



Tucson Community Supported Agriculture

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Fall 2012

Harvest list is online

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Roasted Green Chiles In Bulk

You can now order Crooked Sky Farms' roasted green chiles in bulk.

They are the same as Hatch chiles we have been getting in our shares. You can order them mild, medium or hot. They come in batches of 20 pounds (that's 20 pounds fresh weight - 3 to 4 pounds are lost during and after roasting).

Price: \$30 pre-paid at the front desk for delivery the following week.

This offer will last as long as there are enough green chiles in the field (until approximately mid-October).

Not sure what to do with your Serranos or Jalapeños?

You can pickle them as described in the Amy's escabeche recipe on the back page.

You can also just freeze them to use in small portions as described across the page by Paula.

For the last few years, I've been using them this way in most of my cooking. I hardly use black pepper anymore.

The serranos don't need to be chopped. Just freeze them as they are in ziplock bag and break small portions of them as needed.

Jalapeños can be quartered before freezing (wear gloves when handling)



SEPTEMBER AT MY TABLE by Paula Redinger, Tucson CSA member

After camping and eating on the road over a 6000+ mile motorcycle tour this summer, it was a celebration of freshness and vitamins to pick up my first CSA share in months. Joy!

Green beans - My summer subletter was from India. I met her briefly and she cooked me a meal or two. When she cooked rice she would often add small slices of green beans to it, along with other diced vegetables and lots of spices. I never would have thought to use green beans in this manner, but there's always a first time. Bonus: she left me all kinds of fun spices!

Cucumbers - I made a cool cucumber yogurt dish to serve with the spicy rice and vegetables.

Green tomatoes - In a twist on pineapple upside-down cake, I made a green tomato upside-down cake. Given the rate at which the cake disappeared, I'd say it was a success.

Jalapenos - I'm tempted to pop these shiny, cheerful, pretty-as-candy peppers in my mouth by the basketful, but I know better. Since it seems there's never a spicy fresh green pepper in the refrigerator when I need one, I chopped most of my jalapeno share and froze them in small amounts just for these moments.

Watermelon - I admit it. That big green beast looks daunting sitting on my counter. The best way I know to tame it is to turn on the radio, roll up my sleeves, tilt the cutting board so the juices run right into the sink, and cut the entire fruit into big cubes in one delightfully messy session. Given that I eat a healthy amount of it during this task (and that's part of the fun) I can fit about 3/4 of a medium melon in my largest Tupperware. As such, most of the work is done, and I can easily eat it straight over the course of the week, use it for something more creative, or both. This week at least some is destined for an interesting looking rum cocktail. The final 1/4 melon? The family of five next door is always thrilled when they see me coming.

Summer Squash - When I have a red tomato, one of my favorite ways to use summer squash is to bake slices of tomato and squash brushed with herbed olive oil, and topped with a scant sprinkle of parmesan.

Roasted Chiles - When they appear in our shares, I stuff them - chiles en nogada or chiles rellenos - and have them waiting in my freezer for those evenings I'm too busy to start from scratch in the kitchen.

Wheat Berries - After seeing someone post something on Facebook about tuna casserole, I've had a bizarre craving for the stuff. So I created my own, using my standard generic pasta based casserole recipe, but using pre-cooked wheat berries stand in for most of the pasta. I will definitely be doing this again.

Crockpot Beans-*new*

Sara Jones, Tucson CSA

Home cooked beans are so much better than the ones in cans, but they do take a little forethought. I always soak them the night before, but some people skip that step. These beans cook all day while you are at work and are ready by dinner time.

