



Tucson Community Supported Agriculture

Newsletter 543 ~ June 20, 2016 ~ Online at www.TucsonCSA.org

Summer 2016

Harvest list is online

Summer Squash and Pea
Tacos with Tomato-Avocado
Relish
Minty Squash Pasta Salad
Moroccan Slaw
Panzanella

Many more recipes and ideas
on our website and on our
page on Facebook

Reminder: No Barrio Bread Next Week

There will be no Barrio Bread
next week, June 28 & 29.

Manage Your Account

Things you can do via your
online CSA account include
changing your subscriptions,
changing your pickup day,
placing your subscription on
hold, and recharging your
account. For help on each of
these operations, click on the
pulldown menu items under
Help: Manage Account on our
homepage.

Important: Subscription
changes can be made
only after your pickup day
and before midnight Friday.

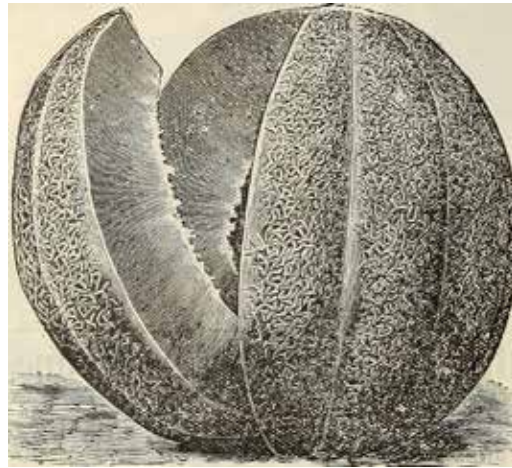
Why the midnight Friday
deadline? Every Saturday
morning we start planning the
share orders for the week to
come, so by midnight Friday
we like to have an exact count
of the number of shares to be
ordered. Once we send the
share orders to the farms or
other suppliers, we can't
change them.



Happy Summer Solstice

Coping with Cantaloupe

No doubt about it - it's hot out there! We are in the thick of a long, hot Tucson summer and finding ways to cool down: at the movie theater, in the pool, standing in front of an open refrigerator. And Tuesday's Crooked Sky harvest includes a way to both hydrate AND cool you down: summer melons. They're not only luscious tasting and beautifully hued, but they are over 90% water - and just one serving includes 100% RDA of beta-carotene and vitamin C.



Of course you can cut it open, slice and chill in the fridge for ready made snacks and desserts. But another lovely way to ingest this fruit is through a time-honored cool-down strategy from Mexico: **agua fresca**. To make it, take a cup of chopped melon (you can even add some chopped Lemon Cucumber), a cup of water, juice of half a lime and a teaspoon of sweetener (try agave nectar if you're wary of a blood sugar spike) and blend until smooth. Give it a taste and add a little more lime juice or sweetener. Then say "Ahhhh!"

Soothing Slaw

This week, Wednesday subscribers will get many ingredients for a refreshing slaw that's not weighed down by mayo or cream. Napa cabbage has a lighter texture than regular cabbage and even higher water content so you can offset all the water this heat is taking from you! Make a simple, light slaw by very thinly slicing it (about 3 cups worth), shredding some carrots and then just pouring on a lime vinaigrette and letting it chill for at least an hour. For the vinaigrette, try equal parts lime juice and olive oil, chopped green onions, a handful of chopped cilantro, a pinch of salt and sugar, a dash of black pepper and even a tiny bit of cayenne for a kick.

You can also go in a completely different direction with a simple version of kimchi! This will be spicy, but remember that eating spicy foods in the summer can actually cool you down - the capsaicin from the hot pepper sauce stimulates your heat receptors, making you sweat. As sweat evaporates from your skin, it takes some of the "heat" energy with it, making you feel refreshed.

Mix 3 cups of Napa cabbage, a spoonful of Srirachi, 3 tablespoons of rice vinegar, 4 minced garlic cloves and 1/2 teaspoon of salt and chill overnight in the fridge.



Summer Squash and Pea Tacos with Tomato-Avocado Relish

Kusuma Rao, Tucson CSA

3 summer squash
1 jalapeno
1 onion
1 cup frozen sweet peas
1-2 tomatoes
3 tablespoons sunflower seeds
Arugula or greens of your choice or finely minced cilantro
Olive oil
Salt and pepper
Lemon/lime
Handful of dates or dried cranberries (optional)
10-12 flour/corn tortillas

Cut the summer squash into bite-sized pieces. Finely dice onions and jalapenos. Fry the onions with a good pinch of salt in 1 tablespoon of olive oil. When onions are browned (about 4-5 minutes) add minced jalapeno. Cook 1 minute and then add summer squash (fry on medium high heat for 3 minutes or to desired doneness). Assemble relish: finely mince a small onion, add 2 finely minced avocados, salt and pepper to taste and finish with a drizzle of 1 teaspoon of olive oil and diced dates/cranberries (optional). Assemble the tacos: spoon about 1/3 cup of the vegetable mixture onto the taco, sprinkle with 1 teaspoon of sunflower seeds per taco and then top with 1-2 tablespoons of relish. Top with a small handful of greens or sprinkle with cilantro.

Minty Squash Pasta Salad

Sara Jones, Tucson CSA

This is great hot or cold. Mint is great, but you can use any fresh herbs you have.

1 box penne or bowtie pasta
About 1 tablespoon olive oil
About 2 medium summer squash, cut into half moons
2 cloves garlic, minced
1 handful mint, chopped finely
1 handful parsley, chopped finely
Zest of two limes
Juice from one lime
2 teaspoons walnut or hazelnut oil (optional)
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook, stirring occasionally until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture, herbs, lime zest and juice. Drizzle with nut oil and salt to taste.

Moroccan Slaw

Sara Jones, Tucson CSA

Consider using any combination of mixed grated root vegetables—preferably beets, carrots and turnips or kohlrabi.

Mix:

1 cup beets, peeled and grated
1 cup carrots, scrubbed and grated
1 orange or grapefruit, peeled and cut crosswise in thin slices

Dress with:

1 pinch ground cumin
1 pinch ground coriander
1/4 cup plain yogurt
Drizzle white wine vinegar
Cashews, chopped
Fresh cilantro, chopped
Salt and pepper

You can replace the yogurt with oil and apple cider vinegar. Refrigerate before serving.

Panzanella

Sara Jones, Tucson CSA

You can use a variety of different summer vegetables in this dish. You could also use melon in place of the cucumber.

4-5 tomatoes, cut into wedges
1 medium cucumber, cut into half moons
3-4 f'itoi onions, chopped
2 to 3 cloves garlic, minced
3 slices stale bread, cut into cubes
1 teaspoon paprika
1 teaspoon ground oregano
1 teaspoon thyme
2 tablespoon olive oil
1 tablespoon vinegar or lemon juice
Salt and pepper to taste

Mix vegetables together, drizzle with the vinegar, one tablespoon of the oil and a pinch of salt and pepper. Heat the remaining one tablespoon of oil in a large skillet over medium high heat. Add bread cubes to skillet and stir to coat with oil. Sprinkle bread with herbs and spices, and cook, stirring occasionally until crispy and beginning to brown. Add hot bread directly to vegetables and toss to combine. Serve at room temperature.