



Tucson Community Supported Agriculture

Newsletter 195 ~ June 30, 2009 ~ Online at www.TucsonCSA.org

Summer '09 Week 5 of 13

Harvest list is online

The Back Page

Elote Blanco with Rice
Elote Blanco with Verdolagas, Lime
Juice and Chiles
Spaguetti Squash with Pesto Sauce
Spaguetti Squash Ideas
Verdolagas Ratatouille
June Jedley

More recipes online

Verdolagas

Are you verdolaga shy? Rather than rush inside the CSA as fast as you can to try trading them or otherwise getting rid of them, we would love it if you took them home and ate them instead.

Verdolagas (and also quelites) are the ONLY greens you're going to get in your CSA shares this summer. Why pass up an opportunity to add greens (and omega-3's) to your summer diet?

Okay, if you have them growing in your garden, you're excused. But if you simply have a block about verdolagas, start by taking it easy. For example, add them, coarsely chopped, to your favorite spaghetti sauce. It's really, really good!

They also make the most refreshing salads: add them to a tomato, basil, feta salad, with a dash olive oil and balsamic vinegar. Mmmh!

Summer shares available

There are still a few weeks' worth of shares available from members who will be vacationing in July. If you know of anyone looking to try out the CSA without having to commit to a whole session, tell them that this a good opportunity for them to find out what it's all about.

Check the ads on our bulletin board (above the trading table).

Newsletter Editor

Philippe Waterinckx

ELOTE BLANCO

Elote Blanco, or White Mexican Corn, is a variety of white corn popular in Mexico (it's a little like field corn). Elote blanco is not a sweet corn and so it is used in savory dishes rather than eaten on-the-cob. Elote blanco is traditionally used to make tortillas or tamales. It is also often prepared by slicing the kernels off the cob and cooking them in butter with lime juice and chiles or chile powder. The corn kernels are also a good addition to a casserole or stir-fry. Elote blanco has a high starch content and therefore adds a creamy quality to dishes in which it is used.

SUN DRYING FOOD – by Sallie Marston



The sun-oven demonstrations in the Historic Y courtyard a few weeks ago prompted me to provide some helpful information on the use of the sun for more directly drying and preserving food, especially fruits. The basic premise is simple: small pieces of food are placed out in the sun and warm, dry air passing over, under and around the food pulls the moisture from it. Often in places where the sun is unreliable or humidity is high, drying ovens are used in place of the sun. But here, the

sun can be harnessed to produce excellent dried foods from apples to tomatoes. When foods are properly dried, the growth of spoilage organisms like bacteria, yeast and molds is arrested. Proper drying removes about 90% of a fruit's water content which also creates an environment hostile to these organisms.

It is important to use screens (flat ones to place the tomatoes on) and a screen house, cheesecloth or fine netting (to keep the bugs and dirt off the cut tomatoes).

The Virginia Tech Cooperative Extension website contains a very helpful publication for drying (both oven- and sun-) both vegetables and fruits

<http://pubs.ext.vt.edu/348/348-597/348-597.html>

With a surplus of tomatoes becoming available, why not try out your skills with sun-dried tomatoes?

LOCAL EATING CHALLENGE

Food Conspiracy Co-op, along with dozens of food co-ops nationwide, challenges area residents to put their money where their mouths – and producers – are and stimulate local economic growth by taking the second, national Eat Local, America! Challenge July 3rd through the 20th.

Those wishing to participate simply sign a large poster at Food Conspiracy Co-op or register online at www.foodconspiracy.coop to show their commitment to eating local food for the duration of the challenge.

Participants may set their own challenge goals. Seasoned locavores are encouraged to commit to eating four out of five meals with local food – roughly 80 percent of their diets, while those who are just starting out – the local newbies – may begin by eating five meals a week made with local foods, or one local ingredient with each meal. This challenge is meant to be fun and exciting and each individual can define the “challenge” component for him or herself.

