



Tucson Community Supported Agriculture

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Summer 2017

Harvest lists are online

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Many more recipes on our website

Placing Your Subscription On Hold

1. Go to the Tucson CSA homepage and click on Manage Account to access your account.
2. Click on the "Delivery Hold" tab.
3. Enter a date range for the desired Hold. You will not be scheduled for pickups during the range specified including the From and To dates.
4. Click the Save button!

Delivery Holds are there for a reason but we kindly ask that you do not overuse them: to support your CSA farm effectively is to have as few interruptions in your subscription as possible. Ideally you would only use Holds when you are out of town. When in town, try to place as few Holds as possible by prioritizing your CSA produce before other food sources.

While on Hold, you will have no pickups scheduled, including on the start and end dates you specified. You will however continue to receive our weekly e-mails.

Lifecycles

Being CSA members means that we get to experience the full harvest-cycle of vegetables. For example, we start seeing the first beets when they're small, tender and have pristine greens. Then, over the next few weeks and sometimes months, we see them grow and grow until they become rugged monsters with beat-up greens. Similar cycles happen to carrots and cucumbers. Another aspect of the lifecycle of CSA crops is their sheer abundance when their production reaches its peak.

This seasonal growth cycle of vegetables is not an experience we generally get from grocery stores, and we're lucky to get it at the CSA, as it connects us to a more natural and sustainable way of growing food. However, we must learn to adapt to this seasonality by managing, not only the abundance of certain crops at certain times of the year, but also by using differently them at different stages of their growth cycle. Garlic is one example how crops change: we first get them when they're young and green, then we get them when they bloom (garlic scapes), and finally we get them when they are dried and cured the way we find them in grocery stores. All three forms require different methods of preparation.



Several of this week's share items illustrate these cycles. Tuesday members had shishito peppers for several weeks, while they were green and tender. Alas, shishito peppers do not stay green and tender forever. They ripen and turn red, and when they do they get tough and leathery and are not so palatable anymore. So, when they are done being green they are harvested and dried, which turns them into something entirely different: obviously you can't use dry shishitos the same way you use fresh ones. You must adapt to this new shishito manifestation by crumbling them or ground them and use them as seasoning. They still have a good flavor. It is a way for the farm to make the most use of a crop and minimize food waste.

Another example are amaranth greens. They become abundant once the monsoon season comes and we'll often get them on both pickup days while the rains last. They are not, however, a very familiar vegetable, one we feel we can use without putting too much thought into how to use it. Yet we must learn to embrace its abundance and integrate it into our cooking routines. Just like any green, really.

The lifecycle of the tomato is interesting too. Crooked Sky Farms brings them to us in May, June and part of July. But by mid-July they disappear. It's the big tomato void and we can't stand it. It happens because the high summer heat kills the pollen of the tomato flowers, preventing successful pollination and stopping any new fruit from setting. But once the monsoon begins and temperatures cool down, pollination resumes, plants set fruit and a brand new crop of tomatoes follows several weeks later, lasting from mid-September to the first frost. Sleeping Frog Farms, however, benefits from cooler temperatures at their location in Cascabel in the San Pedro River valley, which may help their tomatoes last through the summer. Let's keep our fingers crossed!

Tomatillo Soup

Sara, Tucson CSA

3-4 medium potatoes, chopped
3 tomatillos, peeled and cleaned, chopped
5-10 dried shishito peppers, stems removed
3 cloves garlic
1 teaspoon cumin
2 quarts broth or water
Salt and pepper to taste
2 tablespoons cream or sour cream, if desired

Toast chiles in a dry skillet over medium high heat until they begin to puff and/or brown slightly. Remove, let cool then roughly chop. In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Serve with a dollop of sour cream if desired.

Greens Dip-new

Sara Jones, Tucson CSA

Spinach dip, or in this case braising greens or amaranth greens dip, is an easy to make dish that is highly adaptable. Feel free to add ingredients like olives, roasted red peppers, canned artichoke hearts or hearts of palm for more flavor and texture, but this is delicious as is. I prefer full fat Greek yogurt or the even thicker labneh as well as a good spoonful of mayonnaise, but if you are trying to eat lighter you can use non-fat yogurt.

1 bunch amaranth (woody stems removed if any), or one share braising mix, cleaned
3 cloves garlic, minced
½ sweet onion, finely diced
1 heaping tablespoon mayonnaise
1 ½ cups plain yogurt
1 tablespoon lemon juice
1 teaspoon dry dill, za'atar or other spice mix
Salt and pepper to taste

Bring a large pot of water to a boil and add a handful of greens, cook for about 1 minute then remove from water and dunk into a bowl of cold ice water. Repeat with remaining greens. Drain greens then squeeze to remove most of the moisture. Finely chop greens, or pulse in a food processor. Stir all ingredients together adding salt and pepper to taste. Let sit for at least 30 minutes to allow flavors to meld.

Purslane Omelet

Sara, Tucson CSA

2 cups purslane, cut in 1-inch pieces
1 onion, chopped
1/2 teaspoon Mexican oregano or thyme, chopped
6 eggs, beaten
olive oil or butter
salt and pepper to taste

Heat oil in large skillet. Add onions, purslane, greens and herbs. Saute for 5 minutes. Add beaten eggs and make an omelet. Season to taste.

Lentil Soup with Italian Sausage

Lisa Janz, Tucson CSA

This recipe offers a good way to use wilted greens that have been sitting in the fridge a bit too long. I used kale and arugula, but any green can be substituted.

2 cups dried red lentils
5 cups broth (chicken, beef, or whatever else you have around)
3 cloves of garlic peeled and crushed
1/2 large onion, diced
2 teaspoon sage leaves
2 sprigs of rosemary
2 tablespoon extra virgin olive oil
1 teaspoon salt

Combine the above ingredients in a soup pot and bring to a boil over medium-high heat. Turn heat down and simmer with lid slightly ajar until lentils are soft and begin to combine form a thick liquid. This takes about 1 hour. If needed, add more water during cooking process. Pick out the rosemary and sage leaves before adding sausage mix. Prepare the sausages while waiting for the lentils to cook.

1 tablespoon extra virgin olive oil
3 Italian sausages cut into ½ to 1 inch lengths
1 cup broth (as above)
3-4 carrots, chopped
1 bunch of greens, cleaned and chopped
1/8 tsp whole nutmeg, freshly grated
Salt and pepper

Heat olive oil in a pan over medium high heat. Add sausage and stir and cook until sausage is browned all over and juices are beginning to show. Add broth, carrots and greens. Cook over medium heat for about 10 minutes, until carrots are tender and sausage is cooked through. Turn contents into soup pot and add nutmeg. Cook for a few minutes and then taste. Season with salt and a generous amount of freshly grated black pepper.

Thai Melon Salad

Sara Jones, Tucson CSA

This salad takes its inspiration from the classic Thai Green Papaya salad. It is usually a really spicy dish; use less chile if you want it milder.

1 melon (and/or cucumber), peeled, seeded, julienned or cut into thin strips
1 tablespoon dried chile flakes
3-4 cloves garlic
1 tablespoon fish sauce (or soy sauce)
2-3 limes
1 handful mint, finely chopped
1/2 cup roasted peanuts, chopped

Crush chile flakes and garlic together into a paste. Mix paste with fish sauce and the juice from two limes. Pour mixture over melon and stir well to combine. Sprinkle with mint, peanuts and thinly sliced limes to serve.