups vegetable or chicken stock
1/2 bunch verdolagas, cleaned and chopped coarsely
salt to taste

In a deep skillet, sauté onion in medium hot oil until translucent. Add garlic, cumin (or mole powder), potatoes and squash. Sauté for 5 minutes. Add green chiles, tomatoes and stock. Simmer for 30 minutes. Add more stock to obtain stew consistency if necessary. Turn off heat. Add verdolagas and let it wilt in stew for 5 to 10 minutes. Add salt to taste. Serve with corn bread or tortillas and rice.

Turkish Purslane Salad-new

Sara Jones, Tucson CSA

This is a simple, easy way to prepare purslane. Add diced, cooked potatoes and garbanzo beans to this recipe to make a really nice potato salad.

1/2 bunch purslane, cleaned, large stems removed and roughly chopped
1 large clove garlic, minced
Juice from 1/2 lemon
1 tablespoon olive oil
1/3 cup plain yogurt
Red chile flakes, to taste
Salt, to taste

In a jar with a lid, combine garlic, lemon juice, oil, yogurt and salt. Cover and shake well, until well mixed and pourable. Pour mixture over purslane (and beans and potatoes, if using) and stir to coat. Sprinkle with red chile flakes and serve.

Paletas (popsicles)

Lorraine Glazar, Tucson CSA

1 cup water
1 cup sugar or sugar equivalent
2 cups cubed melon
1 cup peeled and cubed cucumber
1/4 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 1/4 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

Verdolaga (Purslane) and Walnut Pilaf

Lorraine Glazar, Tucson CSA- Adapted from a recipe in Sunset Magazine, June 2008 issue

1 small to medium onion, chopped
2 teaspoons oil
1 cup rice
2 cups water, stock or broth
1 share verdolagas, washed and chopped
1/2 cup toasted walnuts
Salt and pepper to taste

Sauté the chopped onion in the oil until golden. Toss the rice in the pan until it is coated with oil. Add the liquid of choice and bring to a boil. Cover the pan and cook until all liquid is absorbed, 20 minutes to an hour (brown rice will take longer and may require a little more liquid). When rice is tender, toss in verdolagas and walnuts, season to taste, and serve it forth!