Elote Blanco with Rice - New

Philippe, Tucson CSA

2 ears of elote blanco, kernels sliced off cob
2 cups long grain white rice
2 tablespoons oil
1 onion, chopped
1 clove garlic, finely chopped
4 cups of chicken or vegetable broth
Chile powder to taste (or ground pepper)
Salt to taste

Heat oil over high heat in a saucepan. Add rice. Fry the rice, stirring frequently, until it begins to color. Add the onion, garlic, salt and chile powder. Continue to fry and stir until the rice turns gold (about 5 minutes).

Add broth and corn to the rice. Cover and do not stir again. Bring back to boil then let simmer for 15 minutes. Turn off heat and let stand, covered, for another 30 minutes.

Elote Blanco with Verdolagas, Lime Juice and

Chiles – New

Philippe, Tucson CSA

2 ears of corn, kernels sliced off
1 (or more) tablespoon butter
1 chile (Serrano or Anaheim), seeded and chopped
1 cup coarsely chopped verdolagas
1/4 cup chipotle goat cheese, or crumbled queso fresco
1 tablespoon fresh lime juice
Hot chile powder to taste (no need for it is you use chipotle goat cheese)
Salt

Combine corn, butter, chiles and 1/2 cup water in a sauce pan. Simmer until tender, 10–15 minutes.

Stir in cheese, chile powder, lime juice, verdolagas, and salt to taste.

Spaghetti Squash with Pesto Sauce - New

Philippe, Tucson CSA

1 spaghetti squash
1 bag basil, large stems removed
2 cloves garlic
1 tablespoon oil
1 large handful toasted walnuts, roughly chopped
Parmesan or Romano cheese, grated (optional)
1 package pasta, cooked

Cut squash in half lengthwise and scoop out seeds. Boil or steam for 30 minutes or until tender.

Using a fork, scrape pulp out of the shells and break it apart, making it look like spaghetti. Set empty shells aside.

Toss basil, garlic, oil and half of walnuts into a food processor and pulse until well blended. Heat a small amount of oil in a skillet over high heat and fry squash until beginning to brown.

Toss squash together with pesto, pasta and remaining nuts.

Place back in the empty shells. Serve sprinkled with cheese.

Spaghetti Squash Ideas

by Leigh Abernathy

For a spaghetti squash lasagna (something of a non sequitur since lasagna refers to the pasta and that's what the squash replaces), layer the cooked squash strands with sauce and cheese, just as you would regular lasagna, and bake for thirty minutes at 350F.

You can also toss the cooked squash with half a cup of orange juice, the same amount of chopped parsley and a little salt or pepper for a warm salad or side dish. Any leftovers can be eaten cold the next day or reheated in the microwave.

Verdolagas Ratatouille - New

Philippe, Tucson CSA

2 tablespoons olive oil
2 cloves garlic, crushed and minced
1 onion, quartered and thinly sliced
1 eggplant, diced
2 cups verdolagas, coarsely chopped
2 tomatoes, coarsely chopped
2-3 small summer squash, diced
basil, oregano and thyme
Salt and pepper to taste

Heat olive oil over medium heat in a saucepan. Add onions and garlic and sauté until onions are translucent. Add eggplant and stir until coated with oil. Cover and cook for 10 minutes, stirring occasionally.

Add tomatoes, verdolagas, zucchini, and herbs; mix well. Cover and simmer for 10 minutes. Serve with rice.

June Medley - New

Philippe, Tucson CSA

Another easily adaptable recipe for our summer produce.

1 tablespoon olive oil
1 onion, chopped
2 ears of corn, kernels scraped off
2 cloves garlic, chopped
1 summer squash, sliced
1 pound tomatoes, quartered
Seasoning: salt, pepper and thyme to taste

Optional ingredients:

1 bunch summer greens, such as amaranth or **purslane**, cut coarsely
1 handful basil, oregano, cilantro or parsley, chopped
1/3 log (or more) goat cheese of any flavor
Squash blossoms

In a large frying pan or saucepan, sauté the onion in oil until soft. Add the corn kernels and garlic and sauté for 10 minutes or so, stirring occasionally. Add the squash, tomatoes, and seasoning. Stir, cover, and simmer for 10 more minutes. Add any optional ingredients, stir gently, and simmer for another 1 or 2 minutes—the ingredients should wilt without overcooking.

Serve with toasted tortillas or on a bed of rice or noodles.