



Tucson Community Supported Agriculture

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Summer 2018

Harvest lists are online.

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Find many more recipes on our website.

Tucson CSA Totes!

Toby Parks, one of our awesome volunteers and a local realtor, has donated new Tucson CSA tote bags for members to take home. The reusable bags were made by local print shop *Fed by Threads* and are an eco-friendly way to haul your CSA share home from the Historic Y.

Toby has generously offered to support Tucson CSA by donating \$100 for every house she helps you buy, sell, or gets a referral for. Take some time to meet Toby and learn about her passion for Arizona, local veggies, and real estate.

Managing Your Subscription

To make changes to your subscription, go to our homepage (TucsonCSA.org) and click 'Manage Account' to access your online CSA account.

Things you can do: change your pickup day or location; add or remove shares; place your subscription on hold.

The Joy of Cooking

Chef and Tucson CSA Volunteer Joy Vargo shares lessons from her personal kitchen.

I've been eating seasonal produce my entire life. I have childhood memories of running around on my grandparents' farm, picking cherry tomatoes off the vines and apples off the trees.

Similarly, my first experience working in a restaurant was connected to the seasons as the chefs harvested about half of all the vegetables and herbs used in the restaurant from the garden behind the kitchen. I had never seen this model of a restaurant before, and I suppose you could say I was smitten from the very beginning. I decided from that point forward that I was going to try and incorporate this farm-to-table practice in my career as much as possible. This essentially became the foundation for where I chose to go to culinary school (New England Culinary Institute, Montpelier, VT) and which chefs I sought to work for in New Orleans, Chicago, and Seattle before finally moving to Arizona in 2005 to open my own farm-to-table bistro. Now, I implement these practices in my personal chef



and catering business (Facebook.com/joyvcatering).

Which five ingredients do you use the most in your kitchen?

Sea salt, extra virgin olive oil, garlic, onions, fresh herbs - I keep several varieties of basil growing in pots, and nearly always have parsley and/or cilantro in the fridge!

What is your favorite quick and easy meal to cook after a long day?

A version of a favorite sandwich my Grandfather used to make for me with eggs & sweet onion. I lightly sauté the fresh sweet onion from my CSA share with a bit of olive oil, then scramble one of Josh's eggs into the mixture and enjoy it with a couple of slices of Barrio Bread toast. A snip of fresh herbs and a sprinkle of some nice sea salt on top to finish. Simply delicious.

Where do you look for seasonal recipe inspiration?

I'm a very visual person and so I love thumbing through current magazines and browsing through my favorite online blogs. Also, talking with friends and engaging in weekly conversations with CSA volunteers and members is a great way to stay in touch with inspiring tidbits. The freshest veggies hardly need much preparation and so simply roasting, grilling, or sautéing with a bit of quality olive oil and good sea salt will get a lovely dish on the table.

What initially intimidated you about the CSA, and how did you overcome it?

There are some weeks during the cooler months when leafy green vegetables seem to just burst out of the fridge and that's when I start sharing my share with friends and folks who may not have heard of the CSA before. It's a great way to share the abundance of produce as well as bring new membership to the CSA. I've never come across anyone who wasn't excited about being gifted something locally and organically grown!

What's your favorite way to use a drawer full of produce that's about to go bad?

I always try to salvage what I can, and compost whatever I really can't use. Having a compost receptacle in the courtyard at the Historic Y makes this an incredibly easy and manageable task, as I merely keep a small container in my fridge during the week to collect vegetable trimmings and *ahem* expired produce and just bring it with me in my cooler bag when I come to the CSA. It's yet another great chance to give back to the earth in a healthy way.

Thai Sonoran Curry – New!

Shelby Thompson, Tucson CSA

Shelby featured this recipe on our new Instagram account last week! If you are on Instagram be sure to follow us (@TucsonCSA), as the recipes and photos are a treat. This is a super adaptable recipe for almost any season and is a perfect way to use the long beans and sweet potatoes in our shares this week. As with almost any recipe we publish, feel free to add a handful of greens to the recipe if you have some available. Add chickpeas or cubed tofu if you like, and serve over a bed of cooked grains.

