



# Tucson Community Supported Agriculture

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## Summer 2019

*Harvest lists are online.*

### Back Page Recipes

- Tomatillo Soup
- Panzanella
- Honey-Sweetened Zucchini Bread

*Find many more recipes on our website.*

### Things We Like

**Watching:** *The Biggest Little Farm*, now playing at The Loft!

**Reading:** *Best Practices for Harvest & Processing of Mesquite* ([desertharvesters.org](http://desertharvesters.org))

**Listening to:** *The Female Farmer Project* podcast

**Doing:** Cultural Cooking Class (July 27), hosted by Iskashitaa Refugee Network

### Sprouts Are Back

We are excited to announce Tucson CSA's partnership with **Sunflower Superfoods**, our new sprouts provider! Our new 4-oz sprout shares will be delivered on a weekly basis **beginning this week**.

Log into your account to add them to your share!

### Return of Josh's Eggs

After a 6-month hiatus, Josh's eggs are back in stock! Find them in the CSA shop every week.

## Cooking with Tomatillos



Tomatillos are related to gooseberries. They have a tangy taste, are a classic in Mexican food, and are excellent in a wide range of dishes. To use your tomatillos, you will first need to remove their papery husks. They also have a sticky residue on their skin that is easily removed by dunking them in water.

Tomatillos are often used in sauces (salsas). Grilling or skillet-roasting whole tomatillos gives them a smoky depth: just cook them over medium high heat, turning occasionally, until they are

mostly brown (some black charred spots are fine). Grilled tomatillos and finely chopped onions make a delicious sauce, especially when blended together with a little salt, pepper, lime juice and cilantro!

## Grilling Okra

Okra is a crop that does well no matter *how* hot it gets, and Crooked Sky Farms' okra is among the best there is.

We love to prepare it in many different ways – pan fried, deep fried, roasted. But when the weather is so hot that turning on the stove is to be avoided at all cost, grilled okra becomes very desirable. It only takes a few minutes to cook on a grill, so you don't even have to spend much time outside. (And if you are put off by okra's slippery qualities, grilling it is your solution.)

Grilling okra is simple. First, heat your grill to medium heat. Skewer the okra pods onto skewers. We recommend double-skewering them to make the pods stay in place when you flip them over.

In a small bowl, whisk together some olive oil, lime or lemon juice, salt and pepper. Brush the mixture on both sides of the okra kebabs.

When the grill is hot, place the okra kebabs on it. Grill until lightly browned/blackened, about two minutes. Turn the kebabs over and grill the okra for another two minutes. Remove and serve immediately with some lemon or lime wedges for squeezing over top.

### 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  
1 bell pepper, chopped finely

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. Garnish each bowl with the chopped bell pepper and serve hot or cold.

### Panzanella

Sara Jones, Tucson CSA

You can use a variety of different summer vegetables in this dish. If you have any cucumbers left from the past week, this is a great way to use them. You could also use melon in place of the cucumber.

2 to 3 mixed red and green tomatoes, cut into wedges  
2 tomatillos, cut into wedges  
1 medium cucumber, cut into half-moons  
1 large or 2-3 small onions, diced  
2 to 3 cloves garlic, minced  
3 slices stale bread, cut into cubes  
1 teaspoon paprika  
1 teaspoon ground oregano  
1 teaspoon thyme  
2 tablespoon olive oil  
1 tablespoon vinegar or lemon juice  
Salt and pepper to taste

Mix vegetables together, drizzle with the vinegar, one tablespoon of the oil and a pinch of salt and pepper. Heat the remaining one tablespoon of oil in a large skillet over medium high heat. Add bread cubes to skillet and stir to coat with oil. Sprinkle bread with herbs and spices, and cook, stirring occasionally until crispy and beginning to brown. Add hot bread directly to vegetables and toss to combine. Serve at room temperature.

### Honey-Sweetened Zucchini Bread

Shelby Thompson, adapted from Smitten Kitchen

When you're tiring of zucchini midway through the summer, a loaf of this **honey-sweetened zucchini bread** is a great way to make it disappear. Sweetened with raw local honey and made with a good amount of whole wheat, **honey-sweetened zucchini bread** is the perfect breakfast, snack, and dessert for you and your family. Feel free to swap out almost any summer squash for the zucchini in this recipe, simply making sure to peel off tough skin and scoop out large seeds. You could also substitute up to half of the zucchini with shredded carrots.

1/2 cup coconut oil, olive oil, or melted butter  
1/2 cup whole milk yogurt (use applesauce for a dairy-free version)  
1/2 cup raw local honey  
3 eggs  
2 teaspoons vanilla extract  
2 teaspoons ground cinnamon  
1/8 teaspoon ground nutmeg  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1 teaspoon fine sea salt  
2 cups grated summer squash  
1 1/2 cups whole wheat flour (spelt works well here)  
1 1/2 cups all-purpose flour  
1 1/2 cups mix-ins, such as chocolate chips, nuts, or dried fruit (optional)

Grease a bread pan and preheat the oven to 350° F. In a large mixing bowl, whisk together oil (or butter), yogurt, and honey until they are well combined. Add the eggs and vanilla and whisk well. Sprinkle the cinnamon, nutmeg, baking soda, baking powder, and sea salt over the mixture and whisk to incorporate. Using a spatula or large spoon, mix in the grated squash until it is evenly distributed. Stir in the flours until there are no dry clumps left. If using mix-ins, stir them in now. Scrape the batter into the prepared bread pan and smooth out the top so that it is even. Bake the bread for 45-55 minutes, rotating halfway through the baking time, until a cake tester inserted in the middle of the loaf comes out clean. Allow to cool before slicing and serving. After a day, refrigerate or freeze the honey-sweetened zucchini bread to preserve it better.