



# *Tucson Community Supported Agriculture*

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## Spring 2012

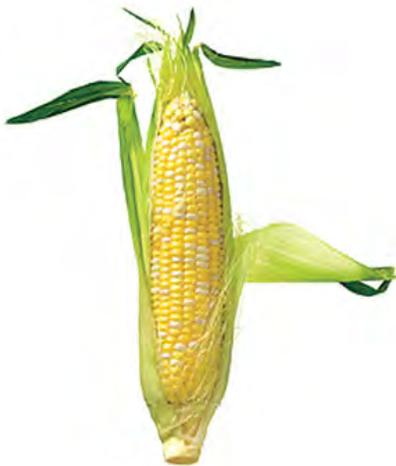
Harvest list is online

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Many more recipes in  
our online recipe archive

## It's Corn Season!!!



**Enjoy!**

## CROOKED SKY FARMS TOMATOES "IN BULK"



Like every year from early June to late July, you can order tomatoes in bulk at the CSA. They are the same tomatoes from Crooked Sky Farms that we have been getting in our shares.

They cost \$25 per flat, and a flat contains about 15 pounds of tomatoes. Pretty good deal!

You have a choice of 3 types of tomatoes:

1. Classic Reds: only red tomatoes (open-pollinated, heirlooms and hybrids)
2. Heirlooms: all colors and sizes
3. Romas: good for canning because less they contain less liquid.

All orders must be pre-paid at the front desk for pickup the following week.

## TRUCKERS DELIGHT SWEET CORN

We've had this corn year after year and we love it. Truckers Delight is a classic, old-fashioned heirloom variety of sweet corn. Unlike most of the corn available commercially, this variety doesn't have the artificially added sh-2 (supersweet) gene, which causes the kernels to develop extremely high sugar content.

But don't worry, Truckers Delight is still sweet, but it also tastes like corn. We like it raw, right off the cob, as a great snack. Of course it also responds well to any classic corn preparation.

### **Cold Squash and Corn Chowder**

Philippe, Tucson CSA

A very refreshing Southwestern soup, ideal for hot summer evenings. If you have summer squash that have grown out of proportion, here's how to put them to good use.

2 pounds or more of summer squash  
Kernels of 2 ears of corn  
1 onion, chopped  
2 cloves garlic, minced  
1 tablespoon oil  
1 jalapeno  
2 roasted chiles, fresh or roasted, or 1 tablespoon of chile powder  
Salt to taste  
Garnish: 1 tablespoon oregano, some chile powder

Cube the squash. If the squash are large, scoop out the seeds first. Sauté all ingredients in oil until the squash is tender (10-20 minutes). Add 4 cups cold water or vegetable stock. Blend. Add more water if necessary to achieve creamy texture. Refrigerate for 4 hours. Serve in bowls and sprinkle some chile powder on each before serving. Garnish with some fresh oregano, basil or mint.

### **Nopalitos en Pipian Rojo o Adobo**

Amy Valdés Schwemm, Tucson CSA

This is the quick and easy recipe that Amy demonstrated at the CSA last time we had nopales.

1 tablespoon oil  
1/2 tin Mano Y Metate Mole Powder (Pipian Rojo or Adobo)  
1/2 cup broth  
2 pads nopalitos, cooked and sliced  
Dash cider vinegar (optional, for Adobo)

In a saucepan, gently heat oil. Add the whole mole powder, stirring to prevent scorching. When the paste is fragrant and a shade darker in color, add broth. Stir and simmer until the sauce thickens. Add chopped nopalitos, cholla buds, and/or seasonal vegetables. Cook until tender, and thin the sauce with more broth if it becomes too thick. Salt to taste. Serve with hot tortillas, beans and salad.

### **Fried Nopale Strips-new**

Sara Jones, Tucson CSA

Like fried okra but with a Southwestern flair! If you want to get fancy boil the pads whole, slice a lengthwise pocket into the pads and stuff it with goat cheese, then seal with a toothpick before proceeding.

2 prickly pear pads, sliced into long strips  
1 egg, beaten  
1/4 cup flour  
1/4 cup corn meal  
1/4 teaspoon chile powder  
Oil for frying

Salt to taste

Cook cactus strips in boiling water for about 5 minutes. Drain then pat dry. Mix together flours and chile powder. Dredge each cactus slice through egg and then flour mixture and lower into hot oil. Cook until golden brown and crisp, drain on paper towels or newspaper. Sprinkle with salt and serve.

### **Summer Squash with Toasted Garlic and Lime**

Mariquita Farm, Watsonville, CA

1 lb. zucchini or yellow squash, cut in 1/2-inch cubes  
1 scant teaspoon salt, plus more to season finished dish  
2 tablespoons vegetable broth for sautéing  
5 cloves garlic, thinly sliced  
1 tablespoon freshly squeezed lime or lemon juice  
1/4 teaspoon freshly ground black pepper, or to taste  
1/4 teaspoon dried or 2 teaspoons freshly chopped oregano  
2 tablespoons chopped flat-leaf parsley or basil

Toss the squash with the salt and let stand in a colander for 30 minutes over a dish or in the sink. Rinse and pat dry. In a large skillet, sauté the garlic in the vegetable broth until soft, about 3 minutes. Remove garlic and set aside. Raise heat to medium-high. Add squash to pan and sauté for 8-10 minutes, until tender but a little crunchy. Stir in lime juice, oregano, parsley or basil, pepper, roasted garlic, and salt to taste. Mix well.

### **Melanzane a funghetto (Eggplant Cooked in the Style of Mushrooms)**

Lorraine Glazar, Tucson CSA

2 pounds eggplant  
1 teaspoon kosher salt  
2 tablespoons olive oil  
1 teaspoon finely minced garlic  
2 tablespoons finely minced parsley  
Black pepper to taste

Peel the eggplant and cut into 3/4 inch dice. Place in a colander and salt (this is most effective if you put it in a layer at a time and salt each layer). Let drain 30 minutes. Squeeze the juice out of the eggplant by rolling in towels. Heat the olive oil over low heat in a skillet. Add the garlic and sauté for just a minute or so. Add the eggplant to the skillet and sauté over medium heat. At first the eggplant will appear to soak up all the oil. Keep turning the eggplant and shaking the pan. As the eggplant cooks, oil will reappear in the skillet. After 10-15 minutes, add the parsley and stir well. Add the black pepper and continue to cook for another 30 minutes until the eggplant is tender. Great as a side dish (top with roasted red peppers or cut tomatoes), as a topping for crostini, or on top of pasta or pizza. Top with a squeeze of lemon or lime.