



Tucson Community Supported Agriculture

Newsletter 397 ~ July 15, 2013 ~ Online at www.TucsonCSA.org

Summer 2013

Harvest list is online

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Many more recipes on
our website

Now Taking Orders for Josh's Pasture-Raised Lamb Shares

We will be taking orders for lamb
shares at the front desk this week
and next (July 16, 17, 23, 24).

The lamb shares will be available
for pickup starting the week after
that, i.e. from July 30.

A \$20 deposit per share will reserve
your share.

A lamb share typically weighs 8-9
pounds, cost \$70-\$80 (comes down to
approx. \$9 per pound) and
includes chops, ground meat, ribs,
shanks and a roast.



Turkeys?

We will be selling Josh's
Thanksgiving turkeys as usual this
year. We will start taking orders for
those in October.



Josh's turkeys

JOSH'S FARM

As some of you may remember, we used to get our meats from A Bar H Ranch, owned by Anya Owens. As Anya retired from production, Josh Koehn, her business partner of several years, gradually took over. Josh is now raising all the livestock on his farm in Kansas Settlement, south of Willcox, while Anya continues in customer service, handling orders, packing and delivering. The label name has changed from A Bar H to Chiricahua Pasture-Raised Meats, but the products and quality have remained the same. They remain beef, lamb, whole roasting chickens, eggs and holiday turkeys.

Josh raises cattle and sheep as ruminants were meant to be raised, without corn, grain, hormones or antibiotics. They are on green pastures all of their lives and are supplemented as needed with hay that is grown and stockpiled on Josh's farm.

The poultry roam freely on irrigated pastures and are provided with shade, water, feed and protection. Josh makes his own feed that combines with the grasses to provide a well-balanced diet. By making his own feed, he is assured that it is free of additives, genetically modified products and animal by-products.

Josh markets directly to individuals, buying groups, Consumer Supported Agriculture (CSA) groups and farmer market vendors in Sierra Vista, Bisbee, Phoenix and Tucson. He welcomes visitors to his farm. He feels consumers benefit from knowing how their food is raised and who raises it.

Josh's website: <http://www.cprmeats.com>

PORK BELLY BLOCKS AND SLICES, AND PORK BELLY SANDWICH RECIPE

We are currently selling pork belly in blocks and in slices. The sliced one is just raw bacon, i.e. unsmoked and uncured, and you can cook it as you would bacon. If these cuts sell well, we will continue to include them in our regular inventory.

Several people have asked how to prepare pork belly. My method is inspired by Chang's at Diary of a Foodie at Gourmet.com. It comes out amazingly moist and tender. Here is the recipe:

Cut a 2-pound piece of pork belly into 4 quarters. Place quarters in a sealable bag containing ½ cup of salt and ½ cup sugar dissolved in 4 cups of water. Expel all the air and seal the bag. Soak for 12 hours in the refrigerator, then discard brine.

Preheat oven to 300°F with rack in middle.

Place pork belly quarters, fat side up, in an 8- to 9-inch square baking pan. Pour in ½ cup chicken broth and ½ cup water. Cover tightly with foil and roast until pork is very tender, about 2 ½ hours. Remove foil and increase oven temperature to 450°F, then roast until fat is golden and crisp, about 20 minutes more. Cool 30 minutes, then chill, uncovered, until cold, about 1 hour.

Cut chilled pork across the grain into ¼" slices. Chill slices in pan juices, covered.

To serve: preheat oven to 350°F. Heat sliced pork (in liquid in baking dish), covered, until hot, 15 to 20 minutes.

Toast some slices of quality bread (Barrio Bread – hint hint!). Brush each slice with hoisin sauce or pomegranate glaze, then sandwich with 2 or 3 pork slices and some cucumber and scallions.

Barbecued Okra

(foodnetwork.com)

Keeping okra whole prevents it from getting very slimy. You can also use this same spice mixture and broil the okra.

