



Tucson Community Supported Agriculture

Newsletter 596 ~ July 24, 2017 ~ Online at www.TucsonCSA.org

Summer 2017

Harvest lists are online

The Back Page

Watermelon Dill Pickles-new
Smoky Summer Ranch Beans
Braising Greens And Rice
Pilaf
Melon or/and Cucumber
Cooler
Coconut Basil Pesto
Figs and Fresh Cheese

Many more recipes on our website

Changing A Subscription

To make changes to your subscription, go to our homepage and click on the [Manage Account](#) to access your CSA account. Changes can be made from the Summary window.

Notes:

- Pickup day changes can only be made on Thursdays and Fridays.
- Subscription changes can be made from the day after your pickup until midnight Friday
- You must keep at least one produce share or one bread share.
- You will receive an automatic e-mail confirming your change. Do verify that your change is what you intended. If you don't receive a confirmation e-mail it means that your subscription change was not completed and is therefore not effective. Try again.
- Adding a share does not require additional payment: your CSA account will simply run out of funds sooner. Likewise, if you remove a share, you won't be reimbursed, but your credit will last longer.

Yard Long Beans, aka Asparagus Beans



Vigna unguiculata subsp. *sesquipedalis* is a legume cultivated to be eaten as green pods. Despite the common name, the pods are actually only about half a yard long; the subspecies name *sesquipedalis* (one-and-a-half-foot-long) is a rather accurate approximation of the pods' length.

This plant is of a different genus from the common bean. It is a vigorous climbing annual vine. The plant is subtropical/tropical and most widely grown in the warmer parts of South Asia, Southeast Asia, and southern China. A variety of the cowpea, it is grown primarily for its strikingly long (35- to 75-cm) immature pods and has uses very similar to that of the green bean. The many varieties of yard long beans are usually distinguished by the different colors of their mature seeds. The plant attracts many pollinators, specifically various types of yellowjackets and ants.

The pods, which can begin to form just 60 days after sowing, hang in groups of two or more. They are best for vegetable use if picked before they reach full maturity; however, overlooked pods can be used like dry beans in soups.

Glendale Gold Onions

There is something very special about the onions we've been getting recently from Crooked Sky Farms: they are the farm's very own onion variety. It is an heirloom variety of sweet onions native to the Phoenix Basin. The seeds of those onions used to be distributed by a well-known seed company until they were discontinued in 2008. It is quite a significant event in the world of heirloom seeds when a seed company discontinues a seed it holds the rights to, because whenever that happens, the discontinued variety may become extinct.

When Farmer Frank from Crooked Sky Farms heard of this, he approached the seed company and purchased the rights to trademark and distribute that onion's seeds and he renamed it the Glendale Gold Little Sweetie Onion. He has been growing those onions on his farm ever since. They are the yellow onions you have been receiving in your shares over the past month or so.

Unfortunately, heirloom varieties are becoming increasingly rare as seed distributors move to newer hybrids. Large seed companies prefer hybrids because growers can't reliably reproduce the plants by collecting the seeds. Instead, they must purchase all their seeds from the seed company every year. But protecting heirlooms from extinction preserves the genetic diversity of our crops. Scientists point out that genetic diversity may be especially important as climate change occurs – some varieties may show greater ability to adapt to new weather and climate conditions and thus diminish the risk of widespread crop failures. Thanks to grass-roots seed-saving organizations, non-profit seed-saving organizations such as Native Seeds/SEARCH, heirloom seed companies, and individuals such as Farmer Frank, the genetic material of some heirloom varieties is being preserved.

Watermelon Dill Pickles-new

Sara Jones, Tucson CSA

Sounds kinda weird right? If you love pickles you have to give this a try! If you are familiar with brine fermenting vegetables you could adapt a cucumber pickle recipe for your watermelon. I take a shortcut here and use leftover brine from my store bought naturally fermented dill and garlic pickles. Use the red flesh as well the rind and serve cold.

About 1 quart watermelon, skin removed but not rind, cut into large chunks
Enough brine to cover fruit
2-4 cloves smashed garlic
1 teaspoon dill seed or lots of fresh chopped dill
1 teaspoon mustard seeds

Mix ingredients together in a large jar. Refrigerate for at least 2 hours before serving. Best within one week.

Coconut Basil Pesto

www.theorganickitchentucson.com

2 cup organic basil leaves (chopped)
1/4-1/3 organic olive oil (to taste)
1/4 cup dried organic coconut
5 walnut halves
2 cloves garlic
1/4-1/2 teaspoon salt
You can also add mint or cilantro

Place all the ingredients in a blender and pulse until it is a desired consistency (you can puree entirely or leave it a little chunky).

Smoky Summer Ranch Beans

(Heidi DeCosmo, TCSA)

Let the crockpot do all the work. For vegetarian beans, omit the bacon and add some chipotle powder for the smokey 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 bean several times. Place beans in crockpot and cover with 8 cups of water. Soak overnight **without** heat. Drain, then cover with fresh water. Heat the crockpot on HIGH for 2-1/2 hours. The beans should always be covered with water, so if needed, add more water to cover, especially if you want more bean broth.

Check the beans periodically, as they may need as much as 2 more hour 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.

Braising Greens And Rice Pilaf

Philippe, Tucson CSA

1 bunch of braising greens (or any greens), sliced in ribbons
1 medium onion, sliced in rings
2 cloves of garlic, crushed
2 tablespoons oil
1 two-ounce can anchovies (optional)
1 stalk lemon grass (optional), cut in 1 inch segments
1/4 cup grated Parmesan cheese
1 cup rice
salt and pepper to taste

Sauté the rice in 1 tablespoon of oil until it begins to puff. Add 2 cups of water, a pinch of salt and a dash of black pepper. Cover and simmer for 15-20 minutes, or until water has evaporated.

Sauté the onion rings, garlic, lemon grass and anchovies in the other tablespoon of oil for 5 minutes or until onions are tender. Add greens and stir gently for another 5-10 minutes until greens are soft but still vivid green. Salt and pepper to taste.

Serve on a bed of rice and sprinkle with grated parmesan.

Melon or/and Cucumber Cooler

Sara Jones, Tucson CSA

Perfect as is, or use as a base for cocktails or frozen into popsicles.

1 melon or cucumber (or half of each), peeled, seeded and cut into large chunks
1/2 cup sugar or honey (optional)
1/4 cup lime juice
Juice from one knob grated ginger
1 bottle sparkling mineral water

Purée all ingredients, except mineral water, in a blender or food processor. Put in a large pitcher with ice cubes and add mineral water. Stir gently and serve.

Fresh Figs and Cheese

Figs are often paired with cheese, whether tossed over a salad, or sliced onto pizza or toast. You could also stuff fig halves with a little scoop of goat cheese and top with toasted pecans or walnuts. Figs can be grilled to bring out their sweetness, and balsamic vinegar and thyme are classic flavor pairings. Served savory or sweet, make sure to eat your figs quickly, they are too delicate to last long.