



Tucson Community Supported Agriculture

Newsletter 748 ~ September 7, 2020 ~ Online at www.TucsonCSA.org

Summer 2020

Harvest lists are online.

Back Page Recipes

- Vegetable Fried Rice
- Hot and Sour Eggplant
- Squash Mint Dip

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!

Egg Carton Return

We are taking back egg cartons again, but please only return clean egg cartons that came from Josh. Any others can be recycled or composted.

Thanks to our Friends at the Rogue Theatre

We really miss our old home in the courtyard, the lively social atmosphere there, with places to sit and chat and enjoy the music and shade. But we are grateful for our current home in front of the Historic Y, where we get a chance to observe the birds in the Tucson Audubon yard, watch the everyday street scenes and wave at friends and neighbors riding by. We are especially grateful to the folks at the Rogue Theater, who have provided us with a larger space for our weekly produce pick up.

When temperatures started to rise this summer, they even offered to let us use their lobby to pack CSA produce shares, which allows us to keep the veggies out of the heat until they go home with our members. We do what we can to keep their space clean, setting up a tarp and plastic matting to protect the beautiful vintage tiles from our crates of produce delivered straight from a dusty, sometimes muddy farm. We try to be tidy, but every evening finds us chasing onions skins out of corners!

Joe, Cindy and Chris from the Rogue have gone out of their way to accommodate us in their space and it has been wonderful getting to know them more as we chat by the fountain during the lulls of pick up. We've had a chance to find out about the different projects going on in the theater and to learn more about the upcoming season on the stage. If you are interested in supporting them and finding out more, we encourage you to check out their website, www.theroguetheater.com. You can find information about their upcoming season, including the play *A View from the Bridge* by Arthur Miller, running from September 10-27th. The show, with limited, socially distanced seating, is an experiment in adapting to our current situation and will feature masked actors moving to a pre-recorded soundtrack of the play. They will also be creating a professional three-camera video of the production for those who prefer to stream at home. If you follow the News link on their site, you can also take free backstage tours to learn more about stage design, lighting, music and costumes or click on a link to listen to one of the short plays from Rogue Radio.

Dinner and a Show: Pandemic Style

As a small gesture of thanks for the Rogue Theatre's support this year, we will be purchasing a couple of online tickets to raffle off to our CSA members. We will pair the tickets with a platter for two from Zemam's so the winners can enjoy dinner and a show from the comfort of their living room. If you would like to enter the raffle, simply tell the volunteer doing check-in this week to mark your name on our sign in sheet. We will hold a separate raffle for Tuesday and Wednesday and will be contacting the winners using the email provided to us from your CSA account.

Shishito Peppers

We are thrilled to be getting shishito peppers in our shares again! When we first tried these bite-size peppers a few years ago we were smitten. Simply blistered with a bit of oil in a hot pan, the flavor and texture of these mild peppers makes them perfect for snacking. And of course it is always fun to see who ends up getting the random spicy peppers! Only one in twenty shishito peppers is spicy. Different harvests seem to yield different results as far as the ration of spicy peppers to completely mild peppers and we are curious to see what's in store for us this year. This week we only have the peppers in our Tuesday shares, but we expect to be able to provide them for our Wednesday shares next week.

Vegetable Fried Rice

Sara Jones, Tucson CSA

This recipe is best (and quickest) prepared with cold, leftover rice, and using whatever veggies you have on hand. Long beans work really well in this recipe, I prefer to cut them into pea size bits so they mix into the rice well. This is also another recipe that can easily accommodate more summer squash!

About 2 heaping cups cooked rice, cooled
2 cups mixed chopped vegetables
½ medium onion, diced
About 1 inch fresh ginger, grated (optional)
2 eggs
2 tablespoons oil
1 teaspoon toasted sesame oil
1+ tablespoon soy sauce

Heat oil in large skillet over medium high heat, add onions, veggies and ginger. Cook, stirring frequently, for about 5 minutes until veggies are tender-crisp. In a small bowl, beat eggs with a pinch of salt. Push veggies to one side of skillet and pour in eggs, stirring slowly to scramble. Once eggs are cooked, add rice and drizzle mixture with soy sauce and sesame oil, stirring well to mix. Cover and cook over low heat about 2 minutes until rice is heated through. Taste for seasoning and add more soy sauce as needed.

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. Zucchini, mushrooms, bell peppers, or tomatoes make delicious additions to this simple recipe. Different varieties of seasonal peppers can be used interchangeably for varying flavors and degrees of heat.

2 tablespoons neutral oil plus 2 teaspoons sesame oil
4 small Japanese eggplants or 2 medium globe eggplant, cubed
2 green chiles, 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)

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, sautee the tofu over medium-high heat in some of the oil until it begins to turn golden brown. Remove and set aside. Add the remaining 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. Serve with jasmine rice.

Squash Mint Dip

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. You can also use eggplant instead of squash.

1 large squash, diced
1 clove garlic, minced
2 tablespoons olive oil
1 tablespoon crushed dry mint
Red pepper flakes, to taste
½ to ¾ cup greek yogurt or labneh
Salt to taste
Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste. To serve, put squash mixture into a medium size bowl and set aside. Heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes and stir well. Pour oil mixture over the top of squash, sprinkle with chopped walnuts and serve with pita or baguette for dipping.