



Tucson Community Supported Agriculture

Newsletter 706 ~ October 21, 2019 ~ Online at www.TucsonCSA.org

Fall 2019

Harvest lists are online.

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Find many more recipes on our website.

Tortilla Hiatus

Last week, Chef Abel announced that he'll be taking a hiatus from making tortillas in order to launch a Kickstarter campaign, which he hopes will enable him to get the infrastructure he needs to be successful in his growing business. **Tucson CSA members with tortilla shares will receive their last tortilla shares the week of November 4th.**

Now in the sixth grade, Abel is facing the challenge of balancing school with the growing demand for his tortillas. He is hoping that larger commercial equipment such as a larger mixer will allow him to produce bigger batches of tortillas in a shorter period of time, allowing him to keep up with orders.

If you would like to be notified when the campaign is launched, you can sign up for email alerts by joining Chef Abel's VIP Club at their website, <https://chefabelstortillas.com/>.

Handmade Mole for the Soul



seasoning to enhance dishes.

Moles (pronounce MÓ-less) are to Mexico what curry powders are to India. Mole is a generic term attributed to a number of spice mixes which generally use chile peppers as the main ingredient, along with herbs, nuts, fruits and other ingredients. Some moles contain 20 or more ingredients! Ingredients are typically roasted and/or dried and then ground into a powder. The powder is then used to make a thick sauce which is typically served over meat or poured over enchiladas. Moles can also be used as a rub for meats or a

Moles come in many colors and many flavors and their aromas and flavors are mouthwatering. At the CSA we often use moles as a seasoning to vary the flavors of dishes. For example, you can sauté a tablespoon of any mole powder in some olive oil before adding chopped onions and greens. Mole powders can be added to tomato sauces to give them a richer and more complex flavor, or to a bowl of freshly popped popcorn.

Classic moles are mole poblano, mole negro, mole pipian and mole verde, but there are many more. Mole recipes are often passed down through generations and are generally prepared for special events. The preparation of a mole is a long process and traditionally includes the participation of many women in a family. A classic in Tucson's Mexican restaurants is the mole dulce, which includes chocolate and is generally served on top of chicken.

Longtime Tucson CSA volunteer and local business owner Amy Valdés Schwemm makes some of the best moles in the country. Through her mole business, Mano Y Metate, Amy makes her own moles from scratch. You can buy every variety of mole that Amy makes in the CSA Shop for a great price. Here is what Amy says about her moles:

“I grind fresh, whole spices, nuts, seeds, and chiles in small batches, so making moles, the celebrated Mexican sauces, in your kitchen is as easy as sauté, simmer, and serve. Sauté a tin of **Mano Y Metate** mole powder in two tablespoons oil to make an aromatic paste. Add broth and simmer to finish the sauce. ¡Qué suave! Serve your fresh homemade mole with meat or veggies. Unlike commercial mole paste, Mano Y Metate Mole powder is cooked in the oil of your choice, fresh every time.

Mole Dulce is dark from four kinds of chile and sweet from chocolate, raisins, and bananas. Mild. Mole Verde features fire-roasted, hand-peeled green chiles, cilantro, parsley and epazote. Medium. Pipian Rojo has vibrant red chile enriched with pumpkin seeds, almonds, and Mexican cinnamon. Mild. Adobo starts with brick- red chile and sesame seeds, and is spiked with Mexican oregano. Medium-hot.

A mano and metate is a stone grinding tool traditionally used to prepare moles. My great grandmother's metate inspires me in my kitchen. I hope you enjoy Mano Y Metate moles as much as my family and friends do. ¡Buen Provecho!”

Find Mano Y Metate in the CSA Shop and check out manoymetate.com for more!

Hot and Sour Eggplant

Jesi, Tucson CSA

This is a great recipe that uses fresh eggplant and seasonal peppers. There are so many ways this recipe can be varied by adding whatever fresh vegetables you have on hand. It's hard to mess this one up! This dish is quite spicy, so reduce the amount of hot peppers if you prefer yours mild.