- 1 tablespoon coconut oil
- 1 small white onion, diced
- 2 cloves garlic, minced
- 1 ½ tablespoons fresh ginger, peeled and finely chopped
- 1 small hot pepper, seeded and finely diced
- 4 ½ cups seasonal veggies (such as squash, potatoes, long beans, peppers), diced
- 2 tablespoons Thai green curry paste (such as Thai Kitchen brand)
- 1 can full fat coconut milk
- 1/2 cup filtered water
- 1-2 teaspoons coconut sugar or raw cane sugar
- 1 ½ teaspoons soy sauce
- 1 ½ teaspoons freshly squeezed lime juice
- Sea salt, to taste
- Dried chiltepins, to taste
- Fresh herbs, for garnish

Heat coconut oil in a large pot or Dutch oven over medium-low heat. Add onion, garlic, ginger, and hot pepper to the pot and sauté, stirring frequently, for five minutes or until the onions are translucent. Add the beans, summer squash, and potato to the pot and stir the ingredients together. Salt the veggies with a few pinches of sea salt. Sauté the veggies for 5 minutes.

Add the curry paste to the pot and stir everything until the curry paste evenly coats the vegetables. Cook the vegetables for two more minutes. Add the coconut milk, filtered water, and sugar to the pot and stir everything together. Simmer the curry over medium-low heat for 15-20 minutes, or until the potatoes are tender. Turn the heat off and stir in the soy sauce and lime juice. Taste the curry to check for seasonings. Add more salt if need be. Serve the curry in bowls over your choice of grain. Sprinkle with crushed dried chiltepins and fresh cilantro and/or basil.

Mustard Glazed Yard Long Beans – New!

Sara Jones, Tucson CSA

This recipe calls for a small amount of ground pork, but you can omit the meat if you like. Just add a touch more oil or a pat of butter to the onions.

- Golf ball size amount of ground pork
- 2 teaspoons oil
- ¼ cup chopped onions
- 1 share long beans, cleaned and cut into 1-2” pieces
- 2 cloves garlic, minced
- 2 tablespoons mirin, sweet vermouth, or apple juice
- 2 tablespoons broth or water
- 1 teaspoon Dijon mustard

2 teaspoons soy sauce

Mix together broth, Dijon, and soy sauce and set aside. Heat oil in a large skillet over medium-high heat. Add pork. Using a wooden spoon, break apart the meat until you have very small pieces. Add onions and cook about 5 minutes, stirring occasionally, until it begins to brown. Add beans and garlic and cook for a few more minutes. Drizzle veggies with mirin, vermouth, or apple juice and stir until liquid is evaporated. Stir in soy sauce mixture, reduce heat to low, cover and cook about 7 minutes, until beans are tender. Taste for salt and add more soy sauce if needed.

Zucchini and Olive Breakfast Cake, French-Style

Lorraine Glazar, Tucson CSA

Not all cakes have to be sweet! Mediterraneans, and the French in particular, have a whole tradition of “gateaux salés” (savory cakes). This one is lovely example.

- 1/3 cup olive oil, plus more for greasing the pan and drizzling
- 1/2 pound zucchini
- 1 teaspoon salt
- 1 large clove garlic, minced
- 1 ¾ cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon black pepper
- 3 large eggs
- 1/3 cup milk
- 2 ounces goat cheese, crumbled
- 1/2 cup Kalamata olives, pitted and sliced
- Kosher salt

Heat the oven to 350°F. Lightly grease a 9×5 -inch loaf pan with olive oil. Grate the zucchini on the coarsest side of a box grater. Place the zucchini in a colander in the sink, and toss with 1 teaspoon of salt. Let drain while preparing the rest of the recipe.

In a large bowl, whisk the minced garlic with the flour, baking powder, salt and pepper. In a separate, medium bowl, lightly whisk the eggs, then whisk in the milk and olive oil. Use a rubber spatula to fold the wet ingredients into the dry until barely mixed. Fold in the crumbled goat cheese and the sliced olives. Press firmly on the zucchini in the colander, squeezing out as much water as possible. Quickly fold the zucchini into the batter. Spread the batter in the prepared loaf pan and drizzle lightly with olive oil. Sprinkle the top with kosher salt. Bake the loaf for about 45 minutes, or until it appears golden and a knife inserted in the center comes out with a few crumbs attached. Transfer to a rack and allow it to cool in the pan for 5 minutes. Run a knife around the edge to release. Turn out the loaf onto a rack to firm up for about 30 minutes before slicing; using a serrated knife, cut it into three, 8-inch slices, then cut into halves or quarters.