



Tucson Community Supported Agriculture

Newsletter 553 ~ August 29, 2016 ~ Online at www.TucsonCSA.org

Summer 2016

Harvest list is online

Simple Melon Salsa
Okra Chilaquiles
Balsamic Pear Pizza
Jalapeño Poppers
Coconut Curried Squash
Soup

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

Bread Share Waitlist

We have once again reached the point where there is more demand for bread shares than there are bread shares.

If you now add a bread share to your subscription, you are automatically added to the waitlist. When a bread share becomes available, the next person on the waitlist gets it.

The downside is that if you have a bread share and let your subscription expire and want to have it reopened after some time, you are put back on the waitlist.

The good news is that the waitlist is not very long.



Guide to this week's Peppers

Pepper season has started in earnest, and the biggest stars this week are indeed in the pepper family. Peppers, native to the New World, have a reputation for their heat and spiciness - they're what give many dishes around the world from Mexico to India to Thailand that special "kick" that either have you heading for the hills or digging in for more.

But they're more than the life of the salsa party: peppers are healthy - they are rich in beta-carotene (vitamin A precursor), vitamin C, potassium and folic acid. Capsaicin is the chemical in the hotter peppers and chiles that brings on the heat - and not only can it make you sweat (which actually cools you down on a hot summer Tucson afternoon) but it can boost metabolism and suppress appetite - ideal if you're looking to lose a few pounds.

Different peppers range widely in their 'heat' factor - specifically, the Scoville heat index, which ranges from 0 to 2,000,000. Their heat also varies moderately among the peppers on the same plant. Since there are many types of peppers showing up in both harvests this week, here's a rundown in "Scoville" order - from mildest to slap-yourself hot.

Bell peppers

Bell peppers are about as mild as peppers get - not only are they at the bottom of the Scoville index, but roasting further mellows them and makes them sweeter. Chop them up and add them to eggs, on top of tacos or quesadillas, stir into pasta sauces, or purée with cream cheese for a tasty dip. **Scoville rating: 0-500**

Anaheims

Getting warmer! But not by too much. Anaheim peppers have a long, narrow body with the sturdy walls that made them famous in chile rellenos. But thankfully they won't scorch your tongue too much. These peppers are great for stuffing - not only with rice and cheese, but you can experiment with quinoa and goat cheese and some chopped leafy herbs. You can also make a hearty green chile sauce or even let them ripen to red, dry them and grind to make your own chili powder. **Scoville rating: 1,000 to 5,000.**

Jalapeños

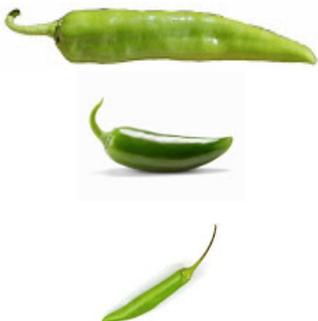
Perhaps the most versatile and well-know among chiles, there are many ways to use them, but try them with cream cheese and garlic stuffing as in the jalapeño poppers recipe on the back page. And it's even better when wrapped in bacon with a toothpick, but then, what isn't better wrapped in bacon? **Scoville rating: 3,000 to 10,000.**

Serranos

They look much like jalapeños' skinny little brothers. But don't let them fool you - they kick harder! Though small, they make up for their size not only in spiciness but also meatiness and are great roasted. They are classically used for salsas and sauces. If you have a cold, they will kick it to the curb in a coconut curry soup like Tom Kha Gai. You can make your own hot sauce and we recommend using the following recipe not only because it's simple, but it includes helpful tips for keeping your experience pain free:

<https://putneyfarm.com/2012/10/15/homemade-hot-sauce/>

Scoville rating: 10,000 to 25,000! And keep in mind that the smaller the pepper, the hotter.



