



# Tucson Community Supported Agriculture

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## Summer 2011

Harvest list is online

### The Back Page

Quelites and Beans

Summer Squash and Spicy Citrus

Pesto Salad

Summer Squash and Pea Tacos with  
Tomato-Avocado Relish

Hot and Sour Eggplant

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

### **Volunteers needed!**

HELP! We need strong arms to unload the farm truck on Tuesdays (1:45 to 3:15 p.m.) and Wednesdays (12:45 to 2:15 p.m.). (Often, the work is done in less than the allotted 90 minutes.) For each of those days we need one permanent volunteer, but also one substitute volunteer who can be available when extra help is needed.

Unloading volunteers unload the truck and help set up the courtyard for the pickup. They get ½ free produce share per shift.

If you're interested, please introduce yourself at the front desk during pickup hours.

### **Help us empty our freezers!**

Pork shares will be here soon, but we first need to make room for them in our freezers. If you're considering buying meats in the near future, it would help us if you bought them this week.

We have a few grassfed beef shares left, and various individual beef cuts (sirloin, roasts, stew meat, ground, BBQ ribs, short, soup bones).

We have beef dog bones (and what a deal those are at \$1 per pound!). Unsold dog bones may need to be donated to the zoo at the end of this week.

We also have pork: ground, Italian sausage and breakfast sausage.

## **REALLY, BUTTERNUT SQUASH ALREADY?**



Yes, folks. The light is already changing. And soon (though maybe not soon enough) the temperatures will cool down, and we can enjoy a warm, creamy butternut squash soup for dinner.

This familiar winter squash, *Cucurbita moschata*, is recognizable by its beige skin and curvy bell shape. Inside it has sweet orange flesh similar in color and flavor to pumpkin. It is actually called Butternut "pumpkin" in Australia and New Zealand. It gets sweeter and more orange as it ripens.

Like other winter squashes, butternut squash is harvested at the end of summer, when it reaches maturity. It can be then be stored in a cool place, which makes the skin harden and helps "keep" it longer. Because of this, winter squash must be cooked longer than summer squash, which tend to have soft skins, as they are harvested earlier.

Not a very stringy squash, it is a popular squash for making smooth soups. It may also be roasted, pureed, or mashed for side dishes, as well as baked into pies and muffins. It provides a good source of vitamins C and E, beta-carotene, as well as magnesium and potassium.

## **QUELITES (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 purslane, and both make occasional appearances in our CSA shares. Many of us often buy well-traveled greens at the store rather than enjoy these local greens that naturally appear in our back yards during the summer rains. We tend to consider them as weeds and overlook their good flavor and valuable nutritional qualities.

However, quelites, 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.

Amaranth greens 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. However their moderately high content of oxalic acid inhibits the absorption of calcium and zinc, and also means that they should be avoided or eaten in moderation by people with kidney disorders, gout, or rheumatoid arthritis.

Use then as you would us any greens, steamed or sautéed. They are also delicious when added to stews (see back page recipe).

### **Quelites and Beans**

Adapted from The Vegetarian Times, July 1997

1 good bunch of fresh quelites (amaranth greens or lamb's quarters), bigger stems removed  
1 tablespoon olive oil  
3 cloves regular garlic, minced  
1 cup cooked pinto beans, rinsed and drained  
1 teaspoon chili powder  
Salt and pepper, to taste

Rinse greens several times to make sure that all sand and grit are removed. Steam greens in tightly covered pot until wilted. Drain greens and finely chop them. In large skillet, heat oil over medium heat. Add garlic/onions and cook, stirring frequently, until leeks are soft, 2 to 3 minutes. Stir in greens, beans and chili powder. Cover and cook over low heat for 5 minutes or until heated through. Season with salt and pepper and serve.

### **Summer Squash and Spicy Citrus Pesto**

#### **Salad-new**

Kumi Rao, Tucson CSA

2 loose cups of basil  
1 jalapeno lightly chopped  
1/3-1/2 cup of chopped walnuts or whole pine nuts  
3 cloves of garlic (roughly chopped)  
Sea salt and black pepper  
Extra virgin olive oil  
Zest of one lemon, juice from half the lemon

Blend basil, jalapeno, garlic, 1/4 cup nuts, 1 teaspoon of salt and 1/3 cup of olive oil in a food processor or blender until it becomes a fine paste. Thinly slice the summer squash into ribbons. Toss summer squash with about 1/2 cup of the pesto or to taste.

Add lemon zest and juice to the salad. Add remaining nuts and toss. Check seasonings to taste.

### **Summer Squash and Pea Tacos with Tomato-Avocado Relish-new**

Kumi Rao, Tucson CSA

3 summer squash  
1 jalapeno  
1 onion  
1 cup frozen sweet peas  
1-2 tomatoes  
3 tablespoons sunflower seeds  
Arugula or greens of your choice or finely minced cilantro  
Olive oil  
Salt and pepper  
Lemon/lime  
Handful of dates or dried cranberries (optional)  
10-12 flour/corn tortillas

Cut the summer squash into bite-sized pieces. Finely dice onions and jalapenos. Fry the onions with a good pinch of salt

in 1 tablespoon of olive oil. When onions are browned (about 4-5 minutes) add minced jalapeno. Cook 1 minute and then add summer squash (fry on medium high heat for 3 minutes or to desired doneness). Assemble relish: finely mince 1/2 a small onion, add 2 finely minced avocados, salt and pepper to taste and finish with a drizzle of tsp. of olive oil and diced dates/cranberries (optional). Assemble the tacos: spoon about 1/4 cup of the vegetable mixture onto the taco, sprinkle with 1 tsp. of sunflower seeds per taco and then top with 1-2 tablespoons of relish. Top with a small handful of greens or sprinkle with cilantro

### **Hot and Sour Eggplant-new**

Jesi Hope, Tucson CSA

Vegetables:

4 small Japanese eggplants, cubed  
2 small yellow peppers, diced  
1/2 jalapeno pepper, chopped finely  
2/3 block tofu, drained and cubed (optional)

Sauce:

5 tablespoons tamari  
3 tablespoon red wine vinegar  
2 1/2 tablespoon honey  
2 cloves garlic, minced  
1 1/2 teaspoon chili oil, or to taste (or 1 1/2 teaspoon sesame oil plus 1/2 teaspoon crushed red pepper flakes)

For frying:

about 4 tablespoons sesame oil

Place the eggplant cubes into a large bowl, and sprinkle with salt. Let stand for 15-30 minutes. Rinse and pat dry with paper towels. In a small bowl, stir together the sauce ingredients. Set aside. In a large wok or skillet, sauté the tofu over medium-high heat in some of the sesame oil until it begins to turn golden brown. Remove and set aside. Add the remaining sesame oil to the skillet or wok and fry the eggplant until it is tender and begins to brown, 5 to 10 minutes. Pour in the sauce, hot peppers and tofu, stirring until the eggplant is evenly coated. Cook about 5 more minutes, stirring often, until the peppers have cooked and the sauce has reduced a bit. Serve with jasmine rice.

Delicious modifications:

Zucchini, mushrooms, bell peppers, or tomatoes make delicious additions to this simple recipe. Different varieties of seasonal peppers can be used interchangeably for varying flavors and degrees of heat.