



Tucson Community Supported Agriculture

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Fall 2018

Harvest lists are online.

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Find many more recipes on our website.

Follow Along with Rachel Yaseen

rachelyaseenworldwide.com

Now that you've tasted Rachel's wonderful food at her CSA cooking demo, check out her blog, cooking classes, and more on her website.

Pre-Order Your Thanksgiving Turkey!

We're now taking orders for Josh's Thanksgiving turkeys! Like his beef, lamb, pork and chickens, Josh's turkeys are 100% pasture-raised. They feed mostly on grass but they also get supplemental local non-GMO grains.

Josh's turkeys cost \$4.50 per pound and typically weigh between 14 and 20 pounds, with a few outliers. Most of them weigh around 16 pounds. They are delivered frozen.

To reserve your turkey, pay a \$20 deposit (per bird) at the front desk. The remaining balance will be due when you pick up your turkey the week prior to Thanksgiving. We only have 60 turkeys, so please order yours soon.

Fall into Autumn Cooking

Written by Shelby Thompson

Going outside at the same time every day—or even every week—helps me notice the small shifts that indicate the end of summer and the beginning of fall. On early morning walks with my dogs, which I've done (almost) every day since May, I notice a cool breeze that wasn't there even one week ago. In the courtyard of the Historic Y, where until recently we worked under the light of the sun, the strung-up twinkle lights come on long before the last member arrives to pick up their CSA share. I find comfort in these shifts, however subtle they may be, because they suggest the coming of a cooler season — one that beckons longer bike rides, desert hikes, and the return of my favorite fall comfort foods.



Even before I feel brave enough to turn off my AC for the year, the mere thought of fall weather successfully tempts me to bake bubbly apple crisps, roast medleys of colorful vegetables, and keep a pot of simmering soup on the stove. Suddenly the no-cook chopped salads I've been making for the last five months don't sound as appealing as they did in the thick of summer's sweltering heat... the 95-degree high is enough to make me believe I'll pull out my favorite sweater before too long. Luckily for me, this time of year presents Tucson CSA members with diverse produce shares that make wonderfully comforting meals. Back on the farm, seasons converge as summer vegetables like beans, corn, okra, and

cucumbers grow alongside autumn crops of peppers, kale, sweet potatoes, and apples, making the transition from summer to fall even more lovely.

One of my favorite ways to bring these overlapping seasons together is in a pot of soul-soothing curry, a dish so versatile that almost every vegetable tastes delicious in its fragrant yellow sauce. To make it, start by sautéing a small diced onion with a few cloves of minced garlic and a small piece of grated ginger. Then, add about four cups of whatever seasonal vegetables you have on hand: diced sweet potatoes, green chiles, okra, and bell pepper went into my most recent rendition. Add two tablespoons of yellow curry powder, sea salt to taste, and 1.5 cups of liquid (I use soaked cashews blended in water, but coconut milk would also work well) and simmer for 15-20 minutes, or until the vegetables are tender. Served over a bed of fluffy long grain rice, this adaptable yellow curry will bring you plenty of comfort without making your kitchen too hot.

With a quick search on the [Tucson CSA Recipes page](#), you'll find many more ideas for comforting dishes that feature late summer and early fall produce. Chile and Cheese Soup, Calabacitas in Mole Adobo, Minestrone, and Quick Okra Jambalaya are just a few of the wonderful recipes that will help carry you into cooler weather.

Watermelon Vinaigrette - New!

Rachel Yaseen, Rachel Yaseen Worldwide

Still have some watermelon hanging around the kitchen? Make a batch of dressing to use on your salads. You can also add some chile powder or fresh hot chiles for a refreshing and unique salsa that is especially delicious over grilled or roasted chicken.

1/2 cup watermelon, chopped
2 tablespoons olive oil
2 tablespoons lime juice
1 tablespoons honey
Salt to taste
Optional:
1 tablespoon chopped onion
1 tablespoon balsamic vinegar
1/4 cup strawberries or other berries

Combine in blender and puree until smooth. Serve over salad and use to dress up leftovers.

Indian Mustard Tarka - New!

Rachel Yaseen, Rachel Yaseen Worldwide

Rachel likes to use a combination of cooked and raw vegetables in this recipe. Adding this simple tarka to finish a dish adds a ton of flavor and helps to bring everything together. Popping the mustard seeds changes their flavor and adds a wonderful toasty element to recipes. This process goes quickly and you want to immediately remove the seeds and oil from that pan once they pop. Make sure to have the rest of your dish ready so that you can add the seeds directly to the vegetables.

3 tablespoons coconut oil or olive oil
2 tablespoons black or yellow mustard seeds
Optional: cumin seeds, coriander seeds, cardamom seeds, white lentils, mung beans

Add either coconut oil or olive oil to a pan and heat over medium until the oil is hot and beginning to shimmer. If the pan is not hot enough, the seeds will not pop! Add the mustard seeds. Keep stirring or shaking the pan to keep the spices cooking evenly. Once the first seeds pop, the pan can be removed from the heat. This should happen quickly, so pay attention as it is very easy to burn the seeds. There is a fine balance between a skillet that is too hot and not hot enough. Once you get some practice you will be able to smell and hear when the seeds are ready. IMPORTANT: Make this when the salad is ready and you can immediately pour it over the salad. TARKA means sizzling and should be poured over the salad so it sizzles.

Agua Fresca de Pepino (Cucumber-Lime Drink)

Amy Schwemm, Tucson CSA

Cucumbers piling up in your vegetable drawer? Try this simple drink that is easy to make! It will use up your CSA cucumbers faster than you can get them. Experiment with adding watermelon or apples, too.

1 large Armenian cucumber or 3 medium lemon cucumbers
1/2 to 1 cup lime juice
1-2 cups water
1/4 cup sugar, agave syrup, simple syrup, or other sweetener

Blend cucumber, water, and any fruit you are using and strain it. Add lime juice and sweetener. Serve chilled. For added zest, sprinkle with chopped mint. Makes approximately 2 quarts.

Substitution: instead of lime juice and sugar, you can use 2 tablespoons of frozen concentrated lime juice per pint of cucumber juice.

Veggie Tempura

Lorraine Glazar, Tucson CSA

Sweet potatoes, bell peppers, okra, green beans and squash are all perfect for tempura. Leave beans and okra whole and slice squash, peppers and potatoes into long strips.

Tempura Batter:
1 egg, beaten
1 cup ice cold water
1 cup all purpose flour
½ teaspoon baking powder.

Beat the egg until thoroughly combined, then add the water and mix. Sift the flour, then sift it with the baking powder and add to the egg/water mixture all at once. Stir, but don't make it smooth; it should have some lumps. The texture to aim for is pancake batter; it should coat the vegetables but the excess should drip off readily. Have all vegetables washed and thoroughly dried. Heat ½ inch of canola or peanut oil in a skillet until it just begins to smoke. Dip vegetables into the batter, let excess drip off, then put into hot oil. When browned on the first side, turn over. The goal is to have the vegetable crisp-cooked before the batter burns. Drain the fried vegetables well on a rack set over a paper towel, season with salt and pepper if you like, and pop into a warm oven—or just cook a batch at a time to be devoured by the hordes of family members who have discovered a previously latent love for vegetables.

Tempura Dipping Sauce:
2 tablespoons low-sodium soy sauce
1 tablespoon rice wine vinegar
1 tablespoon mirin, or other white wine
½ teaspoon sesame oil

Mix together in a small bowl and serve with veggie tempura.