1 teaspoon salt
1 teaspoon paprika
1 teaspoon sugar
1 teaspoon ground coriander
1/2 teaspoon freshly ground black pepper
1/2 teaspoon cayenne pepper
1/4 teaspoon celery seed
1 pound fresh okra
1 tablespoon unsalted butter, melted, or olive oil

Preheat the grill to high. Place the salt, paprika, sugar, coriander, black pepper, cayenne, and celery seed in a small bowl and stir to mix. Rinse the okra under cold running water and blot dry with paper towels. Trim the tips off the stem ends of the okra but do not cut into the pods. Place the okra in a large mixing bowl, add the butter and toss to coat. Add the rub mixture and toss to coat. When ready to cook, arrange the okra on the hot grate so that they are perpendicular to the bars or you may wish to skewer 4 or 5 pods side by side with bamboo skewers (that have been soaked in water) to keep any stray okra from falling through the grates and into the fire. Grill the okra until nicely browned, about 2 to 4 minutes per side, turning with tongs as needed. Transfer the grilled okra to a platter or plates and serve immediately.

Quick Okra Jambalaya

Sara Jones, Tucson CSA

Use leftover cooked rice for this easy recipe.

1 basket okra, cleaned and chopped
1 handful green beans, cleaned and chopped
2-3 tomatoes, cleaned and chopped
1 tablespoon tomato paste
1 small sweet onion, sliced thinly
3 cloves garlic, minced
1 cup cooked kidney beans (or use leftover chicken or sausage)
2 cups cooked rice
1 tablespoon oil
1 teaspoon each of cumin, red chili, paprika, black pepper, oregano and thyme
Salt to taste

Heat oil in a large skillet over medium high heat, add okra and onions. Sauté for about 5 minutes then add green beans, tomatoes, tomato paste, garlic and spices. Stir well, cover and reduce heat to medium. Cook for about 7 minutes, adding water if necessary to keep vegetables from sticking. Add beans (or chicken or sausage) and rice. Cook, stirring frequently until rice is heated through. Add salt to taste and serve.

Green Bean Potato Salad with Tomatillo/Avocado dressing

Mary Leuchtenberger, Tucson CSA

5 or 6 medium potatoes
1 share green beans, chopped
2 shallots, chopped
1 stalk celery, chopped
Rice vinegar
2 large tomatillos
1 garlic clove
1/2 avocado
1/2 cup plain yoghurt
3 hard boiled eggs

Cut potatoes in half and boil until cooked through, but not too soft. Chop green beans and add to pot of potatoes during last few minutes of cooking. Drain and allow to cool. Chop warm potatoes and place in bowl with green beans, shallots, and celery. Sprinkle with rice vinegar and refrigerate overnight. Blend tomatillos, avocado, garlic and yoghurt in blender or food processor until smooth. Stir dressing into potato salad, while adding chopped hard boiled eggs. This tangy dressing goes well with any salad, and can be used as a dip too.

Sweet Potato Enchiladas with Salsa Verde

Sara Jones, Tucson CSA

If you have tomatillo salsa, use that as a sauce for these enchiladas. If not, a can of red enchilada sauce or a quick red chile sauce would work. Also, you will save a lot of time on this recipe if you already have some leftover baked potatoes and roasted garlic, so plan ahead during the week.

About 1 ½ cups mashed baked potatoes
1 head roasted garlic
1/4 cup toasted walnuts
Salt and pepper to taste
1 package corn tortillas
1/4 cup mild white cheese, grated
1 cup salsa verde or red enchilada sauce

Cut top off of roasted garlic head and squeeze to remove garlic from skin. Mash together with sweet potatoes, then mix in nuts and salt and pepper to taste. Heat about 1 tablespoon of oil in a small skillet and cook corn tortillas individually in oil until softened, draining on a paper towel. Take one tortilla and spread a spoonful of filling down the length of the tortilla just to the left of the center. Fold shorter (left) side over filling, then roll up and place in a greased, square baking pan. Continue with the rest of tortillas and filling. Pour salsa verde or red enchilada sauce over enchiladas and top with grated cheese. Cover with tin foil and bake in a 375 degree oven for about 20 minutes, then remove foil and bake 10 more minutes.