



# Tucson Community Supported Agriculture

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## Summer 2020

*Harvest lists are online.*

### Back Page Recipes

- Summer Squash Soup
- Chocolate Chip Zucchini Cookies
- Grilled Green Tomatoes
- Southwestern Potato Hash

*Find many more recipes on our website.*

### Can You Help Fix the Free Pantry?

You might have noticed – or even used – the free pantry located outside of the Historic Y on University Boulevard. The pantry is a place where people can leave food and toiletries for anyone who needs them – and it's in need of repair!

We're looking for volunteers to help replace the door to the pantry, as well as provide touch ups to make it look nicer and function better. If you have carpentry skills or any other skills that could be helpful and would like to volunteer, please reach out to us at [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org).



## Cooking for Better Digestion

By Mary Kay Allen, [www.raisedonthefarm.com](http://www.raisedonthefarm.com)

Some things are just supposed to work. Turn the key and the car ignites. Flip the switch and light comes on. Eat food and it's digested. But for those with IBS, the last is not reliable. IBS: literally a pain in the gut, the butt, and all the pipes that lie between. Bottom line, some of our gut microbiomes are not like the others...

The culprits are FODMAPS, poorly absorbed short chain carbohydrates, mostly found in plants. They cause pain, gas, bloating, and bathroom adventures for those with IBS, but can affect anyone on occasion. The key is identifying one's particular trigger foods, then finding ways to include them while limiting digestive distress. My trigger foods comprise a lengthy laundry list, including cabbage, cauliflower, artichokes, Brussels sprouts, snap peas, garlic, apples, wheat, and every dry bean known to Mother Nature. On the non-plant list? Lactose from dairy products. But you don't have to suffer from IBS to benefit from my digestive strategies:

- Cooking improves digestibility. While it destroys some nutrients, it makes others more available. My raw veg is mostly salad: lettuce, radishes, carrots, tomatoes, and small amounts of celery. Kale can be massaged until the cows come home, but it won't be in my salad...
- Smaller is better. Include small amounts of the offenders in combination with better-tolerated vegetables. A mixed veggie roast of red peppers and potatoes with a small amount of cauliflower is both delicious and digestible.
- Substitute better-tolerated items for the triggers. My slaw does not contain cabbage; but thinly slivered radicchio, fennel, and endive make delicious slaw. Garlic-infused oil and/or asafetida replaces garlic. And so on and on...

And now for the big guns, both of which increase availability and absorption of vitamins and minerals and produce digestive enzymes for improved digestion:

- Fermentation is my BFF. Beneficial bacteria break down those pesky little sugars. Pre-digest them, so to speak, which means my digestive system heaves a huge sigh of relief. It boosts shelf life and promotes growth of healthy gut bacteria, too. I use a quart jar/airlock lid system to ferment cauliflower, artichokes and snap peas into yummy fresh pickles. Also think yogurt, miso, kefir, sourdough and kimchi.
- Sprouting is my next best BFF. Seed nutrients are locked up by anti-nutrients; these protect the seed and feed it upon germination, but they are difficult to digest and inhibit the action of digestive enzymes. Once sprouted, the seed becomes a digestible plant, the anti-nutrients neutralized. The seeds become nutritional powerhouses, increasing protein content while decreasing starch. I'm not just talking about what we know as "sprouts." I sprout all beans and legumes before cooking; soaking alone is simply not enough. A strip of dried kombu also simmers along with the beans, softening them and improving digestibility.

Food for thought... even for those with ironclad guts.

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## RECIPES

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### Summer Squash Soup

Nora McGinnis, adapted from Gourmet, September 2006

3/4 stick (6 tablespoons) unsalted butter, cut into pieces  
1 medium CSA onion or a few sweetie onions, halved lengthwise and thinly sliced crosswise  
1/2 teaspoon salt  
2 medium to large summer squash, halved and thinly sliced  
2 carrots, thinly sliced  
1 yellow-fleshed potatoes, peeled, halved, and thinly sliced  
4 cups vegetable stock

Melt butter in a 6- to 8-quart wide heavy pot over moderate heat, then cook onion with salt, stirring, until softened, about 8 minutes. Add squash, carrots, potato, and stock and bring to a boil. Reduce heat, then simmer, partially covered, until vegetables are very tender, about 20 minutes. Remove from heat and cool soup, uncovered, 10 minutes. Working in batches, puree; soup in a blender until smooth (use caution when blending hot liquids) and transfer to a bowl. Return purée to cleaned pot and thin with water if desired; simmer 3 minutes. Season with salt.

