



Tucson Community Supported Agriculture

Newsletter 694 ~ July 29, 2019 ~ Online at www.TucsonCSA.org

Summer 2019

Harvest lists are online.

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Find many more recipes on our website.

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 are now being delivered on a weekly basis.

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.

Upcoming Event: Trivia Night!

What: Quiz for a Cause, benefitting Pima County Food Alliance

When: Tuesday, August 6 at 8 p.m.

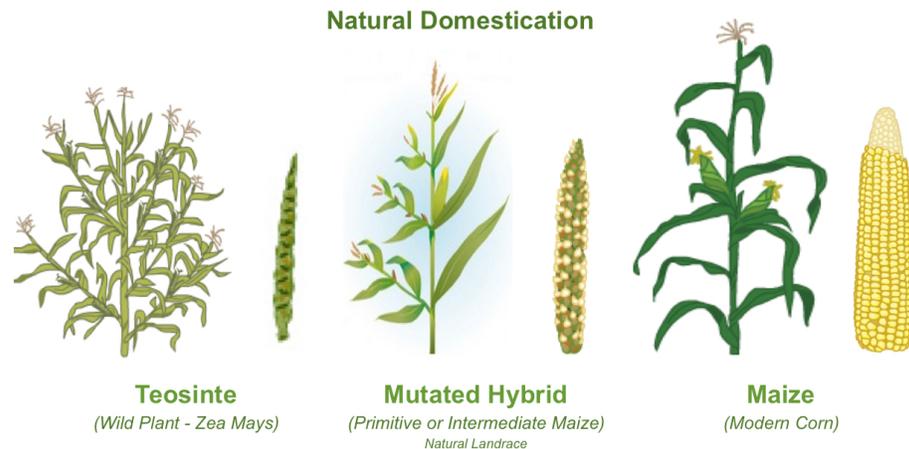
Where: Hotel Congress

PCFA is a grassroots coalition working to improve food access by tackling food policy issues and educating the public. Find out more about PCFA (and their upcoming event) at pimafoodalliance.org.

Maize Craze

Written by Shelby Thompson

If you've read Michael Pollan's *The Omnivore's Dilemma*, you know that **maize** (corn) has a complicated history. (If you haven't read Michael Pollan's *The Omnivore's Dilemma*, add it to the list!) Maize was domesticated by indigenous people in Mexico's Balsas River Valley almost 9,000 years ago. Domesticated from a variety of Mexican wild grass known as Balsas Teosinte, the plant took anywhere from a few hundred to a few thousand years to become the sweet ears of corn we eat today.



Fast-forward to 2019: according to the USDA, “corn is America’s largest crop” with its production taking over 91.7 million acres across the nation. Of course, very little of the corn on those 91.7 million acres is grown for eating off the cob: one third of the overall crop is grown for animal feed; a little more than one third is used to make ethanol; and the rest is used for everything from breakfast cereal to soda. And, more than 93 percent of the corn grown in the U.S. is genetically modified. With so little corn being grown for consumption in its natural state and so much corn being grown using GMO seeds, **organic heirloom corn** is somewhat of an anomaly.

Thankfully we have amazing local farmers like Farmer Frank, who are committed to growing organic corn that is nutritious and better-tasting than any genetically modified corn. Sweet varieties like **Trucker's Delight** and **Peaches and Cream** are often included in our CSA shares this time of the year, when we crave this summertime staple the most. Farmer Frank's corn is so flavorful that it doesn't need much preparation before it's ready to be devoured. Make **elote** at home by grilling shucked corn, then liberally coating it with a mixture of mayo, lime juice, cotija, chile powder, and cayenne. Or, pick up a tin of **Mano y Metate** mole in the CSA Shop and make a skillet of **Calabacitas in Mole Adobo** for a healthy dinner. You can find these recipes, and many more, on TucsonCSA.org.

RECIPES

August Medley

Philippe Waterinckx, Tucson CSA

Another easily adaptable recipe for our summer produce.

1 tablespoon olive oil
1 small onion, chopped
2 ears of corn, kernels scraped off
2 cloves garlic, chopped
2 cups butternut squash, peeled and diced
1 share tomatoes, quartered
1 bunch summer greens, such as amaranth or purslane, cut coarsely
Seasoning: salt, pepper and thyme to taste

In a skillet on medium hot, sauté the onion in oil until soft. Add the corn kernels and squash and sauté for 10 minutes or so, stirring occasionally. Add the tomatoes, garlic and seasoning. Stir, cover, and simmer for 10 more minutes. Add greens and cook an additional couple minutes. Serve with toasted tortillas or on a bed of rice or noodles.

Chiles Rellenos

6 long green chiles, roasted and peeled (leave stems attached)
2 eggs, separated
1/2 lb ground beef, cooked and seasoned with garlic, onion, and salt (for veggie version try substituting seasoned or cheesy mashed potatoes)
3 tablespoons flour, plus 1/4 cup for dredging
Dash of salt
Cooking oil (e.g. canola)

Make one slit down each chile and remove as many of the seeds as you easily can. It's better not to rinse them out. Leave the stem attached for a handle. Lightly coat the outsides of the chiles with flour and stuff with meat. With an electric mixer, beat egg whites until you get soft peaks. Fold in beaten egg yolks. Add 3 tablespoons flour and salt, mixing thoroughly but gently. Heat about 2 inches of oil in a small heavy pan. Dip stuffed chiles in egg batter and transfer to hot oil with a generous amount of batter. Spoon extra batter on uncovered portions of chile. If there are parts of chile without batter, it will splatter more when it is flipped. Cook on both sides until golden brown and batter is cooked. Drain on paper towels and eat immediately. Serve with plenty of cool/room temperature salsa (recipe follows), especially if the chiles are really spicy. Eat with rice and beans or lentils.

Salsa

15 oz canned or fresh tomato, chopped
2 generous pinches crushed dried oregano, Mexican or Greek
1 or 2 small cloves garlic, crushed
salt and pepper to taste
2 to 3 tablespoons oil

Mix all ingredients. Pass the salsa with the chiles, spooning over them only just before eating.

Squash and Greens in Coconut Milk

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you like Thai flavors, add a spice paste to the mix, sautéing with the onions before adding the rest of the ingredients. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped
About 2 cups peeled winter squash, diced small
1 inch fresh ginger, grated
1 onion, sliced thinly
1/2 teaspoon ground coriander
2 teaspoons oil
1/2 can coconut milk
Red chile flakes, to taste
Soy sauce, to taste
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until squash is tender. Season to taste with soy sauce and a bit of lime juice.