



# Tucson Community Supported Agriculture

Newsletter 443 ~ June 23, 2014 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2014

Harvest list is online

### The Back Page

Caponata  
Squash and Grain Fritters  
Cantaloupe and Tomato Salad  
Chipotle Mashed Sweet Potatoes  
Fudgy Zucchini Brownies

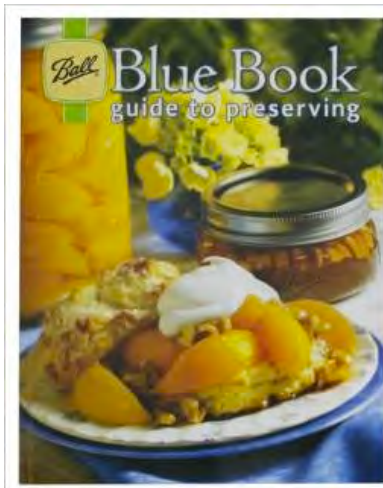
Many more recipes on our website

### CANNING ANYONE?



Canning can be intimidating, but it is in fact easy, and safe if you do it right. I have been canning all my life and never had a jar gone bad.

Many vegetables and fruits can be preserved by canning. If you're seriously interested in canning more than just tomatoes, Ball's *Blue Book: Guide To Preserving* is one of the best canning guides there is. It is available at Amazon for less than \$10.



## BULK TOMATOES NOW AVAILABLE

If you like to preserve tomatoes, i.e. by canning them, freezing them, sun-drying them, salting them, or making loads of salsa and pasta sauce, now is the time to do it: we're offering bulk tomatoes for a few weeks. This year, Crooked Sky Farms has a choice of 4 types of bulk tomatoes (see below). They will be available until approximately mid July, depending on availability.



Bulk tomatoes come in flats of approximately 15 lbs each. Prices are (per 15-lb flat):

- \$20 for red tomatoes (mix of heirlooms, open-pollinated and hybrids)
- \$20 for heirloom tomatoes (yellow Taxis and various shades of red heirlooms)
- \$25 for plum tomatoes (Romas and San Marzanos)
- \$25 for green tomatoes (mix of heirlooms, open-pollinated and hybrids)

Plum tomatoes are the best for canning as they are dense and fleshy and produce less juice when cooked than other tomatoes do.

Green tomatoes are great for tomatoes pies, chutneys, pickles, tomato marmalades and, of course, fried green tomatoes.

For eating raw in salsas, gazpachos and salads we recommend the red or heirloom tomatoes.

### **How to order? It's easy:**

1. Order and pre-pay your choice of flat(s) at the front desk.
2. Pick up your tomatoes the following week. Bring your own cardboard box if you can, to transfer the tomatoes into it.

## STORING TOMATOES: TIPS

We recommend that you take your tomatoes home in their green baskets, for protection. When placed loose in your bag with your other veggies, they risk getting bruised. Bruises don't always show right away but they significantly shorten the shelf life of a tomato. Just return the empty baskets on your next pickup: Farmer Frank re-uses them.

Store your tomatoes on your kitchen countertop. Check them daily for ripeness and bruises. Once they get soft, they get over the hill very fast and can collapse and liquefy in a matter of hours.

Do NOT store tomatoes in the refrigerator: they lose their flavor and their texture gets mealy. However, green tomatoes can be stored in the refrigerator

Green tomatoes will also ripen in a few days on your countertop. Because of our dry desert air, they may start drying up and getting wrinkled before they are fully ripe. That's ok, they will still continue to ripen and their flavor will be more concentrated.

You can freeze fresh tomatoes whole, packed in airtight freezer bags. They will be soft when thawed but will be still great for cooking.

**Caponata**

Sara, Tucson CSA

There are many variations of Caponata, a traditional eggplant and tomato dish. It is often served cold as a topping for crusty bread or as a dip. This recipe is also good hot, served over pasta or a wheat berry pilaf.

1 large or 2-3 small eggplant, diced  
2 small onions, diced  
About 10 cherry tomatoes, halved  
1 tablespoon olive oil  
2 teaspoons crushed cumin seeds  
1 teaspoon crushed coriander seeds  
1 tablespoon balsamic vinegar  
Salt and pepper to taste

Sauté onion and spices in oil over medium heat to release fragrance. Add eggplant, cover, and cook for about 5 minutes. Reduce heat to low and stir in tomatoes and vinegar. Cover and cook until everything is tender adding water if needed to keep from sticking. Add salt and pepper to taste. Serve hot or cold.

**Squash and Grain Fritters**

Sara Jones, Tucson CSA

Grains add a bit of crunch to these fritters. Add fresh basil or mint and feta cheese, if you like.

2 cups grated summer squash  
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice  
1/2 small sweet onion, sliced thinly  
1 egg  
1 tablespoon flour  
Salt and pepper to taste

Drain squash in a colander for 30 minutes. After draining squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. Mix again, adding more flour if mixture seems very loose. Add herbs and cheese if using. Heat a large skillet over medium to medium high heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cover fritters and cook until golden brown underneath, about 4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

**Cantaloupe and Tomato Salad**

Chad Weiler, Tucson CSA

1/2 Cantaloupe diced into 1 inch cubes or to get fancy you can use a melon baller  
1 lb. tomatoes diced into one inch cubes  
3/4 cup loosely packed chopped fresh mint or basil  
Olive Oil  
Balsamic Vinegar

Combine cantaloupe, tomatoes, and mint in a bowl. Season with salt and pepper. Drizzle with olive oil and balsamic vinegar.

**Chipotle Mashed Sweet Potatoes**

Chad Weiler, Tucson CSA

4 medium sized sweet potatoes or 2 large cut into cubes  
4 oz of plain goat cheese  
1-2 chipotle chiles in adobo chopped finely (depends on your heat needs)  
2 teaspoons of the adobo sauce  
2 tablespoons butter  
1/4 cup of milk

Boil the potatoes in salted water until fork tender and drain\*. Place potatoes and all of the ingredients in a bowl and mash with a potato masher or electric mixer. Season with salt and pepper and add more milk if consistency is not to what you desire. The sweetness of the potatoes, the heat/smokiness from the chiles, and the tang from the goat cheese are wonderful. I usually leave the potato skins on.

\*Mashed Potato Tip: To avoid runny mashed potatoes after you drain them return them to the pot over high heat and boil off any excess water. Of course you must be vigilant because you could scorch your potatoes. You will know the water is gone when you here the hissing stop. Usually takes 2-5 minutes.

**Fudgy Zucchini Brownies**

Rachel Yaseen, The Organic Kitchen

1/2 cup butter, melted  
1 1/2 cups coconut palm sugar  
1/3 cup cocoa  
1 cup shredded zucchini  
1 egg  
2 cups whole wheat pastry flour

Mix butter, sugar and cocoa. Stir in zucchini and egg. Gradually mix in flour until well combined. Pour batter into a 9 by 13 inch pan. Bake at 350° for 20-25 minutes or until a toothpick inserted into the middle comes out clean.