



Tucson Community Supported Agriculture

Newsletter 751 ~ September 28, 2020 ~ Online at www.TucsonCSA.org

Fall 2020

Harvest lists are online.

Back Page Recipes

- Eggplant with Peppers and Capers
- Melon Kimchi
- Tex-Mex Summer Squash Casserole
- Tzatziki

Find many more recipes on our website.

CSA Shop Updates

We're sad to say that we don't have a return date for the blue corn tortillas from **Maiz Tucson**.

Carlos is still getting his new corn mill set up and isn't ready to begin producing again.

We're now carrying dried oyster mushrooms from **Desert Peal Mushrooms** in the CSA Shop for \$5.50/bag.

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**.

Turkeys will weigh anywhere from 14-20 pounds and will come frozen. 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 inside of the courtyard.

A Special Project for Philippe (and a Request from You)



Our dear friend and Tucson CSA Founder Philippe hasn't been able to come to the CSA since March. In an effort to bring Philippe some joy and remind him how much we all care, we're putting together a book of CSA photos, short stories, and quotes from our CSA members and volunteers... and we need your help!

Did your kids grow up as "CSA kids" (as Philippe affectionately calls them), coming to the CSA pickup every week and learning to love mizuna from an early age? Maybe your dog loves CSA rutabaga greens so much they steal them out of the compost, or you've come to enjoy cooking eggplant because of a particular CSA recipe. Or, like many of us, you might have a sweet story to share

about Philippe himself. Whatever the memory, we want to see and hear it! If you have CSA quotes, photos, and/or stories that you'd like to share, please upload them to our Dropbox folder: <https://www.dropbox.com/request/Irb3wAe0KVF5ASyZEJ72>

Thank you for helping us with this special project!

Eggplant... Again?

Eggplant has been cultivated in southern and eastern Asia since prehistory. The first known written record of the plant is found in *Qimin Yaoshu*, an ancient Chinese agricultural treatise that was completed in 544. The numerous Arabic and North African names for it, along with the lack of the ancient Greek and Roman names, indicate that Arabs introduced it to the Mediterranean region in the early Middle Ages. A book on agriculture by Ibn Al-Awwam in 12th-century Arabic Spain described how to grow eggplant. Later records exist from medieval Catalan and Spanish, but eggplant wasn't recorded in England until the 16th century.

In the late summer and early fall, we get many beautiful heirloom eggplants, ranging from deep purple plump varieties to slim, cream-colored Japanese varieties. All can be used interchangeably without much variation in the final dish. If you find eggplant to be spongy, bitter, or just plain unenjoyable, it's possible that you aren't preparing it correctly. In her book *Salt, Fat, Acid, Heat*, Samin Nosrat says, "Season vegetables with large, water cells—tomatoes, zucchini, and eggplant, for example— in advance of grilling or roasting to allow salt the time to do its work."

Eggplant is a versatile vegetable that can be used in a variety of cuisines and recipes. Try sautéing it in hot garlic-infused oil before adding soy sauce, brown sugar, and rice wine vinegar for Sue Li's take on **Sweet and Sour Eggplant with Garlic Chips**. Served with fluffy rice and a cold cucumber salad, it makes for a lovely weeknight meal. For a versatile sauce that goes well on pasta *and* bread, try Sara Jones' recipe for **Eggplant with Peppers and Capers** on the back page. If those don't quite do it for you, you'll find almost 30 eggplant recipes on our website, www.tucsoncsa.org.

RECIPES

Eggplant with Peppers and Capers

Sara Jones, Tucson CSA

This is an excellent sauce for pasta, but it would also be nice served over rice or as a topping for bread. The mild Anaheim-type chiles we have been getting in our share resemble sweet Italian frying peppers and are perfect in many Italian dishes, or use fresh bell peppers. You can take this dish two ways, creamy or tangy. A good dash of sherry or red wine vinegar added with the tomatoes will make the dish something like an Italian caponata. Or add a crumbly white cheese and a splash of cream for a cheesy sauce.

About 1 tablespoon olive oil
2 medium or 1 large round eggplant, peeled (if desired) and diced
3 cloves garlic, minced
3-4 mild green or red chiles, roasted and peeled, or 1 small bell pepper, diced
1 large ripe tomato, diced, or about ¼ cup canned, diced tomato
2 tablespoons capers
Small handful feta cheese, crumbled (optional)
1 tablespoon cream (optional)
Salt and pepper to taste

Heat oil in a medium skillet and add eggplant, stirring well to coat. Cook eggplant over medium high heat for about 7 minutes, stirring occasionally and adding water to prevent any burning or sticking. When eggplant is starting to brown in spots stir in the garlic and tomatoes and vinegar if using. Turn heat to medium low, cover and cook for about 5-10 more minutes until eggplant is meltingly tender. Stir in capers and season with salt and pepper, to taste. If using stir in cheese and cream just before serving.

Melon Kimchi

Wendy McCrady, Tucson CSA

If you end up with a melon that is not as sweet as you had hoped, you can still enjoy it. One way is to sweeten it up by drizzling warmed honey over it. Another way is to turn it into a savory side dish for dinner.

Not so sweet melon, peeled and seeded
2 teaspoons salt
1 tablespoon sugar
½ teaspoons ground dried red chile (from CSA)
1 tablespoon vinegar
1 small CSA onion, cut in half and sliced thinly

Cut melon into wedges about 1 ½ – 2” wide. Cut crossways into thin slices. Mix salt, sugar, and chile powder in quart jar. Add vinegar and swirl to mix. Add melon and onion slices until jar is almost full. Cap and turn upside down to mix seasoning with all of the contents. Shake to distribute through all the slices. Chill (upright) for 3 hours before serving, shaking occasionally to distribute seasoning.

Tex-Mex Summer Squash Casserole

Lyn Hart, Tucson CSA, Adapted from EatingWell.com

2 large summer squash, quartered lengthwise & thinly sliced crosswise
2/3 cup finely chopped yellow onion
2-3 tomatillos, chopped
1 can drained & rinsed pinto beans
1 bag fresh roasted chiles, peeled, seeded and diced
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

Combine squash, onion, tomatillos, beans, chiles, salt, and ¾ 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.

Tzatziki (Greek Yogurt Dip)

Philippe, Tucson CSA

2 cups Greek yogurt
1 small cucumber (approx. ½-lb), peeled, seeded and grated (or finely cut)
1 clove garlic, pressed
1 tablespoon olive oil
1 tablespoon fresh dill or mint, finely chopped
Salt and pepper to taste

Mix all ingredients together and refrigerate. Serve cool. Use as a dip with pita bread or as a side dish with grilled meats and vegetables.