



Tucson Community Supported Agriculture

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Summer 2019

Harvest lists are online.

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Find many more recipes on our website.

Reusable Bags

Thanks to some very kind donations, we now have a number of reusable bags in the "I Forgot My Bag" chest. If you take one to use, please bring it back clean for another member to use. Thank you!

Ice Packs for Grabs

We have ice packs left over from shipments that we've received over the last year. If you're in need of ice packs to help transport cold food, we're more than happy to pass them on in an effort to reduce, **reuse**, and recycle!

Thank You!

Thanks to everyone who took the time to fill out our survey last week. We were able to gather some great information and feedback from you and will work hard to integrate it into the future rendition of the newsletter.

If you have any additional feedback about the newsletter (or anything), feel free to email us at tucsonsa@tucsonsa.org.

The Chil(e) in the Air

Written by Shelby Thompson

If 'August in Tucson' was a candle, it would smell of damp creosote, swamp-cooler-cooled historic buildings, and **fire-roasted chiles**. When Farmer Frank sends his famous fire-roasted chiles for our CSA shares each August, their smell permeates our reusable bags, refrigerators, and fingers – making us perpetually hungry for more of this seasonal specialty.



Chiles were once a common and profitable crop in southern Arizona. In the 1940s and 50s, when family farms were prevalent in surrounding areas like Cochise County, a few successful chile crops could help farmers earn a good living and pay off their farms. Back then, chiles were seasonal and families from near and far would drive to these small farms every fall to purchase huge quantities for roasting, canning, and freezing. Large food production and distribution companies also took advantage of Arizona chile season by sourcing them from the same small farmers. Together, individual consumers and large companies supported Arizona's prominent chile industry for many years. However, as our food system became more industrialized and we began importing increasing amounts of chiles (and other produce) from abroad, chiles became available all year around and the demand for seasonal and locally grown chiles – as well as most family-owned chile farms – disappeared.

Thankfully, Farmer Frank is committed to growing this culturally significant crop and still grows a hefty amount of chiles to help satiate our cravings each summer. Between mild Anaheim chiles, medium-hot Big Jim chiles, and heritage chiles like the NuMex Joe E. Parker, there's a chile for everyone. Sometimes Crooked Sky Farms sends their locally grown chiles fresh, sometimes roasted. Both add immense flavor to your food, but roasted chiles are a special treat: their smoky, sweet smell beckons us to eat them immediately and, happily, it's easy to do just that. Add them to your scrambled eggs, slice them thin and load them in a few of **Chef Abel's Tortillas** with corn and cotija, or eat them straight out of the bag for some good street cred.

For an easy introduction to **fresh chiles**, broil them with tomatillos and throw them in a food processor with garlic, onion, lime juice, cilantro, and salt to make a batch of irresistible **Roasted Green Chile and Tomatillo Salsa** that goes well with chips, tacos, and grilled meat. Or, try Lorraine Glazar's take on **Chiles Rellenos**, which calls for stuffing fresh chiles with roasted butternut squash, goat cheese, and an aromatic blend of dried spices. If you have a few sweet potatoes left over from a past share, make a one-pot dish of **Braised Sweet Potatoes and Roasted Chiles**. Served over a generous helping of fluffy rice, it makes for a wonderful weeknight meal.

Nopal-Pineapple Smoothie

Susie Qashu, Tucson CSA

Okay, I admit, this didn't sound that appealing when I first heard about it, but it has come highly recommended by several different CSA members. If you are into smoothies it is worth a try. You can play with different juice combos, though most recipes call for pineapple as the main fruit. Add ginger if you like or a sprinkle of freshly grated nutmeg just before serving.

1 ¼ cups orange or apple juice
About ½ cup of diced cactus that has been trimmed and had spines removed
2 Cups chopped frozen pineapple

Add grapefruit, nopal, and frozen pineapple to a blender and blend until the smoothie is well-blended. Serve in a large glass and enjoy.

Green Chile Pork

Lisa Anderson, Tucson CSA, adapted from "Lower Valley Carnitas" recipe in The Border Cookbook

4 teaspoons ground cumin
4 teaspoons oregano
2 teaspoons salt
1 teaspoon freshly ground black pepper
3–5 lbs. pork Boston butt (shoulder butt), cut into 2-inch cubes
Olive oil to sear pork and sauté onions
2-3 green tomatoes or tomatillos, cleaned and diced
4 cloves garlic, minced or crushed
1 onion, chopped in large pieces
4–6 roasted green chiles, peeled and seeded
1–2 bay leaves
1 cup chicken broth or other liquid
Optional Serving Suggestions
Tortillas
Fresh Chopped Cilantro
Chopped Radishes
Lime Wedges

Stir together the cumin, oregano, salt, and pepper. In a large bowl, stir the spice mixture into the meat chunks. You may need to do this in 2 batches, and it's fine to let the meat sit for a bit at this point while you prepare the onion, garlic, and chiles. In a large pot or Dutch oven, warm the oil over medium-high heat, add the pork and sear it quickly. Again, this may need to be done in 2 batches. Remove meat from pan, set aside, and use pan to sauté the onions and garlic until starting to be translucent. Return the meat to the pan with a small amount (a cup or less?) of chicken broth, along with the chiles, tomatillos and bay leaves. Cover and cook for 2–4 hours over low heat on the stovetop, stirring every 30–40 minutes or so. Near the end of cooking, remove lid, if needed, to boil off any excess liquid. Shred the meat by pulling apart with 2 forks. Serve with tortillas, fresh chopped cilantro, chopped radishes, and lime wedges.

Baked Green Chile Scrambled Eggs

Charity Prouty-McLean, Tucson CSA

Make a big batch of these eggs to serve throughout the week!

18 eggs
2 tablespoons white wine/rice wine vinegar
1 share roasted chiles, peeled, seeded and diced
1 1/2 cup shredded cheese (mozzarella, or white medium cheddar seem to work well)
Salt to taste

Heat oven to 350. In a large bowl, beat all 18 eggs vigorously with a fork. Add vinegar, stir and let rest while you dice the chiles. Beat the eggs again (the longer you beat the eggs the fluffier they will be, and then stir in the chiles. Let rest about 5 minutes, stir again, and pour the egg mix into a 9×11 glass baking pan. Grind sea salt over mixture in pan, and top with shredded cheese. Bake for 35-45 minutes, or until the edges begin to brown, and a knife inserted in the center comes out clean. Let it cool for a few minutes, then slice into bars or squares. I like to slice long burrito sized rectangles, wrap them in a tortilla with hot sauce and a little more cheese, and then wrap tightly in foil and freeze them (you may want to use a layer of parchment paper before wrapping with foil if you plan to microwave).

Carrot-Miso Dressing

Sara Jones, Tucson CSA

These baby carrots we have been getting from Sleeping Frog Farm are so sweet and tender for summertime carrots. They are perfect for this light dressing which is great for salads, sprinkled with some sesame seeds as a garnish. The dressing could also be used as a pasta sauce, tossed over cold soba or udon noodles and served with sliced roasted tofu for a quick meal.

2-3 medium to large carrots
1-2 green onions
1 inch peeled ginger, chopped
2 tablespoons miso
2 tablespoons sesame oil
2 tablespoons vegetable oil
¼ cup rice wine vinegar

Clean carrots and remove tops, roughly chop into pieces. Put all ingredients in a food processor or blender and pulse a bit to break down carrots. Puree dressing for a couple of minutes until dressing is mostly smooth and carrot bits are very small, you may need to add a tablespoon or so of water to get the right consistency.