



Tucson Community Supported Agriculture

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Spring `18

Harvest lists are online

The Back Page Recipes

Kumi's Grilled Eggplant Salad
Minty Squash Pasta Salad
Stewed Spring Veggies
Carrot Miso Dressing

More Recipes Online

Josh's egg supply still low

Sadly this is another week without Josh's eggs. While he had some eggs, he didn't have quite enough of them to make it worth for us to make the 200 miles round trip.

But Josh assured us that he will have plenty of eggs for us next week!

In a few weeks, Josh's eggs supply will be back to meeting customer demand as his pullets (young chickens) start laying.

Chicken backs

Lately we have started carrying chicken backs from Josh. These are the same chickens as the whole broilers but without the breasts and the thighs.

They come in 3-3.5 lb. packages which include 2 chicken backs each. They cost \$3 per pound.

Chicken backs are excellent for making chicken stock, and once cooked, they yield approximately 2 cup of shredded meat.

Return of the Artichoke by Shelby Thompson



Those who have been Tucson CSA members for at least three years might remember the glorious days when Farmer Frank sent his heirloom globe artichokes for our spring shares. Great news—they're back! Why did the artichokes disappear in the first place? A little less than three years ago, a plot of Crooked Sky Farms' land filled with mature artichoke plants and pomegranate trees was used to expand services for Sky Harbor Airport, leaving Frank without mature artichoke

plants and Tucson CSA members without our beloved artichokes.

Lucky for us, Farmer Frank put a new crop of artichoke plants in the ground last January and, due to the relatively short days in our region, they're already producing artichokes. Because artichoke plants are perennials, they'll continue to produce bigger and better artichokes year after year. If you've never prepared an artichoke before, check out the "About Artichokes" page under the recipe section on TucsonCSA.org. Once you know how to slice, peel, and pare your artichokes, you'll be ready to make Grilled Artichokes, Stuffed Artichokes, a lovely spring bruschetta, and any of the other delicious artichoke recipes on our website.

Heirloom is Always Better by Shelby Thompson

Although non-heirloom plants typically produce more in a shorter span of time, Farmer Frank is committed to growing heirloom crops at Crooked Sky Farms to preserve plant diversity and provide us with fruits and vegetables that taste exquisite. Over the next month or two, Tucson CSA members will find a plethora of heirloom summer squash, beans, tomatoes, melons, and cucumbers in their shares.

Despite how different the varieties of Farmer Frank's heirloom squash—Mexican grey, zephyr, crookneck—look, you'll find that the differences in their taste and texture are subtle. All of these heirloom summer squash varieties are versatile and can be used in place of zucchini in almost any recipe. Try slicing your squash thin and grilling it before tossing it with a squeeze of lemon juice, parmesan, and a handful of chopped almonds. Or, before your contempt for turning on the oven intensifies, roast squash with olive oil, salt, and pepper for pasta dishes, salads, or a healthy snack.

Another heirloom vegetable that you can expect to see a lot of this summer is the yard long bean. Unlike common green beans, which have a short growing season, this black-eyed pea relative grows all summer long and has a delicious concentrated bean flavor. Farmer Frank recommends preparing yard long beans simply, by cutting the long beans into one-inch pieces then sautéing them with olive oil, onion, salt and pepper to make a summery side dish.

Speaking of summery, nothing beats biting into a sweet, juicy, local tomato on a hot June day. Which is probably why Farmer Frank is growing 10,000 heirloom tomato plants at the farm right now. Despite the impressions you might get at the grocery store, tomatoes come in all shapes, sizes, and colors, and the difference between a store-bought tomato and an organic heirloom tomato grown right up the road is unbelievable. Before you use the heirloom tomatoes from your CSA share to make a batch of Nopalito Salsa, cut it in half, sprinkle it with a pinch of salt, and be rewarded for your decision to support local, organic farming.

Kumi's Grilled Eggplant Salad

Kusuma Rao, Ruchikala

This can be used as a vegetarian substitute for chicken or tuna salad. The flavor will be best with grilled eggplant, but you could cook them under the broiler too.

2 large eggplants
½ teaspoon Cayenne pepper
Salt and pepper
2-3 tablespoons of whole grain mustard
1/3-1/2 cup of plain Greek yoghurt (or thick strained yoghurt)
Finely minced raw garlic
Extra virgin olive oil
Bread/pita if desired

Slice eggplant into planks ½ inch thick and sprinkle them with salt, pepper, cayenne pepper and olive oil. Grill eggplant 2-3 minutes on each side. Dice into 1 inch pieces. Mix the garlic, mustard, and yoghurt together and season with salt and pepper to taste. Mix the eggplant with yoghurt/mustard mixture. Top with some sautéed or caramelized onions and fresh herbs

Minty Squash Pasta Salad

Sara Jones, Tucson CSA

This is great hot or cold. Try using basil instead of mint and parsley for a nice change.

1 box penne or bowtie pasta
About 2 teaspoons olive oil
About 2 medium summer squash, cut into half moons
2 cloves garlic, minced
1 handful mint, chopped finely
1 handful parsley, chopped finely
Zest of two limes
Juice from one lime
2 teaspoons walnut or hazelnut oil (optional)
Salt to taste

Cook pasta until al dente, drain, toss with oil and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook stirring occasionally until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture herbs, lime zest and juice. Drizzle with nut oil and salt to taste.

Stewed Spring Veggies

Sara Jones, Tucson CSA

3-5 baby artichokes, trimmed and quartered lengthwise
1 tablespoon olive oil
1 medium squash, chopped
2-3 new potatoes, chopped
1 sweet onion, diced
4 cloves garlic, minced
1 large can (28 ounce) chopped tomatoes
1 teaspoon thyme
1 teaspoon oregano or marjoram
Drizzle balsamic vinegar
Salt and pepper to taste

The goal here is to whittle the artichoke down to its completely edible core. Slice off the top third to half of the artichoke with a serrated knife, peel away as many layers of outer leaves as needed to reach the tender pale almost yellow center section; pare away any remaining green bits around the base, quarter them lengthwise, and then scrape out the tiny “choke” or prickly center. If they are young enough, the choke may not have to be removed. Rubbing them with lemon as you work, and/or dropping the finished pieces in lemon water will reduce browning. Prepare other veggies and combine all ingredients together in a large soup pot. Bring to a slow simmer and cook over medium low heat for about 35 minutes until all ingredients are tender. Drizzle with vinegar and add salt and pepper to taste. Serve over rice or pasta or polenta.

Carrot Miso Dressing

Sara Jones, Tucson CSA

This is great for salads, sprinkled with some sesame seeds as a garnish. The dressing could also be used as a pasta sauce, tossed over cold soba or udon noodles.

5-6 small carrots
1-2 green onions
1 inch peeled ginger, chopped
2 tablespoons miso
2 teaspoons toasted sesame oil
3 tablespoons vegetable oil
¼ cup rice wine vinegar

Clean carrots and remove tops and bottoms, chop into pieces. Put all ingredients in a food processor or blender and pulse a bit to break down carrots. Puree dressing for a couple of minutes until dressing is mostly smooth and carrot bits are very small.