



Tucson Community Supported Agriculture

Newsletter 599 ~ August 14, 2017 ~ Online at www.TucsonCSA.org

Summer 2017

Harvest lists are online

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**Many more recipes
on our website**

Re-Use Those Berry Baskets

Many of you bring them back and we very are grateful that you do!

If you're new to the CSA, remember that those little plastic green or black baskets some of your produce comes in can be used over and over again by the farms. So remember to bring them back if possible (rather than throw them away)



Beef shares

We are in our 3rd week of taking orders for Josh's grass-fed beef shares. To order a beef share, make a \$20 deposit at the front desk (you'll pay the balance when you pick it up later this month). A beef share weighs 8 to 10 pounds and costs \$7.50 per pound. Every share is slightly different, but typically includes two packs of ground beef, two steaks, one roast and one miscellaneous cut (stew meat, soup bones, short ribs, BBQ ribs, etc.) All frozen. You can select a share of our choice when you pick it up.

They should be ready by late August. The next round of beef shares will in the November.

Gala Apples



Both Tuesday and Wednesday members are getting apples from Sleeping Frog Farms this week.

Gala apples are vertically striped or mottled, and overall orange red in colour. They are sweet, fine textured, and aromatic, can be added to salads or cooked, and are especially suitable for creating sauces.

Gala apples were developed in New Zealand in the 1930s from a cross between a Golden Delicious and a Kidd's Orange Red. They started being grown in the U.S. in the late 70s. They grow well in both warm and cold climates and as result can be found growing in apple growing regions across the globe. Gala apples ranked at

number 2 in 2006 on the U.S. Apple Association's list of most popular apples, after Red Delicious and before Golden Delicious, Granny Smith, and Fuji (in order).

Sweet Corn And The Practice of Not Rummaging

If you are getting sweet corn in your produce shares, we kindly ask that you not pry it open in order to pick out the best ears. While it is common practice at the grocery store, it is not the thing to do at the CSA. A CSA is different in that it is not unlike getting produce from your garden: you eat what nature gives you, whether it is perfect or not.

Yes, not all corn will be perfect but most of it will be perfectly fine. And yes, you may find little corn caterpillars at the top of the ears, because the corn you get is organically-grown and those little critters are very hard to eliminate when pesticides are not used. If the thought of finding one of those little guys in your corn is disturbing, we recommend that you take a sharp knife and cut off the top inch of your ears of corn before removing the husks: that's where they usually reside.

The same principle applies to most CSA produce and most of you are familiar with this practice: try not to rummage through the bins and try not to squeeze things in order to pick out that perfect peach or that flawless eggplant. Besides, rummaging and squeezing often results in bruised produce and shorter shelf life. Obviously, if you find a spoiled item, give it to a volunteer behind the table and pick another one. We like to think of not perfect looking produce as produce with character. And it will taste just as good.

Spanish Tortilla with Summer Greens



Members of both pickup days have been getting greens every week this summer, whether amaranth greens on Tuesdays, or kale, collards or braising mix on Wednesdays. If you're looking for something easy and tasty to do with your greens, try the Spanish Tortilla with Greens featured on the back page. It can be eaten warm, cold, or at room temperature. Oh, and its so good when made with Josh's eggs.

Green Chile Pork

Lisa Anderson, Tucson CSA (adapted from “Lower Valley Carnitas” recipe in The Border Cookbook)

4 teaspoons ground cumin
4 teaspoons oregano
2 teaspoons salt
1 teaspoon freshly ground black pepper
3–5 lbs. pork Boston butt (shoulder butt), cut into 2-inch cubes
Olive oil to sear pork and saute onions
4 cloves garlic, minced or crushed
1 onion, chopped in large pieces
4–6 fresh green chiles, roasted or steamed, then peeled and seeded
1–2 bay leaves
1 cup chicken broth or other liquid
Optional Serving Suggestions:
Tortillas
Fresh Chopped Cilantro
Chopped Radishes
Lime Wedges

Stir together the cumin, oregano, salt, and pepper. In a large bowl, stir the spice mixture into the meat chunks. It is fine to let the meat sit for a bit at this point while you prepare the onion, garlic, and chiles. In a large pot or Dutch oven, warm the oil over medium-high heat, add the pork and sear it quickly. This may need to be done in 2 batches. Remove meat from pan, set aside, and use pan to sauté the onions and garlic until starting to be translucent. Return the meat to the pan with a small amount (a cup or less?) of chicken broth, along with the chiles and bay leaves. Cover and cook for 2–4 hours in a 325-degree oven or on the stovetop, stirring every 30–40 minutes or so. Near the end of cooking, remove lid, if needed, to boil off any excess liquid. Shred the meat by pulling apart with 2 forks. Serve with tortillas, fresh chopped cilantro, and lime wedges.

Sweet Potato, Carrot, Apple, and Red Lentil Soup

AllRecipes.com

1/4 cup butter
2 large sweet potatoes, peeled and chopped
3 carrots, peeled and chopped
1 apple, peeled, cored and chopped
1 onion, chopped
1/2 cup red lentils
1/2 teaspoon minced fresh ginger
1/2 teaspoon ground black pepper
1 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon paprika
4 cups vegetable broth
Plain yogurt

Melt the butter in a large, heavy bottomed pot over medium-high heat. Place the chopped sweet potatoes, carrots, apple, and onion in the pot. Stir and cook the apples and vegetables until the onions are translucent, about 10 minutes. Stir the lentils, ginger, ground black pepper, salt, cumin, chili powder, paprika, and vegetable broth into the pot with the apple and vegetable mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low,

cover, and simmer until the lentils and vegetables are soft, about 30 minutes. Working in batches, pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot. Return the pureed soup to the cooking pot. Bring back to a simmer over medium-high heat, about 10 minutes. Add water as needed to thin the soup to your preferred consistency. Serve with yogurt for garnish.

Baba Ganoush

Sara Jones, Tucson CSA

This dish, which is reminiscent of hummus, is popular even with those who generally dislike eggplant. Roasting the garlic with the eggplant makes it milder and smoother so don't be afraid to use the full quantity.

3 medium or 1 large eggplant
1/2 head garlic
1 tablespoon tahini
2 tablespoons olive oil
Lemon juice, to taste
Salt to taste
Add to taste any of the following: ground cumin, paprika, red chili, mint.

If using narrow Japanese eggplant, prick in several places with a toothpick. If using round globe eggplant, cut in half, oil cut sides and lay cut side down on baking sheet. Oil garlic with skin on and place on baking sheet. Cook in a 350-degree oven for 30–45 minutes, until eggplant is meltingly tender. Once cooled, scrape flesh from skin using a spoon. Cut off tops of garlic and squeeze out roasted flesh. Put garlic and eggplant in blender or food processor along with other ingredients and blend until smooth. Serve with raw vegetable slices or pita bread.

Spanish Tortilla with Greens

Philippe, Tucson CSA

2 tablespoons olive oil
1 medium onion, chopped
4 medium potatoes, finely cubed
1 bunch greens, chopped
Salt and pepper
6 eggs, beaten
Optional: bell peppers or roasted green chiles, diced

In a large skillet, heat oil to medium hot and sauté all ingredients minus the greens and eggs for about 5 minutes. Cover between stirrings. After about 5 minutes, fold in the chopped greens and cook for another 5 minutes. When potato cubes are almost tender, add beaten eggs uniformly on top of the veggies. Season with salt and pepper. Reduce heat to medium low and cook, covered, for another 10 minutes, or until eggs are cooked.