### Chocolate Chip Zucchini Cookies

Paula Borchardt, Tucson CSA

All of these summer squash makes me crave zucchini bread, but with the heat I don't like having the oven on long enough to bake the loaves. These cookies are a compromise, turning squash into a sweet treat without heating the house up for too long.

1 egg, beaten (or 1 T ground flaxseed + 3 T warm water; let sit 5-10 minutes)  
1/2 cup applesauce  
1/3 cup brown or white sugar  
1/3 cup honey  
1 tablespoon vanilla extract  
2 cups whole wheat flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 cup finely shredded zucchini/summer squash, with skin but without seeds  
1 1/2 cups chocolate chips

Heat the oven to 350°. Line two baking sheets with parchment paper. In a small whisking bowl, whisk together the egg, applesauce, sugar, honey, and vanilla extract. In a separate mixing bowl, whisk together flour, baking soda, salt, cinnamon and nutmeg. Add the wet ingredients to the bowl of dry ingredients and stir the ingredients together until they're combined. Fold in the shredded squash and chocolate chips. Use a spoon to scoop the batter onto the baking sheets. Bake for 13-15 minutes, until the cookies are golden-brown. Cool on a rack before serving.

### Grilled Green Tomatoes

Sara Jones, Tucson CSA

Fried green tomatoes are a classic but they are also great cooked on the grill or in a hot skillet. Cooked together with onions they make a tasty burger topping. Chop the cooked tomato and onion and drizzle with a bit more vinegar for a simple relish to serve on sausage or alongside polenta.

2 large green tomatoes, sliced into 1/2" thick slabs  
2 cloves garlic, minced  
Pinch of oregano, finely ground  
Drizzle of balsamic vinegar and olive oil  
Salt and pepper to taste

Lay sliced tomatoes in a tray and drizzle with oil and vinegar. Sprinkle salt and pepper, oregano and garlic over slices. Let marinate 30 minutes. Place slices over a hot grill, cooking on each side until slightly charred. Remove and use as a hot garnish for a sandwich. Or cool, chop and use as a relish.

### Southwestern Potato Hash

Mary Leuchtenberger, Tucson CSA

2 medium potatoes, diced  
1(or more) chiles, diced  
1 small (or 1/2 medium) squash, diced  
2 tomatillos, diced  
Shredded cheese

In a heavy skillet heat a thin layer of oil or lard. Chop potatoes and chiles and add to pan when oil is hot, stirring periodically. When potatoes begin to brown, add squash to pan, and cook for a few minutes longer, stirring as needed. Chop tomatillos and mix into hash. Remove pan from heat, top with shredded cheese and cover for a few minutes to allow cheese to melt.

### Kumi's Grilled Eggplant Salad

Kusumo Rao, @Ruchikala

2 Large eggplants  
1/2 teaspoon cayenne pepper  
Salt and pepper  
2-3 tablespoons of whole grain mustard  
1/3-1/2 cup of plain Greek yoghurt (or thick strained yoghurt)  
Finely minced raw garlic  
Extra virgin olive oil  
Bread/pita if desired

Slice eggplant into planks 1/2 inch thick and sprinkle them with salt, pepper, cayenne pepper and olive oil. Grill eggplant 2-3 minutes on each side. Dice into 1 inch pieces. Mix the garlic, mustard, and yoghurt together and season with salt and pepper to taste. Mix the eggplant with yoghurt/mustard mixture. Top with some sautéed or caramelized onions and fresh herbs. This can be used as a vegetarian substitute for chicken or tuna salad.