



Tucson Community Supported Agriculture

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Summer 2015

Harvest list is online

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**Many more recipes
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CSA Account Tip: rounding up your account balance

At the end of 6- or 12-week subscription you may end up with a little extra money on your CSA account that may not be quite enough to squeeze one last share out of your subscription.

Whatever the reason for that is, just know that you can even out your balance before letting your subscription expire: just come to the front and desk and either pay the few dollars it would take to get one more pickup out of your subscription, or ask for a cash refund so that your account doesn't get closed with a few dollars left in it.

Call for bags!

We're really low on paper and plastic bags. Please donate your used paper and plastic (clean standard size grocery store bags please) bags to us.

It's always best to bring your own bag for your produce share, but you can also help by keeping us supplied with used bags to help members who forget to bring their own.

We also provide environmentally-friendly bags (available at the check-in table), at our cost of 10 cents donation per bag.



CSA 101

In this back-to-school season, we thought it would be a good time to go over just what a CSA is and the unique opportunities and challenges this program offers. CSA stands for Community Supported Agriculture and, as you already know, you pay a certain amount every six or twelve weeks and in turn you come by every week and pick up your allotment of fresh organic produce from Crooked Sky Farms. But what you may not realize is that you are also an owner. As fellow CSA member, Megan Kimble, puts it in her new book, *Unprocessed*:



As a member of the Tucson CSA, I technically own a very small, very temporary fraction of this farm. My farm share — \$120 every six weeks — helps (Farmer) Frank invest in operation costs up front; the investment of a thousand members across eight different CSA programs helps diminish the risks inherent in growing food. Collectively, we pay the salaries for his twenty-three employees; we pay for fuel for his carts, tractors, and delivery trucks; for water, rent, and taxes. Collectively, we receive dividends in the form of eggplant and arugula; we reap our investment in the assurance of a weekly delivery of organic, heirloom fruits and vegetables that cost us, on average, 40 percent less than if we bought that same food in the supermarket.

Of course there are also challenges - one of the biggest being a change in mindset from the 'perfection-on-demand' expectations we've inherited from supermarkets that sell fruit and vegetables bred for longevity and uniformity of appearance rather than flavor. Produce grown organically from heirloom and open-pollinated seeds comes in all shapes and sizes. Just remember that even if that bell pepper isn't perfectly lobed, it's still going to taste amazing! And rather than squeeze - and in the process of doing so, bruise - all the pears in search of that flawless one, just pick one that has personality.

Adapting Recipes: the Romesco Sauce

Another challenge of the CSA is making the most of what you have and to think outside the recipe. For example, the romesco is a tangy sauce originally from Spain that is normally made from jarred roasted red peppers and almonds. But you can use any roasted pepper or chiles as well as a surprising variety of nuts (including walnuts or local pecans!). It may not be a classic romesco, but it will still be delicious and offer a tangy smoky flavor that smacks of Tucson.

2 large roasted chiles or peppers (like this week's roasted green chiles)
1 garlic clove
1/2 cup chopped pecans, almonds or walnuts (you can even use a mix of different nuts)
2 tablespoons tomato paste
Splash of sherry vinegar
1.5 teaspoons smoked paprika
Pinch of chili flakes
1/2 cup plus 2 tablespoons olive oil
Salt and pepper
1-2 teaspoons Dijon mustard
Juice of half a lemon

Blitz the first 7 ingredients in a food processor - then add 1/2 cup olive oil in a thin stream with the processor on. Add to a mixing bowl with salt and pepper, mustard, lemon juice and another 2 tablespoons of olive oil. Use it as you would pesto.

Smoky Summer Ranch Beans

Heidi DeCosmo, Tucson CSA

Let the crockpot do all the work. For vegetarian beans, omit the bacon and add some chipotle powder or smoked paprika for the smoky flavor.

1 pound dried pinto beans
4 strips bacon, cooked and chopped
1 onion, chopped
2 garlic cloves, minced
1 tablespoon chili powder
Sea salt to taste

Place the beans on the baking sheet to sort and remove small stones, lumps of dirt, and defective beans. Rinse the beans several times. Place beans in crockpot and cover with 8 cups of water. Soak overnight **without** heat. In the morning drain beans and add the bacon, onion, and garlic and enough water to cover completely. Set the crockpot on low for beans that will cook all day while you are at work. For quicker beans set the crockpot on HIGH for about 3-4 hours. The beans should always be covered with water, so if needed, add more hot water to cover, especially if you want more bean broth. Check the beans periodically, as they may need as much as 2 more hours to become tender. When the beans are tender, season them with salt to taste and chili powder. Then let the beans sit and absorb the flavors for awhile.

Roasted Chili & Cumin Cornbread

Ms. Dallas Scott, Tucson CSA

Nothing goes better with a pot of beans than a pan of cornbread. This is a great gluten free cornbread recipe for anyone who is interested in learning more gluten free baking. If you eat wheat, you can substitute regular flour for the coconut flour and omit the xanthan gum.

In a large bowl whisk together:

6 eggs
1/2 cup melted butter, ghee (a nice nutty flavor), earth balance or oil
1/3 cup agave syrup or honey
3, or about 1/2 cup roasted chiles, skinned (the black parts and skin should slip right off), seeded and diced
1 teaspoon toasted cumin seed (place in a sauté pan, shake the pan back and forth keeping the seeds moving until their aroma begins to come out)

In another bowl whisk together:

1/3 cup cornflour & polenta -mixed 50/50
1/4 cup coconut flour
3/4 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon xanthan gum

Butter a square 8x8" pan. Whisk dry mixture into the wet mixture until there are no lumps remaining. Bake at 400° for 15-20 mins or until a light golden color. Let cool 5 minutes before cutting and serving.

Simple Melon Salsa

Philippe Waterinckx, Tucson CSA

1/2 melon, peeled and seeded and cut in small cubes
2 cloves garlic, minced
1/2 red onion, chopped
1/2 cup cilantro, chopped
1/2 Jalapeno or Serrano pepper, finely chopped or 1/2
tablespoon chile flakes
Juice of 1 lemon or 2 or 3 limes
Salt

Gently mix all ingredients. Refrigerate for 1 hour before serving.

Creamy Corn and Shishito Pasta-new

Sara Jones, Tucson CSA

You can decide how creamy you want this pasta sauce by using more or less cream or substituting yogurt. A sprinkling of grated parmesan or other hard cheese would be delicious, too.

About 1 tablespoon of butter melted together with a drizzle of oil

1 small or 1/2 large onion, diced
2 ears of corn, husks and silk removed
1/2 basket shishito peppers, stems removed, roughly chopped
Pinch of dried thyme
3 cloves garlic, minced
1/2-3/4 cup heavy cream, crème fraiche or plain yogurt
Salt and freshly ground pepper, to taste

To remove the kernels from the cob, lay ears lengthwise on a cutting board. Using a serrated knife, cut the kernels off by pulling along the length of the ear. Rotate and repeat until all the kernels are removed. Over a medium bowl, scrape the remaining meat and milky juice from each cob and set aside. Heat butter and oil in a heavy skillet over medium high heat. Add onions and stir to coat. Cook, stirring occasionally until onions begin to brown. Add corn, peppers, thyme and garlic and cook for an additional 5-6 minutes. Turn heat to low and stir in cream and reserved corn milk. Cook, stirring often, until cream is reduced slightly. Season to taste with salt and lots of freshly ground pepper and serve over cooked pasta or polenta.

