



Tucson Community Supported Agriculture

Newsletter 193 ~ June 15, 2009 ~ Online at www.TucsonCSA.org

Summer '09 Week 3 of 13

Harvest list is online

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More recipes online

TWO TO SEE

The World According to Monsanto

WHERE: Grand Cinemas
Crossroads 6, Grant and Swan
WHEN: Thursday, June 25, 7 p.m.

Monsanto's controversial past combines some of the most toxic products ever sold with misleading reports, pressure tactics, collusion, and attempted corruption. They now race to genetically engineer (and patent) the world's food supply. Combining secret documents with first-hand accounts by victims, scientists, and politicians, this film exposes why Monsanto has become the world's poster child for malignant corporate influence in government and technology.

The Garden

WHERE: The Loft Cinema, 3233 E. Speedway Blvd.
WHEN: Friday, June 19, 7 p.m.

THE GARDEN chronicles the battle over the largest community garden in the U.S (in south central Los Angeles). The film shows how the politics of power and greed intersect with working class families who rely on this communal garden for their livelihood. Director Scott Hamilton will appear in person at the above screening; the film's engagement at The Loft starts that day.

Newsletter Editor

Philippe Waterinckx

WHAT TO DO WITH VEGGIES YOU DON'T KNOW?

If you're new to the CSA, you are likely to be occasionally stumped by some of the produce you get in your share. One of the positive aspects of being a CSA member lies in the wide variety of vegetables you receive. As a CSA member, your diet is likely to become a lot more varied. However, using vegetables you would not normally buy at the store may pose challenges, and you may be tempted to leave these obscure veggies in the surplus basket or trade them for more familiar ones. Or worse: they may sit, and sit, and sit in remote corners of your refrigerator until... well, we won't go there.



So, what's the solution? It's simple: take them home and eat them right away. Take the plunge! Look up some of the recipes on our website: many are simple and easy to prepare. More often than not, you will be happily surprised by the results. Once you find a recipe that works for you, you'll be set.

Take the nopales (prickly pear pads) for example. You may still have some from last week's share. I, for one, never had them until I started the CSA. I initially had to push myself to use them, but it was merely a matter of familiarity. Now, I can't get enough. My favorite way to eat them is in a tomato-based pasta sauce or sautéed with scrambled eggs. Plus, we get them with spines already removed, a huge plus!

PRESERVING FOOD by Sallie Marston

As summer approaches and vegetables and fruits are particularly bountiful, you might want to learn how to preserve these foods for consumption later in the year. In fact, the food preserving movement has followed naturally from the local food movement of which Tucson CSA is a part. The first thing to know about preserving (including canning, freezing, drying, vacuum sealing, and salting) is that it's no more difficult than cooking a simple meal. The second is to become familiar with the US Department of Agriculture's (2006) *Complete Guide to Home Canning*. Finally, there are lots of books available and plenty of websites to instruct you on how to preserve food in order to capture its taste and goodness. One book that is getting a lot of attention these days because of its simple approach is the recently (2009) published, *Well Preserved: Recipes and Techniques for Putting Up Small Batches of Seasonal Food*, by Eugenia Bone (for discussion of the book and the food preservation movement see *The New York Times*, D1, Wednesday, May 27, 2009).

EAT MESQUITE!

Downtown Desert Harvesters invites you to "Eat Mesquite," a community celebration and tasting party. Desert Harvesters is a volunteer-run grassroots organization based in Tucson. We strive to promote, celebrate and enhance local food security and are excited to share all things mesquite with you. Volunteers and members of the CSA have been busy creating and testing recipes for a mesquite cookbook to be funded in part by a grant from PRO-Neighborhoods. Join us on Saturday, June 20th for a mesquite celebration. Learn to harvest and prepare mesquite pods for milling, see mesquite pods turned into tasty and nutritious flour at a demonstration milling, and taste mesquite flour in dishes to be featured in our upcoming cookbook. To learn more, visit www.desertharvesters.org. The festivities get under way at 6:00 p.m. at the Mercado San Agustín, 100 S. Avenida del Convento (near Congress and Grande, west of I-10). We look forward to seeing you there!

