



Tucson Community Supported Agriculture

Newsletter 140 ~ June 2, 2008 ~ Online at www.TucsonCSA.org

Summer '08

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Corn borers are in the corn, but not for long

The early corn often has corn borers in it or shows signs one was there. They're a harmless caterpillar that nibbles on the corn near the tip of the ear. You may find either the borer itself or a few damaged kernels it left behind. If the borer or its evidence is a bother, just chop off the top inch or so of the ear. The rest of the ear will usually be untouched. This problem goes away after a few weeks, when tiny wasps begin to control the corn borer population.

Harmonizing with the Elements (an herbalism class with John Slattery)

with a focus on local plants and their energetics. This class looks into the history of holistic philosophy from a variety of cultures and applies these ideas to our local environment and the plants which may help us maintain balance and harmony within the stresses of seasonal change.

Cost: \$20

When: Tuesday, June 3, 5-7pm

Where: The Historic Y Conference Room, 5th Ave. and University.

John's wild-harvested teas are available for sale at the CSA.

Newsletter editor

Philippe Waterinckx

WELCOME TO OUR SUMMER SESSION

USING SUMMER CSA PRODUCE – by Sara Jones, Tucson CSA chef



This is from last week's handout which Sara distributed at her cooking demos. It may be a repeat for many members, but I felt it would be a useful introduction to summer produce for all the new members who have joined the CSA for the summer session.

Most of Sara's and Philippe's recipes from the demos are online. They include: Squash and Grain Fritters, Sweet Potato Patties, Moroccan Slaw, Beets and Orange Salad, Miso Sesame Sauce for Cucumber

Salad, Salsa Verde, Apricot Chutney, Rhubarb Orange Compote and Grapefruit Seltzer.

With the approach of summer, we work our way out of the (sometimes strange and unfamiliar) leafy greens and root vegetables of winter into the familiar fruits of summer. In early summer our shares may include green beans, tomatoes, tomatillos, squash, cucumbers, melons and corn. As the season progresses and temperatures rise, we begin to see peppers and chilies, eggplant and okra. All of this is exciting to those of us who struggled through the winter and spring sessions, even to those of us who love winter's produce. Nothing can beat the intoxicating smell of freshly roasted chilies, or the juice of a cold melon in the summer heat. But even with these more common and familiar vegetables, there are challenges to summer cooking. Crops can quickly become overabundant and our most favorite summer recipes can become dull. Here are some (hopefully) helpful hints to keep in mind as we move into the summer session.

Re-imagine your vegetables. Try eating things raw which you would normally cook, and vice versa. Baby okra, green beans, and summer squash are good raw. Cooking or juicing cucumbers and melons is also a way to eat up a surplus. Thin slices of cucumbers, squash or melons can be dressed in sauces or vinaigrettes.

Summer vegetables are great for pickling. If you have time for canning, that's great. If not, quick pickles in a vinegar and/or brine solution are easy and can last a few weeks in the refrigerator. You can add whatever spices you like and decide whether to make them sweet or savory. Just make sure that the veggies are clean and completely submerged in the pickling liquid before refrigerating them. They make a quick and refreshing snack and are great added to a potato salad.

Plan for leftovers every time you cook. The heat produced by any cooking method, whether grilling, steaming or baking can raise temperatures dramatically (consider investing in a solar oven to avoid this problem). Minimize the number of times you heat up the kitchen by doubling recipes. If you have the oven on, toss in a few potatoes or sweet potatoes as well, for use later in the week. Any time you make grains follow this rule as well. These leftover starches make an easy base for a meal.

Following the idea above, put some creative thought into re-inventing your leftovers. Rice and vegetables can be quickly stir-fried together with a scrambled egg to make fried rice. Leftover starches can be mixed with vegetables, made into patties, and pan-fried. Using leftover vegetables also puts you a step ahead in recipes like lasagna, enchiladas or empanadas. Use pie dough or pizza dough (both of which are available at grocery stores) to wrap up leftovers into tasty hand-held treats. You can even freeze these for a future dinner.

Remember to ask any of the CSA volunteers for ideas when you feel stuck. The volunteers have experience with what it takes to eat seasonally and are here to help.

Grapefruit Selzer

This is an incredibly refreshing drink in the summer heat. If you don't have the ingredients to make it now, squeeze and freeze your grapefruit for a treat later on.

