



Tucson Community Supported Agriculture

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Spring '13

Harvest list is online

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Many more recipes on
our website

Now taking orders for beef shares

Every 3 months, we buy a grass-fed and grass-finished steer from Josh (the same Josh of the amazing eggs and chickens). We have it packed at Guzman's Meat Processing and we divide it up in 40 shares. A share typically weighs 8 to 10 pounds, costs between \$50 and \$70 and includes 2 steaks, 1 roast, 2 packs of ground beef and a miscellaneous cut (such as BBQ ribs, short ribs, stew meat, soup bones, etc.). Each beef share is priced according to the type and weight of the cuts included. You can select a share of your choice at pickup time. Tongue, stock/dog bones, liver and other organs are sold separately.

A deposit of \$20 per beef share is required at the time of ordering. The balance is due at pickup.

We expect the beef shares to be available during the 1st or 2nd week of June.

For more info, go to our home page and click on Products > Grass-fed Meats.

David Rose at Plush



David, who often graces us with his wonderful guitar tunes during CSA hours, will be playing this Thursday, May 23rd at 9:30 PM, at Plush (340 E. 6th St.)

ARMENIAN CUCUMBERS



If you're new to the Tucson CSA, you may be a bit perplexed by these strange-looking cucumbers that start showing up in your produce shares in at this time of year. They certainly don't look like the tame, unobtrusive cucumbers you're used to seeing in the supermarket! And their striped varieties go limp so quickly in the refrigerator! But not true! Appearances can be deceiving!

We are privileged to receive from Farmer Frank what are known as Armenian cucumbers, wonderfully adapted to our desert conditions because they require a lot less water than other cucumbers. They come in two varieties: the pale green ribbed variety and the darker green striped and crooked variety. Not surprisingly, the latter is also known as snake melon. The online Cook's Thesaurus (www.foodsubs.com) notes they are "hard to find, but one of the best-regarded slicing cucumbers." Not hard to find for us!

According to a report by the Environmental Working Group, conventionally-grown cucumbers are part of the dirty dozens, i.e. they are one of the top twelve most pesticide-laden produce items. The wax applied to commercial cucumbers, apples, and many other produce items is made of petroleum oils. Not only does it seal in moisture, prolonging shelf life, it also seals in pesticides.

Lucky for us, Farmer Frank uses neither pesticides nor wax. These Armenian cucumbers don't need to be peeled or seeded, and despite their limp appearance, you'll notice that they're still crisp when sliced. As soon as you slice one, the perfumed aroma begs you to take a bite. And when you do, you won't be disappointed. You'll be amazed at how little it resembles the flavorless, tough-skinned varieties you're used to. You could use slices of this cucumber to perfume and brighten mixed drinks, lemonade, or even plain water, or simply eat it with a light sprinkling of salt.

PEELING BOILER ONIONS



Boiler onions are small onions (1 to 2 inches in diameter). Because of their smaller size, they are tedious to peel and chop like a regular onion. They can be white, red or yellow.

Why are they called boiler onions? Because they are typically boiled (blanched) to make them easy to peel. To blanch them, just cut the stem off (if it is still there), then drop them in boiling water for just two minutes. Drain and drop in a bowl of iced water and let cool for 5 minutes. Drain again. They will slip right out of their skins.

Although you can use them like any other onions, boiler onions are really best roasted or braised whole (once peeled of course). They are wonderful in stews, such as Beef Bourguignon, or in creamed sauce with veal or chicken.

Grapefruit Marmalade

Sara Jones, Tucson CSA

You can stew this marmalade with ginger or other spices to give it a kick. Though it takes a while on the stovetop, actual prep time is short.

2 grapefruit
1 cup sugar

Cut grapefruits into quarters and remove flesh from peels. Cut peels into a medium dice. Place peels in a saucepan with enough water to cover and bring to a boil. Drain and repeat once more. Meanwhile, separate grapefruit flesh from membranes as best as you can without spending too much time worrying about it! Reserve all juice and combine with flesh. You want one cup of this mixture. If you don't have quite enough add orange juice or water to make one cup. Bring liquid and one cup sugar to a boil. Add grapefruit peels and any spices you are using and reduce heat to low. Cook for about 45 minutes, until liquid is syrupy and thick. Remove from heat and cool. If desired, purée in a food processor or blender, or leave chunky. Store in a glass container in the refrigerator.

Raita or Tzatziki Salad

Sara Jones, Tucson CSA

These are yogurt-based salads, great served with spicy foods. There is plenty of room for variation in the recipe, as well as how you serve it. I like it best as a side dish, along with rice and curry. It is also good as a dip or dressing.

1 medium or 1/2 large cucumber, grated or finely diced
1 pepper to taste
1 cup yogurt

Add any variation of the following:

1 teaspoon ground cumin
1 teaspoon mustard seeds, toasted in a hot skillet
1 teaspoon cayenne pepper
Handful chopped fresh cilantro and/or mint /2 small onion, finely diced
Salt and pepper

Mix all ingredients together and let sit at least 30 minutes before serving.

Grilled Potato and Arugula Salad-new

Sara Jones, Tucson CSA

If you don't have a grill you could use roasted or pan-fried potatoes.

About 2 pounds potatoes
1 bunch of arugula, washed and finely chopped
1/4 cup olive oil
Zest and juice from one lemon
1/2 teaspoon Dijon mustard
1/2 teaspoon sugar (optional)

Salt and pepper to taste

Cut potatoes into 1/4 inch thick slices. Boil potatoes about 3 minutes until almost tender. Drain and toss with a bit of oil and salt and pepper. Place on a hot grill, turning after a couple minutes to get grill marks on both sides. Set aside to cool a bit. Whisk together lemon juice, zest, sugar and Dijon. Add oil and salt and pepper. Toss potatoes with arugula and dressing and serve.

Easy Cold Summer Squash Soup

Paula Wilke, Tucson CSA

1/2 to 1 cup vegetable stock or water (enough for about 1/4 inch of liquid in the bottom of the cooking pot)
1 small onion
2-4 cups of summer squash (yellow squash, Mexican Grey Squash, Zucchini, etc. a mixture of different squashes are nice)
2-3 cloves garlic
1 tablespoon White Miso (possible substitutes are soy sauce or salt)
Good goat milk yogurt (plain)
Salt and pepper
Black olive as a garnish

Heat stock or broth and roughly chop the onion, the squash and the garlic, keeping them separate. When the water starts to boil, add the chopped onion and cover. After a few minutes add the squash and garlic and cover. Cook until the vegetables are tender (5-10 minutes), stirring occasionally, and then remove the pan from the heat. When it cools a bit, pour the mixture into a blender, add the miso and puree. Chill the mixture. Just before serving, stir in 6 ounces (small container) goat milk yogurt. You can also add a little more milk or cold water if you like it less thick. Add lots of freshly ground black pepper and salt to your taste. Garnish with a black olive.

Cucumber-Apple Shake

Jessica Weinberg, Tucson CSA

1/3 cup plain unsweetened soymilk
1/2 large Armenian cucumber
2 small cored apples, cut up into pieces
8 ounces plain nonfat yogurt (approx.)
1/2 inch cube of fresh peeled ginger
1 tablespoon limejuice
1/2 teaspoon orange-flavored liquid
Stevia (herbal sweetener)

Pour soy milk into blender, then add remaining ingredients. Blend until smooth. Makes enough for 1-2 people.