



Tucson Community Supported Agriculture

Newsletter 254 ~ August 30, 2010 ~ Online at www.TucsonCSA.org

Fall 2010 - Week 1 of 13

Harvest list is online

The Back Page

Wilted Quelites (Amaranth Greens)
BBQ Tomatillos
Tomatillo Salsa
Green Enchilada Sauce
Coo-Coo from Barbados

Many more recipes on
our online recipe archive

Bread Shares

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

For more information about our bread shares, see newsletter # 252.

Bread Share contract forms are available at the CSA, or online under *Join > Subscriptions & Cost*. We will take new bread subscriptions until the end of September or until we fill up, and we must receive your subscription form one week before your first bread pick up.

For more info on Barrio Bread:

Web: www.barriobread.com

Email: barriobread@cox.net

Facebook: barriobread

Quelites (or Amaranth Greens)



WELCOME TO OUR FALL 2010 SESSION

Fall session starts this week. It is our 28th session. Welcome to all renewing, new and former members. Both pickup days are full. This is good. The downside is that some folks couldn't get a spot for this session.

If you're new to the CSA, there are a few points worth remembering:

1. Some of the veggies you will get in your shares may be unfamiliar to you. Remember that we have many recipes on our online recipe archive, most of them written by us or by our members. Recipes are listed alphabetically by the produce names. And of course, during pickup times, you can always ask one of the produce line volunteers about this or that vegetable.
2. Learn to cook meals from the ingredients you have, instead from those you need. The key here is to "substitute." Start with a recipe you are familiar with and replace the ingredients you are missing with those that you have. It's creative cooking. While challenging at first, it will ultimately liberate you from strictly following a recipe and having to shop for all the ingredients in it.
3. When you get home with your CSA share, unpack the produce and sort it. Identify which items need to be eaten more rapidly than others, then put them away. If you make the mistake of stuffing your whole CSA bag in the fridge, chances are some of its contents will never get eaten.

And some practical advice:

1. Remember that you cannot pick up your share on a day other than YOUR pick up day. Your share arrives on your pick up day, either Tuesday or Wednesday, and it must be picked up on that day. If you don't pick it up by 7 PM, it gets donated to charity. If you can't pick it up that day, ask a friend to pick it up for you. The only thing we keep for you are your cheese shares (we freeze them).
2. Please park carefully around the building. Be respectful of our neighbors' resident parking. Read the parking signs carefully. Do not park in resident-only zones. Fines are frequent and very expensive (\$75 to \$300).

QUELITES (or AMARANTH GREENS)

When our southern Arizona summer blasts its hot air through fields and gardens, the only greens that naturally grow around us are quelites and verdolagas, and both make regular appearances in our CSA shares. Many of us often buy well-traveled greens at the store instead of enjoying these local greens that naturally appear in our back yards after the summer rains. We tend to consider them as weeds and overlook their good flavor and valuable nutritional qualities,

Quelites (pron. kay-LEE-tays), also know as Mexican wild greens, are consumed in large quantities in Mexico and many other parts of the world, where they are grown as crops as well as harvested wild. The Mexican term quelites generally refers to either amaranth greens (pigweed), or to lamb's quarters (goosefoot or chenopodium), although in Mexico many other wild greens are collectively known as quelites. Essentially, quelites can be cooked like spinach, hence their other appellation of wild spinach. Their flavor too is not unlike that of spinach.

Quelites are a very good source of vitamins including beta-carotene, vitamin B6, vitamin C, riboflavin, and folate, and dietary minerals including calcium, iron, magnesium, phosphorus, potassium, zinc, copper, and manganese.

Wilted Quelites (Amaranth Greens)

Quelites make such flavorful greens that a favorite approach is to cook them quickly, although their robust flavor and texture stand up to long cooking as well. You can proceed along two lines. Sizzle a few slivers of **garlic** in **olive oil**, follow with a healthy pinch of **salt**, and then add the greens. Cover for a minute to let the greens wilt down, then keep tossing until the leaves and stems are tender and no longer taste raw.

A second, pan-Asian treatment is to use **peanut or corn oil**, into which you toss finely sliced or shredded **ginger**, either alone or with a few slivers of **garlic** and a **dry red chili** or two, and then the salt and greens, proceeding as before.

BBQ Tomatillos

Lynn Moravek, Tucson CSA

Tomatillos have a complex fruity, sweet and tart flavor when using this recipe.

Ingredients: tomatillos, high quality oil, dash of honey/sugar, dash salt (optional).

Remove husk from tomatillos. Washed tomatillos and cut them in quarters. Put in bowl/ plastic bag add other ingredients to coat.

BBQ until done and browned.

This recipe works great with other vegetables too, beets, sweet potatoes, parsnips, onions, etc. Use some FRESH lemon/lime juice with other vegetables that are not already tart.

Tomatillo Salsa

www.theorganickitchentucson.com

8 tomatillos (husks removed)
1 clove garlic
between 1/2 and 1 cup parsley and cilantro (to taste)
salt, to taste

Boil the tomatillos in water for 15 minutes. Puree the tomatillos, garlic, herbs, and salt.

Note: you can substitute basil for the parsley and cilantro.



Green Enchilada Sauce

Philippe, Tucson CSA

1 basket tomatillos, husked and quartered
2-3 green chiles, roasted, skinned and sliced
1 medium onion, chopped
Optional: 1/2 lb ground pork, or green chile pork chorizo
Optional: 1 tablespoon mole verde
2 cloves garlic, chopped
1/4 cup chopped cilantro (or basil)
Olive oil
Salt to taste

Sauté onion and in olive oil until onions are tender.

If using meat and mole verde, add them now and sauté until meat is brown.

Add tomatillos, green chiles and garlic. Cover and simmer for another 30 minutes, stirring occasionally.

Turn off heat.

Add cilantro.

Serving suggestions:

Serve as a sauce over enchiladas or with chilaquiles.

Serve with squash fritters, or on a bed of rice.

The meatless version can be served cold as green salsa.

Coo-Coo from Barbados

from Amy Schwemm (TCSA), adapted from Elisabeth Lambert Ortiz's *The Complete Book of Caribbean Cooking*

Basically polenta with as much sliced okra as you like. Good pan-fried the next day.

6 or more small, young okra
3 cups water
1 cup yellow cornmeal
3 tablespoons butter (optional)
salt to taste

Wash and dry okra, cut off the stems, and slice into 1/4-inch slices. Bring water to a boil, add salt and okra, and cook for 5 minutes. Whisk in cornmeal in a slow stream. Cook, stirring to prevent sticking, until thick and smooth, about 5 minutes. Serve hot with butter.

