



Tucson Community Supported Agriculture

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Summer 2014

Harvest list is online

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Many more recipes on our website

LAST WEEK TO PLACE LAMB SHARE ORDERS

We're getting the lamb shares next week, so if you'd like one, do order it this week.

WANNA WRITE A "WEEK AT MY TABLE?"

If you are a Tucson CSA member who would like to be part of our pool of columnists who we call on periodically to contribute to our newsletter, just send us an e-mail.

The deal is that you pick your produce share and then write how you used it in 400 to 500 words. Incidentally, you get credit for a produce share after we publish your work in our newsletter.

CSA ACCOUNT TIP

Why we have you check in before picking up your share(s)

It is simply to make sure you are signed up for a pickup that week and to remind you what shares you have to pickup (while most of you remember to pickup your produce and bread shares, cheese and sprouts shares sometimes remain unclaimed).

Checking in (or not) on any given week has no bearing on whether you get charged (or not) for your share(s) that week: if you are registered to pick up, your CSA account will be debited for that pickup, whether you actually pick up or not.

The only way not to get charged for a pickup is to go to your online CSA account and place your subscription on Delivery Hold by midnight Friday of the week prior.

A WEEK AT MY TABLE, by Paula Redinger

Having spent significant time in Florida and Utah this year, I've gotten the chance to experience the differences between various local "foodsheds" first hand. I adore the beautiful cherries and berries of northern Utah, as well as the unusual tropical offerings in Miami, but find myself missing the tastes of southern Arizona if I'm away too long.

Because of the double melon threat of this week's share, I took Tucson's new Sun Link street car to the courtyard, rather than my usual pick up vehicle, a bicycle. I rode home with my head in my produce bag, inhaling deeply. Ahhhh... chiles! I am home!

When something is as perfect as a simply cooked fresh ear of **corn**, there's good reason not to break from the routine. But for all my craving for the food of home, a recipe for Thai Corn Pancakes caught my eye. Wait! That's not soy sauce and lemongrass going into the mixing bowl, it's garlic, smoked paprika, onion powder, and cayenne! My hand must have been remembering the **okra** in our share. Because if there is okra in the fridge, that means you can have **Chicken Gumbo** for dinner, and **Cajun Corn Pancakes** really make a more sensible accompaniment than Thai ones, wouldn't you say? Since New Orleans isn't all that geographically far from Havana, at least on a global scale, it seemed perfectly permissible to toss some chopped **Cubanelle Peppers** into the gumbo stew pot. None of this is to say I don't enjoy a cross cultural twist on my plate now and again. Why *not* have **Blistered Salted Japanese Shishito Peppers** in the same meal as some simple cheese quesadillas and the strange-but-true **Grilled Chile-Lime Sun Jewel Melon and Watermelon Slices?** (Grilled melon? I'm game!) Or a Greek combination of **Cucumbers, Feta, and Red Onion**, tossed with olive oil and oregano piled high on Scandinavian style crispbread? I've taken to having some sort of crispbread topping at the ready at all times. It might be a few forkfuls of leftovers, some odds and ends in need of use pieced together, or a little ditty I've made specifically for this purpose. Once made, it's as easy as can be to pile some on a slice or two of crispbread for a satisfying mini-meal, and feels so much more pleasing than a piece of fruit or a handful of nuts. Unlike a brick of cheese, or bag of chips, this little snack has an obvious (but not inviolable!) "end point," too. It's been my snack revolution!

My resourceful beagle, who had been stealing corn cobs from a compost heap all summer, could not have been more disappointed to see this week's supply locked away in the impenetrable freezer. I'll be using them in Lori's recipe for Sweet Corn Ice Cream, featured in last month's *Edible Baja Arizona*. I'm quite sure she remembers exactly where they are. Patiently, she waits.

Editor's note: for more on Paula's musings on eating (and biking) check out her blog: [Eating On Two Wheels](http://operaflute.blogspot.com) at <http://operaflute.blogspot.com>

RAINS AND STORMS

Last week's rain storms caused some damage at both the Phoenix and Duncan fields. The strong winds caused some Armenian cucumbers and corn to break. The farm crew has spent many days working the fields in the mud. Some veggies in our shares this week may be a little muddy too.

Bell Peppers and Eggplant Preserved in Garlic

Amy Schwemm, Tucson CSA

Serve this delicate dish between split slices of focaccia smeared with goat cheese.

Makes 2 pint jars.

5 small eggplants, unpeeled, sliced half-inch thick
4 large red bell peppers
2 large yellow bell peppers
1 cup olive oil
3/4 cup cider vinegar
3 cloves garlic, peeled and sliced
1/2 teaspoon pickling salt
1/4 teaspoon dried red pepper flakes
10 large basil leaves

Broil the eggplant circles on a greased cookie sheet about 4 inches from the flame, turning once, until they are lightly browned, 15-20 minutes.

Broil the whole bell peppers on a cookie sheet about 4 inches from the flame, until they are soft and collapsed, about 30 minutes. Turn them occasionally while they're cooking.

Place the peppers in a paper grocery bag to trap the heat. When they have cooled, peel off the outer skins, quarter, and remove the seeds.

Heat the oil, vinegar, garlic, salt and red pepper flakes. Simmer for 4-5 minutes.

Alternate layers of eggplant, peppers, and basil into 2 clean, hot pint jars.

Top off with the hot oil mixture, leaving one-half inch of headspace. Remove any traces of oil from the rim of the jar.

Cap, seal, and process for 20 minutes in a boiling water bath canner. Let the flavors marry for 10-14 days before using.

Verdolagas Omelet

2 cups purslane, cut in 1-inch pieces
1 onion, chopped
2 cup greens (Swiss chard, quelites, nasturtiums, mustards, etc), cut in ribbons
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, greens and herbs. Sauté for 5 minutes. Add beaten eggs and make an omelet. Season to taste.

Verdolagas Salad

A very refreshing summer salad!

1 bunch verdolagas
Tomatoes, approx. 1 cup chopped
Cucumber, approx. 1 cup chopped
1 onion, chopped
Juice of a lemon, or 1-2 tablespoons vinegar
3 tablespoons of extra virgin olive oil
Salt and pepper to taste

Rinse the verdolagas well in several changes of water.

Remove woody stems if any.

Chop or tear the verdolagas in bite-size pieces.

Toss all the ingredients together in a salad bowl and serve.

Lemon Cucumber Sandwiches with Garden Herbs

The best way to eat a lemon cucumber is in a manner that allows its flavor to shine. Spread white or wheat bread with an herb butter or yogurt cheese and cover with thinly sliced cucumber. Tuck herb leaves among them, but not too many, because you don't want to overpower the fresh, sweet flavor of the cucumber.

Melon Cucumber Salsa

www.theorganickitchentucson.com

1 cup melon (diced small)
1 small cucumber, peeled, seeded, and diced small
grated zest and juice of 1 lime
1 tablespoon minced basil
1 tablespoon chopped mint leaves
1 jalapeno, seeded and finely diced
1 small knob of ginger, peeled and grated
salt, to taste

Mix all the ingredients.

