



Tucson Community Supported Agriculture

Newsletter 293 ~ June 13, 2011 ~ Online at www.TucsonCSA.org

Spring 2011

Harvest list is online

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Many more recipes in our online recipe archive

Don't know what to do with some of your CSA veggies? Ask a CSA volunteer for advice

Also, check our extensive online recipe archive. Many of our online recipes have been contributed by our own members and so are well-adapted for use with CSA produce.

To access our online recipe archive, go to our website and click on 'Recipes' in the horizontal navigation bar. Recipes are sorted alphabetically by vegetable.

Goat Cheese Pickup

Goat cheese share pickups start this week and every other week after that. Ask for your cheese at the front desk.

You can subscribe to (or unsubscribe from) a goat cheese share at any time. Just remember that, as with any change to your subscription, you must go online between the day after your pickup and 2:00 a.m. the following Saturday.

Crooked Sky Farms Tomatoes in Bulk

\$18 per flat (~13 pounds)
Pre-pay at the front desk for pickup the following week.



STORING YOUR SUMMER VEGGIES: SARA AND PHILIPPE'S TIPS

When you get your produce home, spend some time sorting it. If I don't sort things right away and just toss it all in a drawer, it makes it harder when I try to decide what to make later – it all looks like a jumbled mass of various veggies and I forget what treasures lie hidden beneath my sight. Sorting my vegetables into categories helps me visually. I can take a quick inventory of what I have and then work from there.

When sorting through your veggies, also identify those that should be eaten first. Corn, for example, should be eaten as soon as possible. If not, wrap it in a wet towel and store it in the refrigerator.

Along this same line, always sort out any older produce before you add your new weeks worth of vegetables. Make sure you have a system to cycle out older vegetables first. If you need to, get in the habit of making a Sunday or Monday night soup to use up any leftover vegetables and clear up space in the vegetable drawers of your fridge.

Most of your veggies can be placed into your refrigerator's crisper compartment. For ideal preservation and to keep them from drying out, keep them in perforated plastic bags.

Potatoes, sweet potatoes, onions, garlic, tomatoes and citrus store best in a cool, dry place that is out of direct light. A counter top out of direct light should work just fine.

Tomatoes suffer when stored in temperatures below 50°F: their internal cell structure breaks down and they get mushy and lose their flavor, so avoid putting them in the refrigerator at all cost.

AT THE PRODUCE LINE: BE GENTLE WITH YOUR VEGGIES

The kind of produce we get from Crooked Sky Farms is grown for flavor, not for shelf life or best looks. It therefore tends to be more fragile than vegetables you find in grocery stores, which are bred for shipping, looks and extended shelf life, not for flavor. A lot of the veggies we get at the CSA are heirloom or OP (Open Pollination) and they don't have the resilience or uniform good looks of those in grocery stores. Most of them look great. Others have character.

Some of the summer produce is particularly fragile and tends to bruise when handled repeatedly. We avoid handling it as much as possible and we ask that you do the same. When you pick up your share at the CSA, please avoid manipulating the produce or rummaging through the crates. When you do so, you may compromise veggies waiting for another member coming after you.

Tomatoes for example, don't show sign of bruising right away, but if they are squeezed, bruises will appear later on. So please, do not squeeze the tomatoes.

Sweet corn is also fragile and highly susceptible to dryness. If you pry open the husks to check the corn for quality, you cause the top kernels to dry out. True, it's possible that a few ears may have corn borers in them, but that's normal, and it's because the corn is organically grown. If you're worried about corn borers, chop off the tip of your corn ears before using them.

Remember that you are at a CSA, not in a grocery store. Like in any CSA, everyone shares the risk of farming, which means that you may occasionally get something with a flaw. In essence, simply look and take, without rummaging, squeezing or dissecting. Of course, if an item is clearly spoiled, don't put it back in its crate – give it to a volunteer behind the table and pick another one.

Squash and Grain Fritters

Sara Jones, Tucson CSA

2 cups grated summer squash
About 1 to 1 1/2 cups cold cooked grains, preferably quinoa or white rice
1/2 onion, 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.

Agua Fresca de Pepino (Cucumber-Lime Drink)

Amy Schwemm, Tucson CSA

Our gigantic Armenian cucumbers are ideal for this most refreshing summer drink. Easy to make and to drink! It will use up your CSA cucumbers faster than you can get them.

1 large Armenian cucumber, unpeeled (equivalent to 3 English cucumbers)
1/2 to 1 cup lime juice
1 to 2 cups water
1/4 cup sugar, agave syrup, or other sweetener

Juice the whole cucumber (with skin and seeds), or blend and strain it. Add lime juice, water, and sugar. Serve chilled. For added zest, sprinkle with chopped mint or Stevia leaf. Makes approximately 2 quarts. Substitution: instead of lime juice and sugar, you can use 2 tablespoons of frozen concentrated lime juice per pint of cucumber juice.

Cucumber, Tomato and Goat Cheese Salad

Heidi DeCosmo, Tucson CSA

1 cucumber, sliced
2 tablespoons goat cheese, crumbled
2 ripe tomatoes (or several smaller tomatoes), cut into wedges
1/2 teaspoon sea salt
1/4 cup fresh herb vinegar
1/4 teaspoon ground pepper

Combine all ingredients in a bowl and toss gently. Refrigerate for one half-hour before serving.

Cocido-new

Sara Jones, Tucson CSA

This soup is traditionally prepared with soup bones or short ribs, but it is also good as a vegetarian dish if you prefer. It is served with whole chunks of corn on the cob, which really helps to infuse the broth with flavor. Use a large squash, if you have one; its flesh will get tender and tasty. Serve with warm tortillas and lime wedges.

About 1/2 pound soup bones, short ribs or chuck roast, if desired
2 small onions, chopped into large pieces
3 carrots, chopped into large pieces
4 to 5 potatoes, chopped into large pieces
1/2 of a large squash or 1 medium squash, chopped into large pieces
2 to 3 ears of corn, husks and silk removed and broken into pieces
1 can garbanzo beans, drained
2 bay leaves
1 teaspoon oregano
1 teaspoon cumin
Red pepper flakes, to taste
Salt, to taste

If using meat, bring 2 quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 to 1 1/2 hours. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients. If making vegetarian cocido, start with all the ingredients together in a pot, with enough water to cover. Cook 1 hour, adding salt about half way through cooking. Add additional salt in the end, if needed. Serve in large bowls, ensuring that everyone has at least one chunk of corn on the cob.

Corn-Off-The-Cob

By Philippe, Tucson CSA

Corn-on-the-cob is best eaten as quickly as possible, before its sugars turn to starches. If you have left your ears of corn sitting around a bit, it is best to use them in stir-fry recipe such as the one below, which makes a tasty side dish.

1 tablespoon olive oil or butter
2 ears of corn, kernels sliced off with a sharp knife
1 small onion, chopped
1 clove garlic, crushed
1 teaspoon chile powder or mole powder
1 teaspoon herbs (oregano or thyme)
Salt to taste
1/2 lime

Sauté all ingredients except lime juice in a skillet for about 10-15 minutes at medium heat. Squeeze lime juice on it before serving.