



# *Tucson Community Supported Agriculture*

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## Summer 2015

Harvest list is online

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**Many more recipes  
on our website**

### **News From The Freezer**

#### **Ground beef**

We have grass-fed ground beef again. And this time, we've also got grass-fed stew meat.

#### **Pork**

We're low on pork chops, chorizo and Italian links. These are cuts we don't carry all the time. It may be a couple of months before we get them again after we sell out what we have.

Guzman's natural bacon has finally come down in price, from \$13 to \$11.20 per pound.

Next week we'll have some of Josh's pastured pork shares for sale.

#### **Guzman Honey**

Starting this week, we are carrying Guzman's wildflower honey. Glass honey jars of raw, unfiltered honey from their bee hives in Cochise county.



## **Quelites: one person's weed is another person's meal.**

Quelites (pronounce kay-LEE-tays) come after the start of the monsoon season and are pretty much the only greens we get during summertime. Quelites is a Spanish/Mexican word for wild greens. Also known as Mexican wild greens, they are consumed in large quantities in Mexico but also in many other parts of the world, where they are grown as crops as well as harvested wild.

Quelites generally refers to either amaranth greens (pigweed or *Amaranthus*), or to lamb's quarters (goosefoot or *Chenopodium*), although in Mexico many other wild greens are collectively known as quelites. The ones we get most frequently in our shares are lamb's quarters. Both can be used the same way: they are delicious and easy to use. Farmer Frank said we're getting amaranth greens this week, but we may get lamb's quarters as well.

Some cultures consider them as weeds and others love to eat them. One person's weed is another person's meal, right? In fact, you might even have some growing in your own yard. In our climate, it really makes sense to treasure those monsoon greens. Rather than go to the store and buy greens grown far away, enjoy these local ones. They're very easy to use and their spinach-like flavor is easy to like, hence their other appellation of wild spinach.

Use quelites as you would use any cooking greens. Quelites have a flavor reminiscent of spinach, so you can prepare them as you would spinach, simply steamed for example, or lightly sautéed with olive oil, onions and garlic. They are also great in bean casseroles or wilted in tacos. When they are young, quelites can be eaten raw in salads.

Quelites are a very good source of vitamins including beta-carotene, vitamin B6, vitamin C, riboflavin and folate, and dietary minerals including calcium, iron, magnesium, phosphorus, potassium, zinc, copper, and manganese. However their moderately high content of oxalic acid inhibits the absorption of calcium and zinc, and also means that they should be avoided or eaten in moderation by people with kidney disorders, gout, or rheumatoid arthritis.



Left: amaranth greens.



Right: lamb's quarters.

## Basic Steamed Quelites

Spread one bunch of roughly chopped quelites on a steamer rack over boiling water. Cover and cook until almost tender, 3 to 6 minutes. Transfer leaves to serving dish and serve hot or at room temperature, with a cruet of full-flavored olive oil, a dish of coarse sea salt and lemon wedges.

## Wilted Quelites

Quelites make such flavorful greens that a favorite approach is to cook them quickly, although their robust flavor and texture stand up to long cooking as well. You can proceed along two lines.

1. Sizzle a few slivers of garlic in olive oil, follow with a healthy pinch of salt, and then add the greens. Cover for a minute to let the greens wilt down, then keep tossing until the leaves and stems are tender and no longer taste raw.

2. A second, pan-Asian treatment is to use peanut or corn oil, into which you toss finely sliced or shredded ginger, either alone or with a few slivers of garlic and/or a dry red chili or two. Then add the salt and greens, proceeding as before.

## Salted Cucumbers

Philippe, Tucson CSA

With an apple peeler, peel successive lengthwise strips of the cucumber skin, leaving skin in between the peeled section, i.e. alternating white and green.

Slice the cucumbers. Place them in a dish and sprinkle some salt on them. Let them rest in the refrigerator for an hour or so.

Drain the liquid from the cucumbers. Sprinkle with some vinegar. Serve with some onion pickles (below).



## Quick Pickled Onions

Philippe, Tucson CSA

Red onions are great for this because they make a nice display in the jar and on our plate.

1 pint mason jar (with lid)  
1 or 2 onions (or enough onions to pack the jar)  
Vinegar  
Salt  
Spices of your choice

Peel and slice the onions in rings or half rings. Pack them in the mason jar. Cover onions with a boiling solution of 1/2 cup vinegar and 1/2 cup of water. Add salt and any other spices and herbs you like. I usually add a couple cloves, a few chiltepin chiles and some dried herbs.

Let cool. Cover. You can eat it right away. Keep in refrigerator for up to a month.



## Meat-Stuffed Squash

Philippe, Tucson CSA

1 pound ground pork  
2 cups bread crumbs  
1 egg  
2 large or 4 medium summer squash  
Salt and pepper  
Herbs (optional)

Mix the ground pork with bread crumbs, egg, salt and pepper. You can add some herbs to the filling if you wish (thyme, dill, parsley, oregano, etc)  
Scoop out seed cavities of the squash. Fill with the meat filling.  
Bake in a 400° oven for 40 minutes.