



# *Tucson Community Supported Agriculture*

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## Summer 2014

### Harvest list is online

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**Many more recipes on our website**

#### LAMB SHARES ARE READY FOR PICKUP!

They came in last week and most of you have already picked yours up. We still have a few to be claimed.

#### 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 you have money left over in your CSA account when it expires?

Nothing, really.

If you have less than \$20 in your account on a at midnight on a Friday, your subscription expires. Most members' subscriptions end with a \$0 balance, but some end with a balance of \$1 to \$19.

That amount won't go anywhere. It will simply stay there unless you tell us what to do with it, *i.e.* you can just leave it there and use it when you subscribe again, or you can ask for a cash refund at the front desk on your last pickup.

If you know ahead of time that your subscription will end with an odd balance, you can also come to the front desk and make a small additional payment so that your subscription will expire with a \$0 balance.

## FLOODS, AND WHAT IT MEANS TO BE PART OF A CSA

Your decision to be part of a CSA, individually motivated by a variety of factors, is a big step in supporting your local food system. As you may already know, by joining a CSA you are entering into a partnership with a farmer. Our focus is to support farmers, thus encouraging local food production. This partnership involves shared risk and rewards that often requires members to shift their personal approach to food. For example, the range of produce you get from a CSA tends to be more varied than, but not always as picture-perfect as, that from a supermarket. There is repetition while certain crops are the peak of their production, and there is a total absence of any produce that is not in season. On occasion, the farm will also experience hard times that will have an impact on your weekly produce shares: small organic farms can't weather their ups and downs as well as large conventional ones.

Did I say weather? Yes, as in searing heat that can wither crops. As in strong winds than can break corn stalks and Armenian cucumbers. And as in torrential downpours and floods than can wipe away entire fields. In this case, it is the latter, and it has caused significant crop losses at the Phoenix fields. Crooked Sky Farms' rain gauge overflowed past its five measurable inches. Most of the farm is under one to four feet of water. The fall crops, planted just a couple weeks ago, are gone. Flooded out and swept away. If it doesn't rain for a while, the fields will dry enough to be replanted in two or three weeks.



While the setback is significant, it is not catastrophic. Most of the summer crops we are currently enjoying come from Farmer Frank's fields in Duncan, and they were spared. This is one of the ways we benefit from Farmer Frank's diversification. But because the fall crops in the Phoenix field have to be replanted, their harvest will be delayed, and we may experience some shortages when they would have otherwise been ready to harvest. Maybe not so much shortages in produce quantity as in produce variety.

Farmer Frank hopes that the frost will come late this year so that the summer crops can produce longer to help compensate for the delay in the fall crops.

This is where the benefit of a CSA comes into play. Thanks to the investment of its members in pre-paid produce shares, a CSA farm can get through bad times better than a farm that relies solely on farmer's market sales. Crops can be replanted while farm workers can still be paid. And later this year, when you will find that bunch of Swiss chard and that packet of spinach in your share, you'll know that it is the Swiss chard and the spinach that came after the floods. You'll know that you got it because you shared the risk of farming with your farmer. Thanks for being CSA members!

We've been receiving e-mails asking how things were at the farm. Farmer Frank thanks you for your concern and appreciates your support.

## **Shishito Poppers-new**

Sara Jones, Tucson CSA

1 share shishito peppers, cleaned

1/2 cup leftover cooked rice, mashed or smashed potatoes (not sure where to find smashed potatoes?--try standing outside a potato bar at 2:00 a.m.. or you could just Google it)

1/4 cup grated or crumbled cheese

Salt and pepper to taste

Pre-heat oven to 400°. Mix rice or potatoes together with cheese and season with salt and pepper. Slit peppers lengthwise and spread open gently. Fill peppers with stuffing and place on a baking sheet. Bake for about 10 minutes, until heated through, then switch to broiler and cook until filling is browning on top, about 4 minutes.

## **Chile and Cheese Soup**

2 tablespoons butter

2 onions, diced

4 cloves fresh garlic, chopped

15 freshly roasted green chilies

5 ripe tomatoes, diced

6 medium white potatoes, peeled and cut into 1 inch cubes

16 cups water

1 pound Longhorn Colby or Cheddar cheese, shredded

Salt to taste

In a large soup pot, melt butter and sauté onions and garlic over medium heat. When onions are soft, add green chilies and tomatoes. Simmer 10 minutes, stirring every minute or so. Add potatoes and water. Cook over medium heat until potatoes are done, 10 to 20 minutes. Add cheese. On very low heat, simmer about 30 minutes. Add salt to taste. For best results, allow to cool overnight and serve the next day.

## **Quick Tortilla Soup**

Sara, Tucson CSA

This recipe is easy and quick, just remember to remove the skins and seeds and veins from the green chiles before using.

6 cups broth

3-5 roasted chiles, diced

3-4 tomatoes, chopped

1 onion, chopped

3 cloves garlic, minced

2 teaspoons ground cumin

1 teaspoon dried oregano

1 tablespoon oil

Salt and pepper to taste

Garnish with tortilla chips and any combination of cheese, avocado, lime wedges and cilantro.

In a large pot, heat one tablespoon of oil and sauté all ingredients (except broth and garnish). Cook for about 5 minutes. Cover with broth, bring to a boil and cook for an additional 15 minutes. Serve in individual bowls and let each person add their own garnish.

## **Thai Melon/Cucumber Salad**

Sara Jones, Tucson CSA

This salad takes its inspiration from the classic Thai Green Papaya salad. It is usually a really spicy dish; use less chile if you want it milder. Use any melon, or combination of melon and cucumber.

About 3 cups melon (and/or cucumber), peeled, seeded,

julienned or cut into thin strips

1 tablespoon dried chile flakes

3-4 cloves garlic

1 tablespoon fish sauce (or soy sauce)

2-3 limes

1 handful mint, finely chopped

1/2 cup roasted peanuts, chopped

Crush chile flakes and garlic together into a paste. Mix paste with fish sauce and the juice from two limes. Pour mixture over melon and stir well to combine. Sprinkle with mint, peanuts and thinly sliced limes to serve.

## **Stuffed Patty Pan Squash**

Lorraine Glazar, Tucson CSA

1/2 cup diced onion

1-2 medium diced tomato

Basil, thyme, dill or other fresh herb

Olive oil

Garlic

Eggs (1 per squash)

Salt and Pepper

Parmesan Cheese (optional)

Pre-heat the oven to 375°. Cut off the top, and hollow out the squash, leaving a shell. Lightly salt the inside of the shell and place the squash on a baking sheet, along with the tops. Bake for 15 minutes. Chop up the onion, tomato, and the insides of the squash. Add fresh herbs to taste. Sauté in olive oil until cooked down and reduced in volume. Add garlic towards the end, and season with salt and pepper. Oil or butter some small ramekins. Place a layer of the onion/tomato mixture on the bottom and put a single squash on top of that. Break an egg into each squash cavity, salt and pepper the top, and put in the oven until the egg is done to your liking. Sprinkle with Parmesan if using and serve the top to one side.