



Tucson Community Supported Agriculture

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Spring `18

Harvest lists are online

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More Recipes Online

Beef shares will be ready starting July 3rd.

The steer we got from Josh was a large one this time, so we have plenty of extra beef shares if anyone who hasn't ordered one wants one.

Squeezing Tomatoes

It's a very hard thing not to do, because most of us tend to do this. However, we do ask you not squeeze the tomatoes when choosing them.

When squeezing a tomato, you are actually bruising it. You are compressing and damaging its cellular structure. The bruise will of course not be visible right away, but it is there nevertheless, and where it has been bruised, that tomato will later start going mushy.

So, please, do not squeeze the tomatoes.

Pick a tomato with your eyes. Of course, if clearly is a bad tomato, give it to a volunteer behind the line and pick another.

WMG Pickup Closed on July 4th

But the main pickup at the Historic Y will be open.

Choosing What To Plant by Sara Jones

Beyond the many physical rigors of farming, there is also a great deal of mental toil when making decisions about what crops to plant and whether to scale up or down at any given time. Farmers must take into consideration several factors when buying seeds and planting. Besides the practical aspects, like market demand and growing conditions, farmers also use their sense of curiosity and intuition when deciding which new crops they may want to plant. Anyone who has ever lusted after page after page of a colorful seed catalog knows the appeal of new and heirloom varieties of produce. The urge to experiment or splurge resources on risky crops is tempting and can be fruitful or a complete bust. Taking a chance on new seeds has led local farmers to discover certain delicious and reliable crops that tolerate our unique climate. Indigo Rose Tomatoes, Hill Country Red Okra, Tromboncino Squash are all great seed varieties that have proven to be both easy to grow in our arid climate and surprisingly tasty.



Sometimes farmers grow crops which they know require more than their fair share of resources as well as a solid measure of good luck to produce. But they also know the sheer pleasure these items can bring and so they plant just enough of them for a special treat for members. On the opposite side of the coin from these experimental or risky crops are crops that require almost no maintenance and will provide an abundant crop with little effort. Items like Armenian

cucumbers (they get as big as my entire arm!) and the occasionally maligned mustard greens do remarkably well in our climate and are very forgiving crops. Balancing production of these prolific crops with the ability of the consumers to actually eat them is important though (how many arm-length cucumbers can you eat in a month?!). All these things have to be kept in mind when making decisions about planting. Members of a CSA come to appreciate this balance between the old reliable crops and the occasional treats, the week in week out quantity and quality plus the occasional pizzazz that farmers are able to conjure up.

Clay, at Sleeping Frog Farms, has been thinking especially hard about what to plant this year as a reduced labor force and grasshopper plague have taken their toll on the ability of the farm to produce. The farm's current experiment with prolonging the season of greens like mizuna and lettuce under shade cloth is going well (as those who have had the tender leaves know). Letting a majority of the land lay fallow or under a cover crop, the farm is scaling back but luckily Farmer Frank from Crooked Sky Farms is able and willing to supplement Wednesday shares with the summer produce that has been rolling out of his fields for a while now. Sleeping Frog will continue to send us a variety of greens from the farm and they are currently planting a monsoon season crop of eggplant, squash, tomatoes, okra and basil.

Ginger/Soy Glazed Carrots

James Kittredge

- 1 pound carrots, scrubbed and sliced
- 2 tablespoons butter
- 2 tablespoons fresh ginger root, minced
- 1 small onion, minced
- 2 tablespoons of honey or agave nectar
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 1 teaspoon brown mustard

Boil a pot of water and toss in carrots. Let boil for about 4 minutes, or until just tender. Melt butter in a skillet. Saute shallot and ginger for about 4 minutes then add honey, soy sauce, lemon juice and mustard. Stir together and add carrots and cook until they are heated through and the sauce is sufficiently thick (about 2-3 additional minutes).

Okonomiyaki (Japanese fritters)

Philippe, Tucson CSA

Okonomiyaki is the traditional Japanese dish typically made with a batter of flour, eggs and water or broth poured over shredded cabbage, with added vegetables and sometimes fish or meats. Onions (or for this week's share-garlic chives) are an essential flavoring. It is often compared to an omelet or a pancake and is sometimes referred to as Japanese pizza. I find it to be more like fritters or frittata. It is a very easy and versatile dish and there are infinite ways to make it. The following recipe is by no means authentic, it's just how I make it. I usually make it with whatever ingredients I have on hand. It has no seasoning other than the sauce but it is nevertheless packed with fresh flavors. However, if you want it to have an extra kick you can add black pepper, chile flakes or herbs.

The batter:

- 1 cup all-purpose flour
- 1 cup water, stock, or dashi
- 2 eggs
- Several cups finely chopped greens and shredded vegetables
- 1 tablespoon oil
- Other optional ingredients – add 2-3 cups of a combination of two or more of the following: chopped green onions, bacon, ham, thin slices of pork or beef (pre-cooked/sautéed), fish, shrimp, chopped greens, sliced mushrooms, nori flakes (dried seaweed), corn, grated carrots, green beans, grated summer squash, grated sweet potatoes, grated turnips, ... grated anything really.

Toppings:

- Mayonnaise
- Okonomiyaki sauce, barbeque sauce or Worcester sauce

In a large bowl, mix the flour, eggs and water or stock. Add the cabbage and the other ingredients. Mix gently until everything is well coated with the batter. Heat oil to medium hot in a large skillet. Pour the mixture in a large skillet and press it down with a spatula. I try to make it about 1/4 inch thick. Cover and cook for 5 minutes. Flip (I usually cover it with a plate, flip it and slide it back in the skillet.) and cook for another 5 minutes. Slide onto a large

plate and let sit for a few minute to set. Cut in wedges, brush wedges with some mayo, sprinkle some sauce on them, and enjoy.

Grilled Kale Salad

Sara Jones, Tucson CSA

In warm weather, kale and other greens can have a stronger flavor and firmer texture and aren't as good to eat raw. If you like kale salads, you could grill your kale. This will give the greens a smoky flavor and soften the texture a bit. Use any dressing you like—the greens are especially delicious with this tahini Caesar dressing. While you are cooking the greens you can add a few slices of bread to the grill to use as croutons.

- 1 bunch kale, cleaned and dried
- 1 tablespoon olive oil
- 1/2 teaspoon red chile flakes, if desired
- 1/4 cup tahini
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- 2 tablespoon warm water
- 4 garlic cloves
- 2 teaspoons capers
- 1/2 teaspoon Dijon mustard
- Salt and pepper to taste
- 1 cup croutons

Rub oil onto kale leaves and sprinkle with red chile flakes, if using. Place leaves onto a HOT grill, cook for about one to two minutes, then flip and continue cooking for an additional minute or two until leaves are lightly wilted and have some grill marks. Let leaves cool, remove and discard stems and roughly chop. To make the dressing, combine the remaining ingredients in a food processor or blender and pulse to combine. Process until well blended. Toss greens with about half of the dressing and taste. Adjust seasoning and add more dressing, if needed. Garnish with croutons and serve.

Tomatillo Soup

Sara Jones, Tucson CSA

- 2-3 medium potatoes, chopped
- 3 tomatillos, peeled and cleaned, chopped
- 2 green chiles, preferably roasted, chopped
- 3 cloves garlic
- 1 teaspoon cumin
- 5 cups broth or water
- Salt and pepper to taste
- 2 tablespoons cream, if desired

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.