



# Tucson Community Supported Agriculture

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## Summer 07 - Week 8 of 13

### Planned Harvest

(May differ from actual harvest)

Red LaSoda Potatoes  
Onions  
Shallots  
Dried Beans  
Green Beans  
Cucumbers  
Sweet Corn (Trucker's Delight)  
Melons

### The Back Page

Shallot Dressing  
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Creamy Stuffed Potatoes



Pinto bean



Mayocoba bean



Black turtle bean

### Newsletter editor

Sara Jones

## Eating Local, Eating Organic

'At this moment, ethical eating may be a mere whisper in our national conversation, but it is getting louder by the day'—Ruth Reichl, Editor of Gourmet Magazine.

I was just looking over the new issue of Gourmet magazine and was happy to see so many articles focused on local, sustainable food. There is a growing trend among food magazines to concentrate on seasonal, locally produced foods. It is also more common for these magazines to feature articles about farmers and their efforts to put good food on the table. This trend isn't limited to magazines about food. In the past year there have been articles in several well know, national news journals, about the growing movement to eat a more sustainable and ethical diet. This has had a definite impact on the Tucson CSA. It is exciting to see the increase in awareness about the importance of local foods in Tucson. We hope that all of our members are enjoying the delicious (and, yes, sometimes challenging!) rewards of supporting a local food system.

### Shallots



We are excited to be getting shallots this week. Their delicate onion flavor is a real treat. While the shelf-life of shallots is shorter than that of most other onion varieties, they can survive in a cool, dry place for up to a month.

Usage tips: Shallots make an excellent addition to salad dressing, sauces and pasta dishes, and require little cooking time. Shallots make a nice onion-substitute, particularly when served raw where they can showcase their mild sweetness. Additional perks include their greater digestibility and lesser breath impact than the traditional onion. When preparing shallots, also prepare to get a little weepy over it. As with other onions, the chemicals released by sliced raw shallots can irritate the eyes.

### Some of the dry beans from Crooked Sky Farms

The **pinto bean** (Spanish: *frijol pinto*, literally "painted bean") is named for its mottled skin (compare pinto horse), hence it is a type of mottled bean. It is the most common bean in the United States and northwestern Mexico, and is most often eaten whole in broth or mashed and refried. Either whole or mashed, it is a common filling for burritos. The young pods may also be used as green beans. In the southwest United States, the pinto bean is an important symbol of regional identity, especially among Mexican Americans. Along with the chile, it is one of the official state vegetables of New Mexico (under the name *frijol*).

The **Mayocoba bean**, is an oval-shaped dried bean common in Latin American cooking. Medium in size and ivory-yellow in color, the Mayocoba Bean is similar to a pinto bean in size and flavor. Mild flavored with a buttery taste and texture, this bean is used as an ingredient in soups, salads and refried bean dishes. The Mayocoba Bean may also be referred to as mayo coba bean, maicoba bean, azufrado bean, canaria bean, canario bean, Mexican yellow bean, Peruvian bean, or a Peruano bean.

The **black turtle bean** is a small black beans with a particularly rich and full flavor. TheIt is a favorite in southern Mexico, South America and the Caribbean. It is sweet tasting with an almost mushroom-like flavor and soft floury texture. These beans are medium sized, oval, with a matt black color. They are the most popular beans in the Costa Rica and Cuba.

### Shallot Dressing

magicvalleygrowers.com

2 tablespoons French red vinegar  
2 tablespoons finely chopped fresh shallots  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 teaspoons Dijon style mustard  
6 tablespoons olive oil  
1 tablespoon lemon juice  
1 tablespoon heavy cream  
(*may substitute yogurt or omit entirely*)

Using a blender, add first 5 ingredients and, with blender running, add oil. Continue blending. Add in lemon juice and then the optional cream or yogurt.

### Spicy Green Beans

Sara Jones, Tucson CSA

1 bag green beans  
2 cloves garlic, minced  
1 teaspoon grated ginger  
1/2 teaspoon chili flakes (or to taste)  
2 teaspoons vegetable oil  
Soy sauce to taste

Garnish with **Fried Shallots**

Clean beans and remove stem end. Heat oil in skillet over medium high heat. Add garlic, ginger and chili flakes and stir quickly for about 30 seconds. Add green beans and toss to coat. Drizzle with a little soy sauce and water, then cover and cook over medium heat for about 5 minutes. Add more soy sauce if needed and serve.

### Fried Shallots

Sara Jones, Tucson CSA

These shallots are great over the spicy green beans or use them to make a really tasty garnish for a number of dishes.

1/2 c Vegetable oil  
1/2 c Thinly sliced shallots

Heat the oil in a small saucepan until hot but not smoking about 300 degrees F. Add the shallots and fry over moderate heat until crispy and golden brown about 5 minutes. Do not overcook. Immediately remove the shallots with a slotted spoon and drain on paper towels. Reserve the oil for another use. Cooked this way shallots can be stored in a tightly covered jar on the kitchen shelf for up to 1 month. Yield: about 1/3 cup.

### Green Bean Salad

Chad Weiler, Tucson CSA

1 bag Green Beans  
10-12 Cherry Tomatoes cut in fourths  
4 oz. feta Cheese Crumbled  
1 Shallot finely diced  
1/4 Yellow Chile finely diced\*  
3 Tablespoons White Wine Vinegar

1. Place the onion/shallot, chile, and Vinegar in a medium sized bowl. Add salt and pepper and stir. Allow to marinate at least a half hour. □2. Blanch the green beans in boiling salted water for 1-2 minutes. Place beans in a bowl of ice water to stop the cooking. Remove the beans from the ice water and pat dry. You want the beans to be completely dry before assembling the salad. □3. Place the beans, tomatoes, and cheese in the vinegar mixture. Mix until all ingredients are well incorporated. Drizzle with olive oil, and add salt and pepper to taste.

\*The amount of chile I use really depends on the heat of the chile. Start small and add more if you want more heat.

### Creamy Stuffed Red Potatoes

By Heidi DeCosmo, TCSA

6 red potatoes, baked  
1/3 cup low fat ranch dressing  
1 tablespoon butter  
1 cup sautéed mixed vegetables  
2 tablespoons chopped sorrel (if available)  
Salt and Pepper to taste

Preheat the oven to 350 degrees. □Cut each warm baked potato in half and scoop out center. Put potato filling in mixing bowl and place potato skins on baking sheet. Mash the potatoes and add remaining ingredients, mix well.

Divide the filling among the potato skins. Bake for 20 minutes to heat through.