



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.

Thank You, CS-Aid Donors!

Thanks to everyone who has donated to our CS-Aid program, we've been able to offer half-price produce shares to those in need. With your support, we plan to keep the program going!

COVID-19 Updates

Although the stay-at-home order has been lifted, we will continue to operate under the rigorous safety protocols we put into place two months ago. We ask that you continue to:

- Stay home if you or someone in your household is sick.
- Keep a distance of 6 feet between you and others.
- Try to only send one person to pick up your CSA share.
- Wash your hands frequently.
- Wear a mask.

Thank you so much for helping us stay healthy!

Crooked Sky Farms Update

Written by Shelby



Thank you to everyone who took action and voiced your concern regarding the City of Phoenix's acquisition of Crooked Sky Farm's land in Phoenix. It was heartwarming to see such tremendous support for Crooked Sky Farms, and to hear why it is so important to you and your families.

Farmer Frank has since met with City officials to further discuss the issue. The City will move forward with its plan to acquire the farm in order to expand a water sewage treatment plant. However, they are

in the process of negotiating a deal with Frank to help him find new land and move his equipment there. We still have concerns regarding the lack of viable farmland in Phoenix but are hopeful that the City now sees how valuable Crooked Sky Farms is to the community and will do their part to keep it going strong. Sara and I will meet with Frank later this week and promise to update Tucson CSA members when we learn more.

From now until about mid-November, the majority of Crooked Sky Farms produce is grown on their farm in Duncan, Arizona, which borders the Gila River and sits at about 3,500' elevation. In addition to allowing Farmer Frank to grow produce year-round, his farmland in Duncan will buy us some time to find a new property in Phoenix and begin planting crops there. We still expect to get an array of delicious summer produce over the next few months, including corn, tomatoes, beans, okra, and more.

All About Tomatillos

Tomatillos are a delicious vegetable similar in shape and size to a tomato, but more closely related to the gooseberry. They have a tangy taste and are classics in Mexican food, but 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.

Grilling or skillet roasting whole tomatillos gives a smoky depth to their flavor. Just cook them over medium high heat, turning occasionally, until they are mostly brown (some black charred spots are fine). Grilled tomatillos and green onions make a delicious sauce, blended together with a little salt, pepper, lime juice and cilantro!

RECIPES

Tarator (Cold Cucumber Soup) – New! (Veg, GF)

Sara Jones, Tucson CSA

Whip up a batch of this cold cucumber soup to keep in the fridge for a quick pick me up. It is hydrating, nourishing and cooling, perfect for our hot summer day.

1 scant quart plain kefir or 2 cups yogurt combined with 1 ½ cups water or buttermilk
2 cups finely diced cucumbers
1 clove garlic, crushed
½ cup onion, finely minced
1 teaspoon salt
Fresh dill or parsley, chopped
Chopped walnuts (optional)
Black pepper to taste
Olive oil to garnish

Put cucumbers in a large bowl and sprinkle with salt to release some of their juices. Refrigerate for 30 minutes while you prepare the rest of the ingredients. Add dairy, garlic, onion and herbs to the cucumber and stir to combine. Add water or ice cubes as needed to get the desired consistency. Serve in bowls with a drizzle of olive oil, chopped walnuts and bit of freshly ground pepper and more salt if needed.

Tomatillo Avocado Sauce (Vegan, GF)

Sara Jones, Tucson CSA

This is a salsa bar standby and is a great taco condiment. This also makes a great dressing for any type of salad. The sauce is just the basic salsa verde recipe, with avocado and sour cream added in.

1/2 pound tomatillos, husked, rinsed
2 green chiles
1/2 to 1 jalapeno
1 onion, chopped
2 garlic cloves
1/4 cup (firmly packed) fresh cilantro leaves
1 tablespoon fresh lime juice (optional)
1 tablespoon olive oil
1 whole ripe avocado, diced
2 tablespoons sour cream or plain yogurt (optional)

Roast tomatillos and green chiles under the broiler until charred. Remove skins from chiles (this step is not necessary for the tomatillos). In a food processor or blender, puree all ingredients until smooth. Add salt to taste.

Tex-Mex Summer Squash Casserole (Veg, GF)

Lyn Hart, Tucson CSA. Adapted from EatingWell.com

Oil
2 ¼ lbs summer squash, quartered lengthwise & thinly sliced crosswise (~ 10 cups)
2/3 cup finely chopped yellow onion
2-3 tomatillos, chopped
1 can drained & rinsed pinto beans
2 4-oz cans chopped green chiles (mild or hot—if you like very spicy food, substitute 1 can of chopped jalapenos for 1 of the green chiles)
½ tsp salt, or to taste
2 ¼ cups grated extra sharp cheddar (~7-oz, divided)
1/3 cup flour
¾ cup salsa (heat index your preference)
4 scallions, thinly sliced for garnish
¼ cup finely chopped red onion for garnish
Sour cream or Greek yogurt for topping
Chopped avocado for topping

Preheat oven to 425 and oil a 9 by 13” pan. Combine squash, onion, tomatillos, beans, chiles, salt, and ¼ cup of the cheese in a large bowl. Sprinkle with flour; toss to coat. Spread mixture in oiled pan & cover with foil. Bake casserole until it is bubbling & squash is tender, about 35-45 minutes. Spoon salsa over casserole, sprinkle with remaining 1 ½ cups cheese. Return to oven uncovered & bake until golden, 20-25 minutes. Sprinkle with scallions & red onions, then serve. Top individual portions with sour cream or yogurt and chopped avocado if desired.

Garlicky Sauté of Amaranth Greens and Tomatoes (ensalada de bleado blanco) (Vegan, GF)

Serve with grilled meat or with a toss of rice, beans, and corn for a meatless meal. The cumin, allspice, and sesame all subtly underscore the amaranth, so don't omit them.

1 bunch amaranth greens
1-2 tomatoes, seeded and diced if large
6 medium scallions (green onions), thinly sliced
2 garlic cloves, minced
4 tablespoons olive oil
Salt and pepper to taste
¼ teaspoon ground allspice
½ teaspoon ground cumin
1 to 2 teaspoons balsamic vinegar
1 tablespoon toasted sesame seeds

In a very large skillet, heat 3 tablespoons oil over fairly low heat. Add garlic and stir until light golden. Add scallions, tomatoes, salt, pepper, allspice, and cumin. Raise heat to moderately high and sauté until tomatoes are juice and tender but not soft, about 2 minutes. Add amaranth leaves. With tongs, turn to mix evenly with tomato mixture. Stir and twist leaves constantly until they barely wilt, a minute or two. Turn off heat. Add remaining 1 tablespoon oil and 1 teaspoon vinegar. Taste and add more vinegar and pepper if needed. Scoop into dish. Sprinkle with sesame seeds and serve hot.