



# Tucson Community Supported Agriculture

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## Summer 2011

Harvest list is online

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**Many more recipes in  
our online recipe archive**

### **CSA Subscription Vacation Holds**

Remember that you may place your CSA subscription on a vacation hold for up to 4 weeks at a time, provided you go online to start the hold by 2:00 a.m. Saturday of the week before you want it to start.

Putting your subscription on hold extends your subscription by the number of pickups it was on hold.

To place a vacation hold, go to your member card (the first screen that appears after you log in to your online CSA account), click on "Vacation" and specify the beginning and ending dates of your absence. If you are going to be away for just one day, enter that day in both fields. We will not order a share for you (produce, bread, or cheese when applicable) for any pickup day during that period.

### **Santa Cruz Farmers Market at the Mercado San Agustín**

Every Thursday from 4 to 7 p.m.

This week at the Santa Cruz Farmers market, CSA volunteers Amy Valdez Schwemm and Sara Jones will be demonstrating prickly pear syrup and other local food preparations.

At 100 S. Avenida del Convento  
(West of I-10 at Congress and Grande)

## **TOMATILLOS**



Tomatillos are a delicious vegetable similar in shape and size to a small tomato, but more closely related to the gooseberry. A classic in Mexican food, they have a tangy flavor and are excellent in a wide range of dishes. Tomatillos are often used in sauces, from fresh salsa verde to cooked enchilada sauce.

Grilling or skillet roasting whole tomatillos gives a smoky depth to their flavor. Just cook them over medium high heat, turning occasionally, until they are mostly brown (some black charred spots are fine). Grilled tomatillos and green onions make a delicious sauce, blended together with a little salt, pepper, lime juice and cilantro!

To use your tomatillos, you will first need to remove their papery husks. They also have a sticky residue on their skin that is easily removed by rinsing them in water.

## **EGGPLANT**



The eggplant is a member of the nightshade (Solanaceae) family, so it is akin to the potato and tomato as well as the tomatillo and chayote. Although we use the eggplant as a vegetable, it is really a fruit.

There are many variations of eggplant fruits in various colors, shapes and sizes. The English actually gave the fruit the name "eggplant" referring to a variety which has a shape similar to that of an egg. In much of Europe the eggplant is referred to as an "aubergine" and in Italy it is called melanzana.

Eggplant is a spongy, mild-tasting vegetable that's meaty yet low in calories. It's not eaten raw, but it can be baked, grilled, or sautéed. Smaller eggplants also tend to be less bitter. Freshness is important, so don't store them for very long.

## **VERDOLAGAS (PURSLANE)**

"One person's weed is another person's feast."

Verdolagas are a vegetable green used in many Latin American countries. It is also popular as a salad green in France and other European countries. It is similar in flavor to watercress. Most of us know it as the herbaceous weed commonly named purslane (*Portulaca oleracea*). There are cultivated varieties that grow in a more upright fashion than the weed. In Mexico it is often used as a thickener in stews.

Both the succulent leaves and the stems of verdolagas are edible. You may want to discard the lower half of the stem, though, depending on its size and how you plan to use it in your cooking. For salads, use only the most tender top few inches, chopping into bite-size pieces.

Gently remove the leaves from the base of the stem to use as well. For cooking, use any stem that is not fibrous, chopping stem and leaves together into bite size pieces. Like other greens, verdolagas need to be well cleaned by dunking in water and swishing around to remove any grit.

### Verdolagas Salad

1 bunch verdolagas  
Tomatoes, approx. 1 cup chopped  
Cucumber, approx. 1 cup chopped  
1 onion, chopped  
Juice of a lemon, or 1-2 tablespoons vinegar  
3 tablespoons of extra virgin olive oil  
Salt to taste

Rinse the verdolagas well in several changes of water.  
Remove woody stems if any.  
Chop or tear the verdolagas in bite-size pieces.  
Toss all the ingredients together in a salad bowl and serve.

### BBQ'ed Tomatillos

Lynn Moravek, Tucson CSA

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

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

Cut washed tomatillos, 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 or lime juice with other vegetables that are not already tart.

### Curried Okra with Onion

From About.com

1 pound okra, washed, trimmed, cut into 1/2-inch thick slices  
2 tablespoons vegetable oil  
1 large onion, quartered and sliced  
Dash cayenne pepper, or more to taste  
1/4 teaspoon ground turmeric  
1/4 teaspoon mild curry powder, or to taste  
Salt and pepper, to taste

Heat the oil in a large heavy non-stick or well-seasoned iron skillet. Add okra and fry for 10 minutes, turning frequently to keep from sticking. When the okra is lightly browned, add remaining ingredients. Continue cooking for 3 minutes longer, or until onions are tender. Serves 6.

### Baba Ganoush

Sara Jones, Tucson CSA

This dish, which is reminiscent of hummus, is popular even with those who generally dislike eggplant. Roasting the garlic with the eggplant makes it milder and smoother so don't be afraid to use the full quantity.

3 medium or 1 large eggplant  
1/2 head garlic  
2 tablespoons tahini  
1 tablespoon olive oil  
Juice of half of one lemon  
Salt to taste

Add to taste any of the following: ground cumin, paprika, red chili, mint.

If using narrow Japanese eggplant, prick in several places with a toothpick. If using round globe eggplant, cut in half, oil cut sides and lay cut side down on baking sheet. Oil garlic, with skin on and place on baking sheet. Cook in a 350-degree oven for 30 to 45 minutes, until eggplant is meltingly tender.

Once cooled, scrape flesh from skin using a spoon. Cut off tops of garlic and squeeze out roasted flesh. Put garlic and eggplant in blender or food processor along with other ingredients and blend until smooth. Serve with raw vegetable slices or pita bread.

### Verdolagas Omelet

2 cups verdolagas, cut in 1-inch pieces  
1 onion, chopped  
2 cups greens (Swiss chard, quelites, nasturtiums, mustards, etc), cut in ribbons  
1/2 teaspoon Mexican oregano or thyme, chopped  
6 eggs, beaten  
Olive oil or butter  
Salt and pepper to taste

Heat oil in large skillet. Add onions, verdolagas, greens and herbs. Sauté for 5 minutes. Add beaten eggs and make an omelet. Season to taste.