



Tucson Community Supported Agriculture

Newsletter 444 ~ June 30, 2014 ~ Online at www.TucsonCSA.org

Summer 2014

Harvest list is online

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Many more recipes on our website

LAST CALL FOR BULK TOMATOES FROM FARMER FRANK



Tomatoes are slowing down rapidly and Crooked Sky Farms will likely run out of them in the next week. You can still order bulk tomatoes; if we can't get them, your payment will be refunded.

The following choices are available (maybe) 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)

Also available (maybe) are **cherry tomatoes** in bulk at \$35 for 13-14 pounds: they'll be a mix of Artisan tomatoes (in different colors), Indigo Rose tomatoes (which we had in our shares last week) and Juliet tomatoes (little Romas)

Orders must be pre-paid at the front desk.

PURSLANE, LOCALLY KNOWN AS VERDOLAGAS



In *Walden*, Henry David Thoreau wrote: "I learned that a man may use as simple a diet as the animals, and yet retain health and strength. I have made a satisfactory dinner off a dish of purslane which I gathered in my corn field, yet men have come to such a pass that they frequently starve, not for want of necessities, but for want of luxuries."

Westerners consider purslane to be an invasive weed. Yet, its mild and nutritious characteristics are valued by many cultures worldwide. Purslane was one of the most important wild plant foods of Native Americans. Here and in Mexico purslane is also known as verdolagas.

Purslane has succulent, fleshy leaves and stems with a delicate and tangy flavor. Both stems and leaves are eaten. Purslane is harvested when young, before the stems turn woody. It can be used as fresh greens to be served in salads (sprigs of purslane are perfect for salads, or tucked into sandwiches or tacos). It can be chopped and folded into mayonnaise-based salads such as egg, tuna, or potato. Cooked purslane is delicious too: it can be lightly sautéed with a little onion and garlic. It is delicious in omelets – see back page.

Purslane is currently acclaimed for not one, but two starring attractions: the rediscovery of its cooking possibilities –its tinker-toy eye appeal, crisp texture and lightly tangy taste, and the scientific discovery of its healthful omega-3 fatty acids. If this weren't enough, it has above average values of beta-carotene and vitamin C and provides all of these goodies with only 15 calories in a 100-gram portion (as compared with 76 in a boiled potato). Purslane lowers blood pressure and cholesterol levels as well as makes the blood less likely to form clots. But long before these scientific findings, purslane was eaten as treatment for arthritis, inflammation and heart disease and to promote general good health.

GOT BEER?



Iron John's has released two refreshing and flavorful brews that are perfect for our summer weather.

The Muse de Brussels: a mild Belgian Pale with a malty touch. A blend of Belgian yeasts give this ale a dry finish and a light fruitiness. Dry hopping with Bramling Cross hops adds a blackberry note.

The Pedaler: a Czech pilsner with some bready malt complexity using only Czech Saaz hops for an authentic flowery finishing note. Great summer refreshment after that long, early-morning bike ride.

You can place your order directly from Iron John's website at ironjohnsbrewing.com and specify that you'd like it delivered at the Tucson CSA. The price includes a \$1 deposit that's refundable if you bring your bottle(s) back. There is a \$2 fee (per order, not per bottle) for delivery at the CSA (no fee if you pick up your order at their Bottle Shop). Orders can be placed until noon on Tuesday and Wednesday for delivery that day.

Thai Coconut Soup

Sara Jones, Tucson CSA

This is a great summer-time soup. If you aren't in the mood for soup, prepare it with less water and serve it over steamed rice. Add cooked, diced chicken or chunks of tofu if you like.

1 medium or 2-3 small eggplants, chopped
1 large handful green beans, chopped
1 small onion, chopped
1 handful chopped mushrooms
1 tablespoon oil
1 stalk lemongrass and/or a few kaffir lime leaves
1 inch piece ginger, grated
1 teaspoon crushed coriander
1 teaspoon red chile flakes
1 can coconut milk
Soy sauce to taste
1 handful chopped basil or cilantro
Sliced limes for garnish

In a large stock pot heat one tablespoon oil and briefly sauté onion, ginger, and spices. Add 3 cups water and the lemongrass. Bring to a boil, then let simmer ten minutes. Add vegetables and coconut milk, return to a boil and simmer until vegetables are soft. Add soy sauce to taste. Remove from heat and add chopped herbs. Serve with lime wedges, if desired.

Honey Dijon Purslane and Red Potato Salad

By Heidi DeCosmo

The perfect potato salad for the summer, the creamy honey Dijon dressing can definitely stand the heat. Purslane adds a burst of vitamin C, A-precursor, and iron.

1 pound Red La Soda potatoes cut into medium cubes
Olive oil, sea salt and freshly ground black pepper
1 cup chopped Purslane (verdolagas)
1/4 cup thinly sliced onion
1/4 cup chopped red bell pepper
Dressing
A couple tablespoons of grainy Dijon mustard
1 tablespoon honey
1 tablespoon seasoned rice wine vinegar

Place the potatoes in a large pot of water and bring to boil. Cook about 15 minutes or until the potatoes have softened. Drain. In a large mixing bowl combine the potatoes, purslane, onion and peppers. In a small bowl combine the mustard, honey and vinegar. Add the dressing to the salad and mix well.

Purslane Omelet

2 cups purslane, cut in 1-inch pieces
1 small onion, chopped
1/2 teaspoon Mexican oregano or thyme, chopped
6 eggs, beaten
Olive oil or butter
Salt and pepper to taste

Heat oil in large skillet. Add onions, purslane and herbs. Sauté for 5 minutes. Add beaten eggs and make an omelet. Season to taste.

Pasta Salad with Tomatoes and Feta

Philippe, Tucson CSA

An easy and delicious pasta salad which you can serve warm or cold.

1 package pasta (e.g. rotelli, fusilli)
1 medium onion
2 cloves garlic
1/4 cup olive oil
3-4 tomatoes, diced
1/4+ cup basil, finely chopped
1 cup purslane, chopped
Crumbled feta (or fresh goat cheese), to taste
Salt and pepper to taste

Boil and drain pasta according to pack instructions. Mix crumbled feta in warm pasta, so that the feta melts a little. Salad dressing: in a small food processor, or chopper, purée or finely chop the onion and the garlic in the olive oil. Mix pasta, salad dressing and remaining ingredients. Don't add too much salt as feta is already salty.

Roasted Carrots and Potatoes

Sara Jones, Tucson CSA

Any leftovers of this dish could be roughly mashed, patted into small discs and pan fried for a delicious potato pancake.

About 4 medium potatoes, chopped into large chunks
2-3 carrots, chopped into large chunks
1 tablespoon mustard seeds
2 teaspoons cumin seeds
1 teaspoon coriander seeds, crushed
2 tablespoons butter, or oil
2 tablespoon balsamic vinegar
2 teaspoon soy sauce

In a medium skillet, toast seeds, stirring constantly, for about two minutes. Add the remaining ingredients and stir well to coat. Remove from heat and transfer veggies to a well oiled baking sheet. Roast in a 450° oven for about 30 minutes or until veggies are tender.

Grilled Watermelon

Sara, Tucson CSA

If you have the grill fired up at all this week try tossing some slices of watermelon on it. Grilling brings out the sugar in any fruit and intensifies the flavor. Cut watermelon into one inch thick slices and brush with olive oil. Place on a very hot grill and cook on each side just until you begin to see grill marks. Dress the grilled slices with an herbal simple syrup and a few sprigs of fresh herbs for a simple, elegant dessert.