



# *Tucson Community Supported Agriculture*

Newsletter 453 ~ September 1, 2014 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2014

### Harvest list is online

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**Many more recipes on our website**

#### LAMB SHARES ARE READY FOR PICKUP!

If you ordered one, it will be ready at the front desk.

#### BULK ROMA TOMATOES

The second tomato season is back at Crooked Sky Farms.

We are taking orders for Roma tomatoes in bulk. We have them in the shares this week so you can see what you'll get.

Roma tomatoes are great for sauces, salsas, purées, canning, drying, freezing, etc.

Orders are pre-paid: \$25 for 15 pounds.

#### CSA ACCOUNT TIP

**What happens if your have multiple shares and your CSA account is low on funds.**

It's helpful to remember this general rule: As of midnight Friday, you must have a sufficient balance in your CSA account to cover the full cost of your pickup the following week. However, if you have a produce share plus other items (such as bread, cheese or sprouts), and your account balance is sufficient to cover only your produce share, we'll go ahead and order all of your items. When you pick up, you'll need to pay some additional amount if you want to pick up your other items. If, however, your account balance is too low to pay for even your produce share, then your account will be cancelled (you don't lose your balance), and you won't be able to pick up the following week.

## GOODBYE CYRIL!



Tucson has lost one of its most beloved musicians. Cyril Barret, singer, songwriter, friend, human rights activist passed away Sunday night, after a short illness. Many of you know Cyril, who for many years has regularly graced the CSA pickup hours with his beautiful ballads. Cyril always brought along with him his smile and kindness. And he loved the bread from Barrio Bread. Cyril, you will be missed!

## IRON JOHN'S ARTISAN BEERS



During the month of September, a representative of Iron John's Brewing Company will attend all of the CSA pickups from 4:00 to 6:00 P.M. Stop by and ask what's new at the brewery.

If you'd like to pick up Iron John's beer with your CSA share, be sure you understand the ordering process. There's just one extra step—you need to go online ([www.ironjohnsbrewing.com](http://www.ironjohnsbrewing.com)) by noon of your pickup day to order and pay for the beer. That's it! You can then pick up your beer when you pick up your produce! There is a charge of \$2 per order (NOT per bottle) for the

CSA delivery. You choose CSA delivery under "Delivery Preference" as part of the online checkout process. (We're sorry about the extra step, but the CSA isn't licensed to sell beer, so we have to do it this way.)

The cost is from \$9 to \$13 for a 750 ml bottle. We know, that's not exactly a Budweiser price, but this is not exactly Budweiser taste and quality! In fact, our CSA's founder is Belgian, and we know that he keeps a few bottles at the back of his fridge for times when he wants a beer that's as good as the stuff back home. We can't think of a better testimonial. Maybe Iron John's should adopt a slogan like "Preferred by Belgians"?

Due to our sometimes difficult liquor laws, the Iron John's representative at the CSA won't be able to offer tastings. Darn! But they have tastings at their brewery, 245 S. Plumer Ave., every Saturday from 12 noon to 6 p.m. and they have a special tasting at Plaza Liquor, 2642 N. Campbell Ave., this Thursday, September 4, from 5 to 7 p.m.

Iron John's brews in small batches, and their offerings change frequently. The current crop is, well, mouth-watering—Fire and Flavor Green Chile Ale, Code Talker American Strong Ale, Saxony Summer Kottbusser (we don't know what that means, look it up!), Drigo Red IPA and Copper Sky Biere de Garde (OK, look that one up too). There are descriptions of each of these brews on their website, along with a calendar showing planned future brews.

### **Coo-Coo from Barbados**

Amy Schwemm Tucson CSA, adapted from Elisabeth Lambert Ortiz's The Complete Book of Caribbean Cooking

Basically polenta with as much sliced okra as you like. Good pan-fried the next day.

6 or more small, young okra  
3 cups water  
1 cup yellow cornmeal  
3 tablespoons butter (optional)  
Salt to taste

Wash and dry okra, cut off the stems, and slice into 1/2-inch slices. Bring water to a boil, add salt and okra, and cook for 5 minutes. Whisk in cornmeal in a slow stream. Cook, stirring to prevent sticking, until thick and smooth, about 5 minutes. Serve hot with butter.

