



# Tucson Community Supported Agriculture

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## Summer 2020

*Harvest lists are online.*

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*Find many more recipes on our website.*

### Egg Cartons & Bags

Thank you for your commitment to reusing and recycling. Right now we're only accepting (clean) Josh's egg cartons. We are not yet able to accept the paper bags you've been saving, but plan to in the future.

### 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!

## A Week at My Table: Cooking When You Don't Really Feel Like Cooking

*Written by Shelby*



The kitchen creativity that took hold of me at the onset of the pandemic in March has since dissipated. My sourdough starter has been sent to hibernate in the fridge and the cheese-making book is collecting dust on the shelf. Between the global movement for racial justice, the surge of COVID-19 cases in Arizona, and the smoke that continuously billows above the mountains, I'm finding it difficult to find joy and meaning in cooking these days. Luckily, my stomach still grumbles and my taste buds find satisfaction in the simple summer meals I manage to pull together a few times each day.

I'm usually an avid meal planner, but lately I've been winging it. This usually results in us making meals that take less time, or us eating later than we'd like. **Takeout-Style Sesame Noodles** (*NYT Cooking*) have made an appearance at the table several times since we started getting cucumbers in our Tucson CSA shares a few weeks ago. Cold noodles, dressed with a creamy sesame dressing, are topped with crisp-cool cucumbers and crunchy roasted peanuts. I keep saying that the dish would benefit from the addition of skillet-roasted chickpeas, soy-marinated tofu, or a piece of grilled salmon – but I haven't managed to make any of those things happen just yet. Maybe you'll try?

We get home late on Tuesday nights, and it's hard to muster the energy to cook anything time-intensive. Lately, our go-to Tuesday night meal is **NexVeg Tepary Bean Burgers** (available in the CSA Shop), sandwiched between two thin slices of **Barrio Bread** and heaped with whatever fixings we can find in the fridge. My favorite is a veggie burger piled high with thinly sliced red onion, **Fiore di Capra** goat cheese, **Thrive and Grow** radish sprouts, and roasted chiles. Served alongside a pile of oven-roasted potato wedges, it makes for a hearty and satisfying meal after a long day.

The rest of the week is a rotation between pan con tomate and soft-scrambled eggs, pasta tossed with sautéed zucchini and homemade pesto, and my most creative meal of the week: A Buddha bowl filled with rice vinegar and sesame oil-dressed kale, golden turmeric potatoes, crispy chickpeas, Indian-spiced cucumber salad, and a dollop of ginger-turmeric yogurt sauce.

In-between the meals, I snack. A few weeks ago I made a big jar of lacto-fermented pickles, spiced with dried chiles and plenty of garlic – a salty, cold, and crunchy snack that really hits the spot. Although I have dreams of making other things with my tomatillos, they always turn into salsa. Scooped up with tortilla snacks or spooned onto eggs, it's too good not to have around. For a sweet refreshing treat, I blend frozen cubes of watermelon with a few tablespoons of watermelon juice for an easy one-ingredient sorbet. I hope that you, too, can find nourishment in these difficult times.

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## RECIPES

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### Watermelon and Tomatillo Salad (Veg, GF)

April Rawluszki, Tucson CSA, recipe adapted from [Patismexicantable.com](http://Patismexicantable.com)

4 cups watermelon, cut into bite size chunks  
2 cups, about 1/2 pound tomatillos, husks removed, rinsed, quartered and thinly sliced  
2/3 cup, about 3 ounces mild feta or queso fresco, crumbled or cut into small dice  
For the vinaigrette:  
1 tablespoon fresh mint leaves, about 5 to 6, chopped  
1 tablespoon jalapeño or Serrano chile, or to taste (seeding optional)  
2 tablespoons fresh squeezed lime juice  
1 teaspoon white vinegar  
1 teaspoon salt  
1 teaspoon smoked paprika  
4 tablespoons olive oil

Place the watermelon cubes and tomatillo slices in a large bowl. In a small bowl, add the chopped mint and jalapeño. Squeeze the fresh lime juice on top, stir in the vinegar, sprinkle the salt and mix. Pour the olive oil and mix with a whisk or fork until well emulsified. Pour the vinaigrette on top of the watermelon and tomatillos, toss well and sprinkle the cheese on top.

### Greek-Style Smothered Okra (Vegan, GF)

Nora McGinnis, adapted from *The Passionate Vegetarian* by Crescent Dragonwagon

1 tablespoon chopped garlic  
1 tablespoon olive oil  
1 or 2 baskets CSA okra, washed well but not cut open  
1 medium to large ripe CSA tomato, chopped  
Salt and pepper to taste  
A few dashes of cayenne (optional)  
1/2 to 1 teaspoon dried dill

Place a heavy 10"-14" skillet with a tight fitting lid over low heat. Add the garlic, olive oil, and okra. In contrast to most sautés, the okra is added when neither pan nor oil is hot yet. Scatter the tomato over the okra. Cook uncovered for 10 minutes. Do not stir. Cover and cook for 30 minutes more. Do not stir, but make sure the heat is low enough so nothing burns. Uncover, stir cautiously, just a few times. The okra should be quite tender, soft and almost golden brown. Be careful not to break the pods open, although a few may have split by now. Season with salt and pepper to taste. Sprinkle with cayenne and dill if desired. Stir once more and serve. Eaters can either cut off the stems at the top of the pods themselves, or pick them up by the stems and nibble their way down, or even eat the stems – they are firmer than the pod but quite edible.

### Quick Tomatillo Salsa (Vegan, GF)

Dana Rosenstein, Tucson CSA

No excuses! This is as quick and easy as it gets and once you have the prepared sauce/salsa you can use it in so many different ways. It is a delicious marinade or sauce for meat and can be stirred into rice and/or beans to add a boost of flavor. Make a big batch and freeze extras into ice cubes to use later.

Chop some tomatillos and put in a microwave-safe bowl along with chopped garlic, olive oil, salt, pepper, ground cumin and Mexican oregano. Cover and microwave it for three or four minutes -long enough to cook the tomatillo and garlic. Let cool and then puree. Add fresh cilantro and a squeeze of lemon or lime if you like.

### Pickled Watermelon (Vegan, GF)

Sara Jones, Tucson CSA

No, this is not a watermelon rind recipe, you use the entire watermelon, both red and white parts! The idea might seem slightly bizarre but the refreshing balance of salty, tangy, sweet is incredibly refreshing. You can substitute the leftover liquid from a jar of cucumber pickles in place of the vinegar solution for an easy shortcut (add a pinch or two of extra salt as the original pickles will have absorbed much of the salt). This Russian recipe is originally a fermented pickle. If you are comfortable with fermenting food you can also use a brine to ferment the watermelon. It will ferment relatively fast, within about 2 days.

1 quart diced watermelon  
3/4 cup white wine vinegar  
1 ½ cups water  
1 tablespoon salt  
1 teaspoon dill seeds  
1 teaspoon dill  
3-5 cloves garlic  
1-2 hot peppers, sliced  
Additional pickling spices, to taste (coriander, black pepper and allspice are good)

Pack watermelon, garlic and peppers into a one-quart jar. Mix vinegar and water with salt and spices and stir until salt is dissolved. Pour mixture over watermelon and cover. Refrigerate for at least 2 hours before using. Store in refrigerator for up to a few weeks.