Simple Melon Salsa

Philippe Waterinckx. Tucson CSA

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

Gently mix all ingredients. Refrigerate for 1 hour before serving. Serve alongside grilled chicken or fish, or use as a dip for chips.

Okra Chilaquiles

Sara Jones, Tucson CSA

This is a great dish for breakfast. Served with refried beans and fried eggs, it is hearty enough for a dinner, though. I like the tortillas mostly crunchy, but if you want more traditional chilaquiles you can smother everything in red or green enchilada sauce and heat through.

(Note: always process okra dry! You may wash it but make sure to dry it before chopping it, or it will get icky).

1 bag okra, chopped and stems removed
1/2 green chile, diced
1/2 bell pepper, chopped
1/2 yellow onion, chopped
6 corn tortillas, sliced into inch long pieces
2 tablespoon oil
Salt and pepper to taste
Salsa, heated, to serve

Unless you have a very large skillet, you may want to do this recipe in two batches to make sure that all the tortillas get crisp.

Heat oil over medium high heat in a cast iron skillet. Add onions and sauté for a few minutes until beginning to brown, add tortillas and stir to coat with oil. Cook for about 4 minutes to allow tortillas to begin to crisp before adding the vegetables. Stir in the remaining vegetables and reduce heat to medium. Cook for a while longer, stirring occasionally, until tortillas are mostly crunchy and vegetables begin to brown. Add salt and pepper to taste. Serve with salsa spooned over each serving.

Balsamic Pear Pizza

Sara Jones, Tucson CSA

Using your own or store-bought pizza dough, the principle is to assemble an easy pizza using your pears. Start by cooking 1/2 large, sliced onion in a skillet over medium high heat. Once onion begins to turn golden, add one or two sliced pears. Cook for about two minutes, remove from heat and drizzle with balsamic vinegar. Top pizza with desired cheeses. Add pears and onions and bake according to recipe or package directions.

Jalapeño Poppers

6 jalapeños
1/2 cup grated sharp Cheddar cheese
1 tablespoon cream cheese
1/4 teaspoon garlic powder
1 large egg
1/3 cup unflavored dry breadcrumbs
1 pinch salt

Note: cheddar and cream cheese can be substituted by goat cheese

Preheat oven to 325°. Lightly oil a baking sheet and set aside. Remove seeds from jalapeños. If too difficult, cut them in half lengthwise and remove seeds and membranes. Place on oiled baking sheet. Mix together the Cheddar and cream cheese and stuff the jalapeños with the mixture. In a bowl, beat the egg until frothy. In another bowl, stir together breadcrumbs and salt. Roll each jalapeño in egg, then in breadcrumbs. Place on a baking sheet. Bake until tender and browned, for about 30 minutes. Serve warm, with sour cream for dipping.

Coconut Curried Squash Soup

Sara Jones, Tucson CSA

Indian curry seasonings go especially well with winter squash. Use any curry mix you like for this recipe, or for a sweeter flavor use a garam masala, which uses spices like cinnamon and clove. I usually use a pre-mixed curry powder and then adjust it to my taste by adding more of the spices that I like best. I like to use pink lentils in this recipe because the color goes best with the squash, but use whatever you have on hand.

1 medium size butternut squash, peeled and chopped into large chunks
1 bunch greens, chopped finely
1 bunch leeks, chopped
3/4 cup dry pink lentils
2 tablespoons oil
Garlic to taste
About 1 tablespoon grated fresh ginger
Curry spices; adjusted to your taste
1 can coconut milk
Salt and pepper to taste

In a large stock pan, heat oil and sauté onion, garlic and ginger for about 5 minutes, stirring frequently. Stir in chunks of squash with curry spices and lentils then cook for a few more minutes. Add about 1 1/2 quarts of water, bring to a boil and add greens. Cook over a medium low heat until lentils and squash are soft, about 35 minutes. Add coconut milk and salt and pepper and cook for 5 more minutes. At this point you can either puree the soup and make it creamy and smooth, or leave it chunky.