Eggplant and Zucchini Gratin (simple version of ratatouille)

Contributed by Jeanne Granger, Tucson CSA

From: Julia and Jacques Cooking At Home

Yield 6-8 servings

1/2 cup or so olive oil
1 large or 2 medium eggplants
1 tablespoon herbes de Provence
1 teaspoon salt
2 medium zucchini, about 1 pound total
3 or 4 ripe tomatoes, about 1 pound total
1/2 teaspoon freshly ground pepper

For bread-crumbs topping

1/2 cup or so fresh bread crumbs, not too finely ground
1/3 cup or so freshly grated Parmesan cheese

Preparing the vegetables

Arrange the rack on the lower-middle level of the oven and preheat to 400. Smear a baking sheet generously with 1/3 cup of the olive oil.

Trim off ends of eggplant and slice on the diagonal into ovals 1/2" thick. One at a time, lay the slices on the sheet, press to coat lightly with oil and turn them over. Arrange the slices, oiled side up, in a single layer and sprinkle on 1/2 teaspoon each of salt and herbes de Provence.

Bake for about 15 minutes until the eggplant slices are soft and somewhat shriveled; allow to cool briefly. Leave the oven on if you will be baking the gratin right away.

Meanwhile, trim the ends off the zucchini and cut lengthwise into slices no more than 1/4" thick. Salt the zucchini and let it sit for about 15 minutes then wipe the salt & moisture off - otherwise your casserole can be too watery. Core the tomatoes and cut into slices 1/4" thick. Spread out the slices and sprinkle them lightly with 1/4 teaspoon of freshly ground pepper.

Assembling the gratin

Film baking dish well with 1 teaspoon olive oil and sprinkle a teaspoon of the dried herbs all over the bottom. Lay one or two eggplant slices, lengthwise, against a narrow side of the dish. Arrange a long slice or two of zucchini in front of the eggplant, then place 2 or 3 tomato slices in front of the zucchini. Repeat until the pan is full of alternating rows of eggplant, zucchini, and tomatoes. Arrange each new row of slices so the colorful top edges of the previous row are still visible.

Topping and baking

Mix the bread crumbs, Parmesan and teaspoon of herbes de Provence. Add a tablespoon of olive oil, then toss and rub it in with your fingers to coat the crumbs but keep them loose. Sprinkle the crumbs evenly over the vegetables and drizzle remaining oil over all.

Place dish in center of oven and bake for 40 minutes until vegetables are soft, the juices are bubbling, and the top is a deep golden brown. If the crumbs need more browning you can stick them under the broiler for a few moments.

Serve hot directly from the baking dish.

Note: gratin can be assembled (don't add oil until baking), covered and refrigerated for several hours. Preheat oven and drizzle on last olive oil just before baking.

Enjoy - this is luscious!

Cold Cucumber Soup

From Philippe adapted from foodnetwork.com

1 cucumber, chopped
1 cup plain yogurt
1/4 cup sour cream
1/2 tsp mustard
Salt and pepper to taste
1/4 cup fresh dill, chopped
1/2 lemon, juiced
Save some cucumber slices and dill sprigs for garnish

In a food processor or blender, purée chopped cucumbers, yogurt, sour cream, mustard, and salt and pepper to taste and transfer to a bowl. Chill soup until ready to eat. Before serving, stir in finely diced cucumber, dill and lemon juice. Garnish soup with cucumber slices, and dill sprigs.

Baked Acorn or Butternut Squash

From Cooks.com

1 acorn or butternut squash
1 tablespoon butter, melted
Nutmeg, salt and pepper to taste

Preheat oven to 400 degrees.

Scrub squash. Cut in half lengthwise, scrape out seeds and stringy portion. Place cut side down in lightly greased pan. Bake for 45 minutes. Remove from oven. Brush with melted butter, add seasonings. Return to oven and bake 15 minutes or longer. Other herbs may be used like Season-all, and basil leaves. For a gourmet touch, add 2 slivered filberts for the last 15 minutes of baking.

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.

