



Tucson Community Supported Agriculture

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Spring 2019

Harvest lists are online.

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Find many more recipes on our website.

Tomato Flats

We are still taking orders for tomato flats for folks who want a large quantity of tomatoes for canning or other projects. The flats will initially be mixed, but we should have the option to request Roma-type tomatoes specifically for canning sometime in June.

Each tomato flat contains 10 - 15 pounds of tomatoes, costs \$30, and must be paid in full when you place your order. If you would like to order a flat, please see the front desk volunteer.

A Bountiful Share

Just a little reminder that the gorgeous produce we get at Tucson CSA goes so well with the other shares we offer:

- Barrio Bread
- Chef Abel's Tortillas
- Fiore di Capra Chèvre
- Desert Pearl Mushrooms
- Sprouts

You can add any of these to your CSA subscription on Thursday or Friday.

Sticking it Out in the Summer

Written by Shelby Thompson

We're just a few days away from the official start of summer, and the cicadas are singing in anticipation. Just as it is for desert dwellers, the Sonoran summer is a challenging time for small local businesses like Tucson CSA. When Tucson's students, educators, and seasonal residents leave for the summer, local shops, restaurants, and growers feel the financial effects of their absence. But the fact still remains true: for every \$100 spent at a local business, \$43 stays in the economy (as opposed to \$13 at a non-local business). In an act of love and comradery, we've all committed to staying in Tucson for the summer – and local businesses need your support now more than ever.

As we enter what is arguably the most challenging season of the year, we want to thank you for being a Tucson CSA member and helping to keep your money in southern Arizona. By sourcing your locally grown produce, cheese, bread, tortillas, sprouts, mushrooms, eggs, and meat through us, you're also supporting local farmers and producers who share this same summer struggle. In exchange for your patronage and perseverance, we will continue to provide you and your family with local, fresh food all year long. Let's thrive together this summer!

Sizzling Shishito Peppers

Written by Philippe

The shishito pepper is a bright, glossy green and slightly wrinkly pepper that comes to us from Japan. It is finger-long, slender, and thin-walled. Although it turns from green to red upon ripening, it is usually harvested while green. Its name refers to the fact that its tip looks like the head of a lion (shishi), and in Japanese it is often abbreviated as shishitō. Shishito peppers are mild, with all the flavor of green chiles but without the heat. However, one in twenty peppers is medium hot.

While it is believed that Spanish missionaries brought this chile to Japan, it is also thought that the Japanese had experienced chiles in the 17th century during their trade route journeys to Southeast Asia.

Shishito peppers are most often served cooked. Here are some suggestions:

1. Sauté them in olive oil, over high heat, until they just begin to blister. Serve hot, sprinkled with sea salt, as an appetizer.
2. Deep fry peppers, then slice and mix with slivered seaweed for an appetizer.
3. Pan-fry bacon, toss in whole peppers and finish with chopped, fresh Thai basil. Serve as an appetizer or as a side.

Squash Mint Dip

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. You can also use eggplant instead of squash.

- 1 large squash, diced
- 1 clove garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon crushed dry mint
- Red pepper flakes, to taste
- ½ to ¾ cup Greek yogurt or labneh
- Salt to taste
- Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste. To serve, heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes and stir well. Put squash mixture into a medium size bowl and pour oil mixture over the top. Sprinkle with chopped walnuts and serve with pita or baguette for dipping.

Cold Ramen Salad

Sara Jones, Tucson CSA

Summer cucumbers and tomatoes are great for cold pasta salads!

- Two packs ramen noodles
 - 2 large tomato or several smaller tomatoes
 - About 2 cups matchstick-cut cucumber slices
 - 1 package extra firm tofu, leftover chicken and/or hard boiled eggs, cubed
- Dressing:
- 1/3 cup broth or water
 - 2 tablespoons soy sauce
 - 2 tablespoons rice wine vinegar or white wine vinegar
 - 1-4 teaspoons sugar, to taste, if desired
 - About 1 inch fresh ginger, grated
 - 2 teaspoons toasted sesame oil
 - 1 tablespoon oil
 - Sprout to garnish (optional)

Mix dressing ingredients together and set aside. Cook noodles just until al dente then drain and rinse well. Toss noodles immediately with about 1/4 of sauce mixture and allow to cool to room temperature. Serve noodles in individual bowls topped with tomatoes, cucumber and tofu, eggs or chicken adding more dressing as needed. Garnish with sprouts and toasted sesame seeds if desired.

Agua Fresca de Pepino (Cucumber-Lime Drink)

Amy Schwemm, Tucson CSA

What do you do with a three-foot-long cucumber?! Our gigantic Armenian cucumbers are ideal for this most refreshing summer drink. Easy to make and to drink! It will use up your CSA cucumbers faster than you can get them.

- 1 large Armenian cucumber, unpeeled (equivalent to 3 English cucumbers)
- 1/2 to 1 cup lime juice
- 1-2 cups water
- 1/4 cup sugar, agave syrup, simple syrup, or other sweetener

Juice the whole cucumber (with skin and seeds), or blend and strain it. Add lime juice, water, and sugar. Serve chilled. For added zest, sprinkle with chopped mint or Stevia leaf. 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.

Sautéed Kale with Fresh Tomatoes

Lisa Janz, Tucson CSA

- 1-2 tablespoons olive oil
- 1 large clove of garlic
- ½ teaspoon cumin seeds
- ¼ teaspoon kalonji seeds (optional – available in Indian spice section)
- 1 bunch of kale
- pinch of salt
- 1 large tomato or several cherry tomatoes

Cube tomato and season with salt. Set aside. Crush garlic and cook in olive oil with seeds until all three are fragrant. Add kale and cook for a minute until it begins to wilt. Add a few tablespoons of water and cover tightly. Cook until kale is tender. Serve topped with tomatoes and radishes, and a bit of extra olive oil if desired. This recipe can easily be increased – just add extra kale and a few more seeds if you want a stronger flavor.