2 medium Japanese eggplants, cubed
2 small yellow peppers, diced
1/2 jalapeno pepper, chopped finely
2/3 block tofu, drained and cubed (optional)

Sauce:

5 tablespoons tamari
3 tablespoon red wine vinegar
2 1/2 tablespoon honey
2 cloves garlic, minced
1 1/2 teaspoon chili oil, or to taste (or 1 1/2 teaspoon sesame oil plus 1/2 teaspoon crushed red pepper flakes)
About 4 tablespoons sesame oil for frying

Place the eggplant cubes into a large bowl, and sprinkle with salt. Let stand for 15-30 minutes. Rinse and pat dry with paper towels. In a small bowl, stir together the sauce ingredients. Set aside. In a large wok or skillet, sauté the tofu over medium-high heat in some of the sesame oil until it begins to turn golden brown. Remove and set aside. Add the remaining sesame oil to the skillet or wok and fry the eggplant until it is tender and begins to brown, 5 to 10 minutes. Pour in the sauce, hot peppers, and tofu, stirring until the eggplant is evenly coated. Cook about 5 more minutes, stirring often, until the peppers have cooked and the sauce has reduced a bit.

Quick "Fried" Okra

Sara Jones, Tucson CSA

This recipe imitates the delicious cornmeal crunch of fried okra, without actually frying it. Very easy.

1 basket okra, wiped clean with a dry cloth and sliced into coins
2 tablespoons cornmeal
1 tablespoon butter or oil
Salt and pepper to taste

In a medium bowl, mix cornmeal with a pinch of salt and pepper (feel free to add any other spices you might like). Toss okra coins into cornmeal and shake until well coated, then remove from mixture. Heat butter or oil in a pan over medium heat. Add okra to pan and let cook, without stirring, for about 2-3 minutes, until beginning to brown. Stir okra and allow second side to brown. Place cooked okra onto a newspaper or paper towel to drain any excess oil. Serve hot.

Crispy Rosemary Potatoes

Lorraine Glazar, Tucson CSA

Yukon Golds or Yellow Finns are the best choice here, although any new potato can substitute.

1 pound Yukon Gold or Yellow Finn potato, or new potatoes
2 tablespoons olive oil
1 garlic clove, minced, or more to taste
1 teaspoon dried rosemary, finely chopped*
1/2 teaspoon salt
Fresh-ground black pepper, to taste

Bring a large pot of water to boil. Cut potatoes in half without peeling them. Put them into the boiling water, and simmer them just until they are tender. Do NOT allow them to overcook, or they will break into pieces. When the potatoes are done, drain them immediately, and put them into a bowl filled with water and ice. Let them sit in the water for 5 minutes, then drain them. Cut them into large crosswise slices, about 1/2 inch thick. Put the slices onto a kitchen towel, to absorb any excess water. Heat a large skillet, preferably non stick, over medium heat to medium high heat. Add the olive oil, then quickly add the potatoes. Salt and pepper the potatoes well. Cook the potatoes for about 5

minutes, until they are a deep golden color on the undersides. Turn the potatoes over, with a spatula, and try not to break them. Cook the potatoes for five minutes more. Then, sprinkle them with the garlic and rosemary. Shake the skillet or use the spatula again to turn the potatoes again, and cook them for 2 more minutes.

Mustard-Glazed Yardlong Beans

Sara Jones, Tucson CSA

Golf ball-size amount of ground pork
2 teaspoons oil
1/4 cup chopped onions
1 bunch long beans, cleaned and cut into 1-2" pieces
2 cloves garlic, minced
2 tablespoons mirin, sweet vermouth, or apple juice
2 tablespoons broth or water
1 teaspoon Dijon mustard
2 teaspoons soy sauce

Mix together broth, Dijon, and soy sauce and set aside. Heat oil in a large skillet over medium-high heat. Add pork. Using a wooden spoon, break apart the meat until you have very small pieces. Add onions and cook about 5 minutes, stirring occasionally, until it begins to brown. Add beans and garlic and cook for a few more minutes. Drizzle veggies with mirin, vermouth or white wine, or apple juice and stir until liquid is evaporated. Stir in soy sauce mixture, reduce heat to low, cover and cook about 7 minutes, until beans are tender. Taste for salt and add more soy sauce if needed.