



# *Tucson Community Supported Agriculture*

*Newsletter 500 ~ August 10, 2015 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

## Summer 2015

### **Harvest list is online**

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#### **Many more recipes on our website**

#### **NO BREAD NEXT WEEK!**

Don will be away in Taiwan to give a workshop on his Community Supported Baker business model, so we won't have any bread next week on August 18 and 19.

#### **JOSH'S PORK SHARES**

We have about 10 of them (it was a small pig), but we still have to price them, so we won't have them ready until next week.

A share includes ground pork, 2 packs of pork chops, a roast (shoulder roast, ham roast, or spate ribs) and an extra cut (pork belly or sirloin chops). No leaf lard (fat) this time: we will render it separately and sell it later in individual pots.

They will sell first come, first served next week although you can reserve one at the front desk if you wish.

#### **BAGS, BAGS, BAGS!**

The world is full of used grocery bags and probably so are your kitchen drawers or cupboards. In the spirit of conservation, bring your spare bags to the CSA. We need them.

Please bring standard size paper or plastic clean grocery bags only.

## **The Big 500**

I can't believe this is the 500<sup>th</sup> newsletter. That's 1000 pages of recipes, CSA and farm news, and produce information. The first newsletter was printed almost 10 years ago, on September 6, 2005, a year and a half after the Tucson CSA started, and this is how it started:

"Welcome to the new TCSA newsletter. It will replace the Ladybug Blog in bringing you the latest from the TCSA and Crooked Sky Farms. The newsletter is also available online at [www.tucsoncsa.org](http://www.tucsoncsa.org)."

The newsletter began because we wanted to give CSA members easy recipes for using all the strange and unfamiliar produce they were getting in their shares. All the recipes that have appeared in the newsletter over the years are in our online recipe database.

You can still view that first newsletter on our website. Aaah, memories, memories...

A big thank you to all who have contributed to the newsletters over the years, either by contributing recipes or by writing articles for it!

## **Farm News**

Apologies about the absence of quelites in the produce shares last week. After we made them the main feature of last week's newsletter, we ended up not getting any. But because we didn't find out about it until after the newsletter had already been published and printed, it was too late to change it. Frank said we will get quelites some other time.

As I was chatting with Farmer Frank a few days ago, he proudly talked about the orchards he planted in Duncan several years ago. This year was the first year they produced enough fruit to include regularly in the CSA shares and next year they will yield even more. This past spring we've had pecans and so far this summer we've had amazing peaches. Still to come are plums, apples, apricots and pears.

## **Shishito Peppers**



These little Japanese peppers were a big hit last summer when Farmer Frank grew them for the first time. They are the kind you get as an appetizer in upscale restaurants. They're small and incredibly flavorful. We find that the best way to prepare them is to throw them whole in a frying pan with a little olive oil. Toss them until they start blistering and charring, and add some sea salt. Grab them by the stem and pop them in

your mouth, pulling off the stem as you would for a strawberry. The flavor explosion is sublime! They are mild to medium hot, although it is said that every 20<sup>th</sup> peppers is hot. And it's true!

## Chile Rellenos

from Amy's grandmother and great-grandmother

12 long green chiles, roasted and peeled (leave stems attached)  
4 eggs, separated  
1/2 lb ground beef, cooked and seasoned with garlic, onion, and salt (for veggie version try substituting seasoned or cheesy mashed potatoes)  
3 tablespoons flour, plus 1/4 cup for dredging  
dash of salt  
cooking oil (e.g., canola)

Make one slit down each chile and remove as many of the seeds as you easily can. It's better not to rinse them out. Leave the stem attached for a handle. Lightly coat the outsides of the chiles with flour and stuff with meat. With an electric mixer, beat egg whites until you get soft peaks. Fold in beaten egg yolks into egg whites. Add 3 tablespoons flour and salt, mixing thoroughly but gently. Heat about 2 inches of oil in a small heavy pan. Dip stuffed chiles in egg batter and transfer to hot oil with a generous amount of batter. Spoon extra batter on uncovered portions of chile. If there are parts of chile without batter, it will splatter more when it is flipped.

Cook on both sides until golden brown and batter is cooked. Drain on paper towels and eat immediately. Serve with plenty of cool/room temperature salsa (recipe below), especially if the chiles are really spicy. Eat with rice and beans or lentils.

15 oz. canned or fresh tomato, chopped  
2 generous pinches crushed dried oregano, Mexican or Greek  
1 or 2 small cloves garlic, crushed  
salt and pepper to taste  
2 to 3 tablespoons oil

Mix all ingredients. Pass the salsa with the chiles, spooning over them only just before eating.

## How to roast and preserve garlic

Philippe, Tucson CSA

I often prepare garlic this way so that I have roasted garlic ready to use.

Pre-heat the oven to 400°.

Take one or more heads of garlic. Cut the top off to expose the cloves. Sprinkle the heads with some olive oil. Wrap the heads in aluminum foil and roast them in the oven for 40 minutes.

Let garlic heads cool then squeeze the cloves out of their paper husks.

Place cloves in a small jar and cover with olive oil. Keep refrigerated for up to a month.



## Cucumber Onion Salad with Basil Vinegar

Claire Wudowsky, Tucson CSA

1 Armenian cucumber or 3 or 4 other types of cucumbers (I generally use a full cucumber share)  
3 or 4 of the larger Sweetie Onions, thinly sliced  
1 cup basil vinegar (recipe below)  
1/2 cup water  
3/4 cup sugar  
1 tablespoon dried dill

Wash the cucumbers. If your cucumbers have bitter skins, they should be peeled (note: the cucumber salad will look prettier if you leave the skin on). Slice the cucumbers in half lengthwise and scoop out the seeds; then slice the cucumbers thinly

Toss together the cucumbers and onions in a bowl. Combine the vinegar, water, and sugar in a saucepan over medium-high heat. Bring to a boil, and immediately pour over the cucumber and onions. Stir in dill, cover, and refrigerate. You can eat this after an hour, but I think it tastes better if it marinates overnight.

Variations:

Add one sliced bell pepper to the cucumber/onion mixture  
Add one sliced roasted bell pepper to the cucumber/onion mixture.

## Sesame Shishito Peppers

Sara Jones, Tucson CSA

These are great simply sautéed in olive oil until slightly charred all over. Here they are just a touch more dressed up. This should only take about 5-6 minutes, just enough time to get the peppers blistered and taking on a nice roasted flavor. Eat these as an appetizer as is. Or you can serve them together with tuna, sardines or anchovies on toast, crackers or rice.

1 basket whole shishito peppers, cleaned and dried  
2 teaspoons oil  
1/2 teaspoon toasted sesame oil  
1 teaspoon grated or finely chopped fresh ginger  
1 teaspoon soy sauce  
1 tablespoon sesame seeds

Heat 2 teaspoons oil in a skillet over medium high to high heat. Add peppers and toss gently to coat in oil. Let sit for a couple minutes until starting to blister on bottoms. Meanwhile, mix together sesame oil, ginger and soy sauce. Stir and shake peppers, let sit over heat an additional couple minutes, then add liquid and toss to coat. Remove from heat and serve as is, or pinch off stems and serve over rice or toast.