



Tucson Community Supported Agriculture

Newsletter 550 ~ August 8, 2016 ~ Online at www.TucsonCSA.org

Summer 2016

Harvest list is online

Quick Okra Pickles
Potato and Okra Fish Stew
Spanish Garlic Soup-new
Simple Greens Pasta Sauce

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

How to change your pickup day or subscriptions

The two questions we get the most from members are (1) how do I change my pickup day? and (2) how do I change my subscriptions?

To make these changes, log on to your online CSA account (by going to our homepage and clicking on "Manage Account"). Once logged on, look at the green Summary Box to the right and click on:

1. **Change Location** to change your pickup day. Pickup day changes can be made on Thursday and Friday.

2. **Change Subscription** to add or remove shares (produce, bread) or add or remove share options (cheese, sprouts). Subscription changes can be made from the day after your pickup day until midnight Friday.

For more info, go to our Home Page and click on the Help: Manage Account tab

Grilled Okra



Okra is a crop that does well no matter how hot it gets and Crooked Sky Farms' okra is among the best okra there is.

We love to prepare it in many different ways. And when the weather is so hot that turning on the stove is to be avoided at all cost, grilled okra becomes very desirable. On a barbecue, it only takes a few minutes to do, so you don't even have to spend much time outside.

And if you are put off by okra's slippery qualities, grilling it is your solution.

Heat a grill to medium heat. Skewer the okra pods onto skewers. We recommend double-skewering them, as in the picture, to make the pods stay in place when you flip them over.

In a small bowl, whisk together some olive oil, lime or lemon juice, salt and pepper. Brush the mixture on both sides of the okra kebabs.

When the grill is hot, place the okra kebabs on it. Grill until lightly browned/blackened, about 2 minutes. Turn over and grill for another 2 minutes. Remove and serve immediately with some lemon or lime wedges.

Smoking hot jalapeños!



Last week we got yellow hots (güeros) from Crooked Sky Farms. This week we are getting jalapeños from Sleeping Frog Farms. When we get hot chiles in our shares, we usually get more than we can consume in one week. I usually keep a few to be used in dishes over the next few weeks (they keep 3-4 weeks in the refrigerator). I slice the rest in halves or quarters and put them in a small Ziplok® freezer bag. They store well in the freezer for a few

months and I can take them out as needed.

Of course you can use all of your jalapeños at once and make jalapeño poppers. You can also wrap the jalapeños in bacon, secure the bacon strips with toothpicks, and grill them.

And now for some hot trivia:

- the name jalapeño means "from Xalapa," or Jalapa, a town in the state of Veracruz, Mexico, where jalapeños are traditionally cultivated.
- chipotles are smoked jalapeños.
- Jalapeños account for thirty percent of Mexico's chile production

Quick Okra Pickles

Lorraine Glazar, Tucson CSA

One share okra (about 10-15 pods, on the smaller side)
¾ cup vinegar, cider, rice or balsamic
½ teaspoon salt, more to taste
½ teaspoon red pepper flakes OR 1 teaspoon whole pickling spices
Good pinch of whole peppercorns
One nice clean jar that holds 8-10 ounces
Whole herbs if you have them, such as basil or dill (optional)
A few slices of peeled, vertically sliced onion (optional)

Clean the okra while leaving the pod intact. Pack into a clean jar, then add red pepper flakes, peppercorns, onions, and any whole herbs you have at hand. Boil the vinegar in a small saucepan and dissolve salt into the solution. Take off the heat and let cool for three to five minutes. Pour over the okra in the jar, seal with lid, and then store in the refrigerator.

Potato and Okra Fish Stew

Philippe, Tucson CSA

2 fish fillets (white fish is best)
1 large onion, chopped
2 cloves garlic, minced
2 large potatoes, diced
2 large tomatoes, diced
2 bell peppers, diced
1 basket okra (remove stem end and then chop in ½” segments)
1 glass white wine
1 bay leaf
½ tablespoon thyme, chopped
½ cup parsley, chopped
2 tablespoons oil
Salt and pepper to taste

In a large skillet, heat oil to medium heat. Add onions and sauté until translucent. Add garlic and sauté for another two minutes. Deglaze with white wine. Add remaining ingredients. Stir well. Cover, reduce heat and simmer for 45 minutes or until potatoes are soft. Carefully insert fish fillets in sauce and simmer for another 10 minutes.

Spanish Garlic Soup-new

Sara Jones, Tucson CSA

This classic Spanish soup is a perfect way to use up older bread, or you can make it southwestern-style and use corn tortillas for a different take on tortilla soup. The key is to very slowly cook the garlic, without letting it brown, infusing the oil as it becomes sweeter.

2 tablespoons olive oil
5-7 cloves garlic, thinly sliced
1 hot pepper, sliced, if desired
2 teaspoons smoked paprika
1 teaspoon ground oregano
1 cup finely chopped greens
1 quart broth
Salt to taste
3 slices bread, cut in half
4 eggs

In a medium soup pot heat one tablespoon oil and garlic over low heat for about 8-10 minutes. Stir occasionally and don't let the garlic brown. Add paprika, oregano, chopped greens and hot pepper, if using. Cook until greens are beginning to wilt. Add stock or broth and bring to a low simmer. Cook for 15 to 20 minutes. Meanwhile, in a large oiled skillet, toast bread or tortillas until lightly browned. Remove from oil and tear or slice into bite size pieces. Season soup with salt and add bread or tortillas to soup. Fry eggs in oil until barely set and add to each bowl of soup just before serving.

Simple Greens Pasta Sauce

Kumi Rao, Tucson CSA

2 tablespoons of butter or olive oil
2 shallots or 1 medium-sized onion (diced very fine)
4 cloves garlic (minced)
1 cup of puréed greens (turnip/rutabaga/daikon tops; any of these work great)
½ to 1 teaspoon (to taste) crushed red chili flakes
1/4 cup of heavy cream/milk/coconut milk/unflavored almond milk
Salt to taste

On a medium-low flame, add chili flakes to two tablespoons of butter/olive oil for one to two minutes. Add shallots or onion, a heavy pinch of salt and sauté until the onions start to turn a lovely brown (about four to five minutes). Add minced garlic and sauté for one minute. Add pureed greens and cook until most of the moisture has been evaporated (about five minutes). Thin mixture out with the milk of your choice and simmer for another five minutes. Season with salt to taste. Add to cooked pasta and serve hot.