



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.

Pre-Order Your Pasture-Raised Turkey

It's once again time to put in your order for a pasture-raised turkey from Josh of Chiricahua Pasture Raised Meats. Josh raises all of his animals on rotating pasture with utmost integrity.

Turkeys will weigh anywhere from 14-20 pounds and will come frozen, with giblets included. They will be available for pickup on November 17 & 18.

If you'd like to pre-order a turkey, please put down a \$20 deposit with the CSA Shop volunteer, located inside of the Historic Y courtyard.

We welcome you to email us with any questions you have.

Thank you!

The Chil(e) in the Air

Written by Shelby Thompson



If August in Tucson was a candle, it would smell of damp creosote, swamp coolers, 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 the U.S. began importing increasing amounts of chiles (and other produce) from out of state, 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 at Crooked Sky Farms, 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 Farmer Frank sends his locally grown chiles fresh, sometimes roasted. Both can add wonderful 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 tortillas with cotija, or eat them straight out of the bag if you just can't wait to get them home.

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. You can find all of these recipes and more on our website, tucsoncsa.org.

RECIPES

Braised Sweet Potatoes and Roasted Chiles

Philippe Waterinckx, Tucson CSA

1 CSA bag of roasted chiles, peeled, seeded and coarsely chopped
3 sweet potatoes, diced
1 tablespoon olive oil
1 medium-sized onion, chopped
1 teaspoon ground cumin
Salt and pepper

In a skillet, heat olive oil to medium hot. Add sweet potatoes, onions and cumin. Cover and braise until tender (15-20 minutes), stirring occasionally. After 10 minutes, incorporate roasted chiles. Continue to stir occasionally. Add salt and pepper to taste. Serve with rice.

Summer Squash Tacos with Tomato-Avocado Relish

Kumi Rao, Tucson CSA

3 summer squash
1-2 roasted chiles, peeled and seeded
1 onion
1-2 tomatoes
3 tablespoons sunflower seeds
Arugula or greens of your choice or finely minced cilantro
Olive oil
Salt and pepper
Lemon/lime
Handful of dates or dried cranberries (optional)
10-12 flour/corn tortillas

Cut the summer squash into bite-sized pieces. Finely dice onions and chile. Fry the onions with a good pinch of salt in 1 tablespoon of olive oil. When onions are browned (about 4-5 minutes) add summer squash and chiles (fry on medium high heat for 3 minutes or to desired doneness).

Assemble relish: finely mince ½ a small onion, add 2 finely minced avocados, salt and pepper to taste and finish with a drizzle of tsp. of olive oil and diced dates/cranberries (optional). Assemble the tacos: spoon about ¼ cup of the vegetable mixture onto the taco, sprinkle with 1 spoonful of sunflower seeds per taco and then top with 1-2 tablespoons of relish. Top with a small handful of greens or sprinkle with cilantro.

Zucchini and Chile Cornbread

Sara Jones, Tucson CSA

This is a great cornbread to serve with a soup or stew. Add cheddar or goat cheese to the recipe if you like.

1 cup flour
¾ cup cornmeal
1 ½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup yogurt
1 egg

2 tablespoons honey
3 tablespoons melted butter, or oil
1 cup shredded zucchini
2 roasted chiles, peeled and chopped
Set shredded zucchini in a colander to drain. Preheat oven to 400 degrees. Mix together dry ingredients in a large bowl. In a separate bowl, mix together egg, yogurt, butter and honey. Pour wet ingredients into dry ingredients and stir gently.
Add zucchini and chiles and stir until just combined. Pour batter into greased muffin tins or an 8-inch square baking pan. Bake 25-30 minutes (or about 20 minutes for muffins). The top will spring back when touched and a toothpick will come out clean when cornbread is done.

Glazed Long Beans

Sara Jones, Tucson CSA

1 share long beans
2 teaspoons vinegar
1 tablespoon apple juice
1 tablespoon butter
2 cloves garlic, minced
¼ teaspoon red chile flakes, or to taste
Drizzle honey or agave nectar
Salt and pepper to taste

Cut beans into inch long pieces and blanch in boiling water for about one minute. Drain well and reserve. Melt butter in saucepan, adding vinegar, honey, apple juice, garlic and chiles, stir together to incorporate then add beans. Heat until it simmering then reduce the heat and continue cooking until beans are coated. Season to taste.

Blistered Shishito Peppers

The ration of hot to mild shishito peppers seems to vary year by year but seems to hover around 1 out of 6 being quite spicy. It's a fun sort of gamble but if you are averse to spice you can take a small bite of the end to sample the pepper before you devour the whole thing! This is an easy and delicious way to fix shishito peppers. It only takes 5 minutes and makes a great appetizer.

1 CSA basket whole shishito peppers, stem included
2 teaspoons oil
1 teaspoon sea salt

Heat 2 teaspoons oil in a skillet over medium high to high heat. Add shishitos and toss gently to coat in oil. Sauté for a couple minutes until they start to blister and pop. Toss again and sauté for an additional couple minutes until they are slightly charred. Sprinkle sea salt. Remove from heat and serve as is. Use the stem end as a handle eat the entire pepper, seeds and all.