1-2 bags dry beans
3-4 cloves garlic
1 onion, roughly chopped
1-3 serrano and/or jalapeño peppers, slit lengthwise
1-2 teaspoons oregano
1 teaspoon salt, plus more to taste
1-2 tablespoons oil

Empty beans onto a baking sheet and spread out to check for any small pebbles. Place beans in a crockpot and cover with several inches of water and let soak overnight. In the morning, drain beans and cover with plenty of fresh water. Add garlic, onions, peppers, oregano and salt to the beans and turn on low to cook beans all day while you are away (or on high for about 4-5 hours). When you get home from work, taste beans for salt, adding more as necessary, and drizzle with some oil. Cook another 20-30 minutes. You can serve beans as a simple side dish. Make sure to keep the bean broth to add to dishes as well, it is much tastier than canned bean broth. Use beans and their broth to make tasty bean dip, refried beans, soups and more.

Chiles en Escabeche (pickled chiles)

Amy Schwemm, Tucson CSA

We published this recently, but here it is again to remind everyone about our favorite method of dealing with hot peppers. The spicy vinegar is great for adding to dressings, too!

Fresh chiles (fleshy types with thin skins like jalapeno, serrano, and guerro/yellow hots are better than long chiles with thinner walls)
Vinegar, cider or distilled
Salt, non-iodized
Extras: Carrot/Onion/Garlic/Mexican oregano



Cut slices of onion, garlic and carrot. Chiles can be left whole with stems or seeded and sliced. Mix vinegar and water in equal parts, making enough brine to easily cover chiles. Put brine in a non-reactive pot with 1 teaspoon

of salt for each 4 cups of brine. Bring to a boil and cook veggies for 1 to 3 minutes (more time for whole chiles, less for sliced). Do not let chiles get soft! Remove from heat and let cool. Put in jars, making sure the chiles stay submerged in brine, and refrigerate. They will keep up to a year.

Jalapeño Jelly

Lorraine Glazar, TCSA

This recipe has become a traditional holiday gift for many of my friends, who tell me they look forward to it! Even though I grow my own hot peppers, I still look forward to more from the CSA. While this recipe has much more sugar than I usually care to eat, remember that jelly is a condiment, to be used sparingly. The jelly makes a great holiday gift and is excellent for cooking—use as a glaze for poultry or fish for something really different and Southwestern.

1/4 cup ground Jalapeño chiles, seeds removed
1-1/2 cup ground sweet bell peppers
6-1/2 cups sugar
1-1/2 cups cider vinegar
1 bottle liquid fruit pectin
A few drops green or red food coloring, if desired

Combine all ingredients except fruit pectin, bring to a boil, and allow to boil for 3 minutes. Remove from heat and strain off liquid. Return liquid to kettle and bring to a boil. Stir in fruit pectin and continue boiling and stirring for 1 minute or until jelly stage is reached. Remove from heat and pour into hot sterilized jars (see note below). Wipe rims with a damp cloth, then cover with lids and screw on bands finger tight. Place in a deep pot of boiling water, with enough water to cover cans by one inch. (You will want canning tongs for this task!) Simmer for 10 minutes, remove to cool. Refrigerate any jars that do not seal properly (the lid will compress with the proper seal).

Variation: After straining the liquid, put a half-cup of pepper bits back into the jelly.

Note: If you've never preserved any foods by canning, don't be intimidated! The large amounts of sugar and vinegar ensure that it won't spoil. "Hot sterilized jars" can come from the dishwasher, or you can put a dish towel in a soup pot and set the jars on that, covered in water, to sterilize. Do use canning jars with a two-part lid—local hardware and grocery stores carry them in various sizes.

Melon and Ham

Sara Jones, Tucson CSA

Ham and melon is a classic Spanish combination. Use whatever salty cured pork you can find easily. Or, use a firm, salty cheese, like manchego, in place of the ham. Make this dish fancier by pureeing the melon with the olive oil and sherry vinegar to make a gazpacho, then garnish each bowl with strips of ham or cheese.

1 small, or 1/2 large melon, cut into pieces
2 teaspoons sherry vinegar
2 teaspoons olive oil
3-4 long slices of ham or cheese, cut into pieces

Toss melon with oil and vinegar. Serve on a plate beside the ham or cheese.