



Tucson Community Supported Agriculture

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Spring `18

Harvest lists are online

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Now taking Orders for Beef Shares

We are gearing up for our next round of Josh's beef shares.

Josh's raises prime quality grass-fed, grass-finished beef. He doesn't cut any corners and his animals are well taken care of. They are raised on irrigated pasture their entire lives, making them both grass-fed and grass-finished.

A beef share comes frozen, weighs 8 to 10 pounds and costs approximately \$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.). You can select a share of our choice when you pick it up.

The beef shares should be ready for pickup in early July.

To order a beef share, make a \$20 deposit at the front desk (you will pay the balance at the time you pick it up a few weeks later).

Preserving the Share, by Mary Ann Clark

It is summer in Tucson and many of us have made plans to travel to cooler climates. You have put a hold on your CSA share or you have instructed a friend to retrieve it, so you are good to go. But, wait! You leave in three days and today you are fetching a share, yikes! What to do? Here are some ways that you can put aside your share so it won't turn to soup in your refrigerator while you are away.

Tomatoes can be frozen in chunks for later use. I remove the blossom-end and stem-end and then cut the tomato into chunks. You can freeze these chunks in either a plastic bag or container. When thawed, the flesh will be separated from the fluid, but all the flavor will be intact. I use frozen tomatoes in two ways: for sauce or for a Southwestern stir-fry. In the stir-fry, the tomatoes will fall apart but you will have all the flavor. I also use this same method to preserve chunks of tomatillo. I use defrosted tomatillo for green Chile pork stew and to make salsa verde.

I am always excited to get fresh herbs in a share. Without fail, I always dry them. They are so delicate and do not hold up well in the refrigerator. Herbs are easy to dry. Usually, I separate the leaves from the stems but if you are pressed for time, line a basket with a cotton dish towel and then place the herbs with stems on top. Try to spread them out as much as possible and cover with another clean dish towel. Leave this in a well-ventilated, cool, darkish spot. If you have AC, drying the herbs will only take days. If you have a cooler, it will take longer. When herbs are thoroughly dried, remove from stems and place in a clean jar with a lid and label. Store in a cool, dark place. You will never buy herbs in a grocery store again. Also, if you are unable to use all of the herbs that come your way from the CSA, dried herbs make perfect gifts for your herb-loving friends. There are two exceptions to the rule of drying herbs. I almost never dry parsley as I don't care for the taste of it dried. I can use heaps of parsley by either making tabouli or parsley tea. The other exception is cilantro. I usually freeze this and, yes, I will use a hunk of it to make salsa. Mostly, I use the cilantro while making broth.

Another summer favorite that you will want to preserve for future use is corn. The easiest way to preserve corn is to shuck it and remove any inedible spots. Place shucked ears into a gallon freezer bag and squeeze as much air out as possible. I have never eaten corn on the cob after freezing but it is probably awesome. Usually I remove the kernels from the cob and use in vegetable dishes or baking. I never throw those cobs without the kernels away, either. I freeze those too. Then, on a cool, dark day I will throw the accumulated cobs from the freezer into the crockpot along with onion skins and the butt ends of squash, random leaves of greens or whatever other vegetables I might want to use to make a nourishing broth. I will use this broth to cook beans or rice or as soup stock.

We get a plethora of summer squash in our share. I have preserved that in the freezer. Usually I grate it to use later in baked goods. The beauty of this method is that the fluid is very easy to separate from the fiber. But grating takes time, so if you need to speed things up, chop the summer squash into chunks and toss in a freezer bag. When defrosted this will resemble mush but you can add it to beans that are baking, soups and casseroles, though for the latter you may want to leave out the liquid. Please don't toss the liquid. Either use in a soup or for cooking a grain or consider adding to your pet's food bowl.

Green Bean Potato Salad with Tomatillo/Avocado Dressing

Mary Leuchtenberger, Tucson CSA

5 or 6 medium potatoes
1 share green beans, chopped
2 shallots, chopped
1 stalk celery, chopped
rice vinegar
2 large tomatillos
1 garlic clove
1/2 avocado
1/2 cup plain yoghurt
3 hard boiled eggs

Cut potatoes in half and boil until cooked through, but not too soft. Chop green beans and add to pot of potatoes during last few minutes of cooking. Drain and allow to cool. Chop warm potatoes and place in bowl with green beans, shallots, and celery. Sprinkle with rice vinegar and refrigerate overnight. Blend tomatillos, avocado, garlic and yoghurt in blender or food processor until smooth. Stir dressing into potato salad, while adding chopped hard boiled eggs. This tangy dressing goes well with any salad, and can be used as a dip too.

Tomatillo Bread Salad

Sara Jones, Tucson CSA

You can also add grilled squash to this dish, but it works just as well without it. You really want to grill or broil your tomatillos for this recipe to get the right flavor.

3 slices stale bread, cubed
1 teaspoon cumin
1 teaspoon cayenne
1 teaspoon ground oregano
1 basket tomatillos, husk removed, cleaned and grilled whole
1 medium onion, thinly sliced
1 cup beans, preferably black beans, rinsed
1 tablespoon olive oil
Juice from one lime
Salt and pepper to taste
Cilantro, optional

Toss bread cubes with herbs and spices and oil. Toast in a 425 degree oven for about 8 minutes, stirring occasionally to brown evenly. Roughly chop roasted tomatillos, reserving any juice that they release. Toss together tomatillos, onions, croutons and beans. Drizzle with tomatillo juice and lime juice, season with salt and pepper and serve at room temperature, garnished with cilantro.

Cocido

Sara Jones, Tucson CSA

This soup is traditionally prepared with soup bones or short ribs, but it is also good as a vegetarian dish if you prefer. It is served with whole chunks of corn on the cob, which really helps to infuse the broth with flavor.

About 1/2 pound soup bones, short ribs or chuck roast, if desired

1 handful green beans, broken in half
2 small onions, chopped into large pieces
3 carrots, chopped into large pieces
4 to 5 potatoes, chopped into large pieces
1/2 of a large squash or 1 medium squash, chopped into large pieces
2 to 3 ears of corn, husks and silk removed and broken into pieces
1 can garbanzo beans, drained
2 bay leaves
1 teaspoon oregano
1 teaspoon cumin
Red pepper flakes, to taste
Salt to taste

Lime wedges for serving

If using meat, bring 2 quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 to 1 1/2 hours. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients. If making vegetarian cocido, start with all the ingredients together in a pot, with enough water to cover. Cook about 45 minutes, adding salt about half way through cooking. Add additional salt in the end, if needed. Serve in large bowls, ensuring that everyone has at least one chunk of corn on the cob.

Grilled Summer Squash

Philippe, Tucson CSA

Grilled squash is a great side dish and is a perfect addition to salads as well.

Summer Squash
French or Italian dressing

Note: you can make your own quick dressing by whisking together 4 tablespoons oil, 1 tablespoon vinegar, 1/4 tablespoon dry herbs (e.g. thyme, Italian herbs, oregano, etc.), salt and pepper.

Cut the squash lengthwise in 1/4" strips. Coat all sides with dressing. Grill squash slices for 4-5 minutes on each side.