### **Quick Okra and Bell Peppers Stew**

Philippe, Tucson CSA

1 onion, chopped  
1 clove of garlic, minced  
1/2 lb okra (or 1 CSA basket) sliced in segments, or whole with just the head chopped off  
2 sweet peppers, seeded and diced  
2-3 tablespoons olive oil  
1 pint tomato sauce, or 2-3 tomatoes, quartered  
1/2 table spoon thyme, oregano, or any herb mix  
1 teaspoon cumin  
Salt and pepper to taste

Heat oil in a skillet on medium-high heat. Sauté onions and bell peppers until tender, about 5 minutes. Add garlic and okra, sauté for another 2-3 minutes. Add tomatoes, herbs and cumin. Reduce heat to medium. Stir gently. Simmer until okra is tender but not overcooked, about 5 minutes. Serve with rice.

### **Braised Dijon Cucumbers**

Sara Jones, Tucson CSA

If you have had too many cucumbers this season and they just don't seem appealing any more, try this recipe. The CSA recipe archive has more cooked cucumber recipes, too.

2 cucumbers, peeled and seeded  
1 small sweet onion, minced  
2 teaspoons white wine vinegar  
1 teaspoon Dijon mustard  
1 small pat butter  
1 drizzle olive oil  
1 teaspoon dried tarragon or dill (optional)  
Salt and pepper, to taste

Cut cucumber into 1-inch pieces. Heat olive oil in a skillet over medium high heat and add cucumbers and onion. Cook, tossing or stirring frequently, for about 4 minutes, until cucumbers are slightly browned. Stir together mustard and vinegar and pour over cucumbers. Add butter and herbs, if using. Toss well to coat, turn

heat to low and cover. Cook about 10 more minutes. The juice from the cucumbers should help them steam, but if needed, add a bit of water to keep them from burning or sticking. When tender, sprinkle with salt and pepper. Serve hot.

### **Vegetable Moussaka-new**

Joy Vargo- Tucson CSA

3 1/2 pounds eggplant, unpeeled, cut into 1/2-inch-thick rounds  
1/2 cup (about) olive oil  
1 large onion, thinly sliced  
1 cup finely chopped peeled carrots  
1 cup finely chopped bell peppers  
4 garlic cloves, minced  
1 pound yellow potatoes, unpeeled, diced small  
1 teaspoon dried oregano  
1/2 teaspoon ground cinnamon  
1 28-ounce can crushed tomatoes with added puree  
1/4 cup chopped fresh Italian parsley  
1 cup grated/crumbled cheese (feta, chevre or parmesan)  
6 tablespoons (3/4 stick) butter  
7 tablespoons all purpose flour  
3 1/2 cups whole milk  
4 large egg yolks

Preheat oven to 425°. Cover two baking sheets with paper towels. Sprinkle both sides of eggplant rounds with salt. Arrange eggplant in single layer atop towels. Let stand 30 minutes. Remove eggplant and paper towels from baking sheets and pat dry. Brush baking sheets and both sides of eggplant slices with 1/4 cup oil. Arrange in single layer on baking sheets. Bake 10 minutes then flip eggplant and rotate pans in oven. Continue baking until tender, about 15 minutes longer. Cool. Reduce oven temperature to 350°. Meanwhile, heat 1/4 cup oil in heavy large skillet over medium-high heat. Add potatoes, onion, carrots and bell peppers. Sauté until potatoes & carrots are very tender, about 12 minutes. Mix in garlic, oregano and cinnamon. Add tomatoes and parsley. Cook until mixture is thick, about 10 minutes. Season with salt and pepper. Lightly oil 13x9x2-inch glass baking dish. Arrange half of eggplant rounds in single layer in dish. Spoon half of tomato mixture evenly over eggplant. Sprinkle with 2 tablespoons cheese. Repeat layering with remaining eggplant, tomato mixture and 2 tablespoons cheese. To make a béchamel sauce for the top--Melt butter in heavy medium saucepan over medium heat. Whisk in flour. Stir 2 minutes. Gradually whisk in milk. Simmer until sauce thickens, stirring constantly, about 5 minutes. Whisk in 1/2 cup cheese. Season with salt and pepper. Whisk yolks in large bowl to blend. Gradually whisk in hot sauce. Pour sauce over vegetables in dish. Sprinkle 1/4 cup cheese over sauce. (Can be made 1 day ahead. Cover; chill.) Bake moussaka until heated through and sauce is golden brown on top, about 45 minutes. Cool for about 15 minutes before serving.