1 part grapefruit juice
1 part sparkling water
Agave nectar, to taste

Stir together juice and agave nectar, about 2 teaspoons per cup of juice. Add sparkling water and taste for sweetness, adding more nectar if desired. Serve over ice.

Beet Roesti with Rosemary

An almost unbelievably sweet and wonderful side dish. The sugar in the beets caramelizes, and the flavors of the rosemary, beets, and butter meld beautifully.

1 to 1-1/2 pounds beets
1 teaspoon coarsely chopped fresh rosemary
1 teaspoon salt
¼ cup flour
2 tablespoons butter

Trim the beets and grate them in a food processor or by hand. Begin preheating a medium to large nonstick skillet over medium heat.

Toss the grated beets in a bowl with the rosemary and salt, then add about half the flour; toss well, add the rest of the flour, then toss again.

Place the butter in the skillet and heat until it begins to turn nut-brown. Scrape the beet mixture into the skillet, shape it into a nice circle, and press it down with a spatula. Turn the heat to medium-high and cook, shaking the pan occasionally, until the bottom of the beet cake is nicely crisp, 6 to 8 minutes.

Slide the cake out onto a plate, top with another plate, invert the two plates, and slide the cake back into the pan. Continue to cook, adjusting the heat if necessary, until the second side is browned. Cut into wedges and serve immediately.

Beet and Carrot Cake

Fancy something sweet, yummy and unusual? Try Sara's Beet and Carrot Cake.

On our website under *Recipes > Beet*

Sweet Potato Enchiladas w/ Salsa Verde

Sara Jones, Tucson CSA

If you have tomatillo salsa, use that as a sauce for these enchiladas. If not, a can of red enchilada sauce or a quick red chile sauce would work. Also, you will save a lot of time on this recipe if you already have some leftover baked potatoes and roasted garlic, so plan ahead during the week.

About 1 1/2 cups mashed baked potatoes
1 head roasted garlic
1/4 cup toasted walnuts
Salt and pepper to taste
1 package corn tortillas
1/4 cup mild white cheese, grated
1 cup salsa verde or red enchilada sauce

Cut top off of roasted garlic head and squeeze to remove garlic from skin. Mash together with sweet potatoes, then mix in nuts and salt and pepper to taste. Heat about 1 tablespoon of oil in a small skillet and cook corn tortillas individually in oil until softened, draining on a paper towel. Take one tortilla and spread a spoonful of filling down the length of the tortilla just to the left of the center. Fold shorter (left) side over filling, then roll up and place in a greased, square baking pan. Continue with the rest of tortillas and filling. Pour salsa verde or red enchilada sauce over enchiladas and top with grated cheese. Cover with tin foil and bake in a 375 degree oven for about 20 minutes, then remove foil and bake 10 more minutes.

Salsa Verde (Green Salsa)

1/2 pound tomatillos, husked, rinsed, diced
2 green chiles (optional)
1/2 to 1 jalapeno
1 onion, chopped
2 garlic cloves
1/4 cup (firmly packed) fresh cilantro leaves
1 tablespoon fresh lime or lemon juice
1 tablespoon olive oil

Char green chiles directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed, and chop chilies. Combine all ingredients in blender. Puree until almost smooth (should be slightly chunky). Season with salt and pepper. Add lime juice, if desired. Can also be cooked before blending for serving on warm dishes (add a scoop of whipping or sour cream to the blender).

Apricot Chutney

Philippe, Tucson CSA

1 pound apricots, pits removed
1 tablespoon olive oil
1 small onion or 1 shallot, chopped
2 cloves garlic, crushed
1/4 teaspoon salt
1/4 teaspoon Cayenne pepper, or 1/2 jalapeno, chopped
1/4 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 teaspoon mustard
1 teaspoon fresh ginger, grated
1/4 cup sugar
1/4 cup apple cider vinegar
1/4 cup raisins

Heat oil to medium heat in a small saucepan. Add onions, garlic, salt, Cayenne, cumin, cinnamon and nutmeg. Fry for a few minutes until onions are tender. Add garlic, ginger and mustard. Stir and simmer for a few minutes. Add apricots. Stir and simmer for 15 minutes, or until they become mushy. Add sugar, apple cider vinegar and raisins. Simmer and reduce, uncovered, for 1/2 hour or until it reaches the consistency of jam. Serve cool or at room temperature, as a condiment with sweet potatoes, fritters, empanadas, roasted chicken or pork.

Will keep 2-3 weeks in the refrigerator.