



Tucson Community Supported Agriculture

Newsletter 302 ~ August 22, 2011 ~ Online at www.TucsonCSA.org

Summer 2011

Harvest list is online

The Back Page

Miso Sesame Sauce for Eggplant or Cold Cucumber Salad
Old Fashion Maine Mustard Pickles
Kumi's Grilled Eggplant Salad (new)
Melon or/and Cucumber Cooler
Cold Squash and Corn Chowder

Many more recipes in our online recipe archive

Volunteer call

Thank you to those who responded to our call for volunteers. We think we're all set for now. If you're still interested in volunteering, contact Sara during pickup hours. While we may no longer have a volunteer position available immediately, we frequently need subs.

Pork shares are ready!

Thank you for helping us free up space in our freezers by buying some of the meats and dog bones we had for sale. We now have space in our freezers for the pork order. We drove to Willcox today (Monday) to pick it up at Guzman's.

Sixty shares worth of pork and a big load of Josh's eggs (which we got on the same trip) filled our little VW Golf diesel (biodiesel) like sardines in a can (leaving space only for the driver)! We'll assemble the pork shares on Tuesday morning so they'll be ready for pickup this week.

Why have we been getting so many green tomatoes?

When it gets too hot in the field, tomatoes have a tendency not to redden. Some will turn, others will just stay on the vine and remain green. But if placed indoors on a countertop, they will finally turn. Guess they like it cool, like all of us do in August in Tucson.

EGGPLANT GALORE

Yes, it's true that we've had eggplant for more weeks than we can remember, and we may get them for a few more weeks, though perhaps not every week. Personally, I love them and there's always some delicious dish I want to concoct with them. Did you know that we have over 20 eggplant recipes on our online recipe archive? There are still a few I haven't tried. I can't wait to make Kumi's Grilled Eggplant Salad which she demonstrated last week and which is on the back page of this newsletter. That was soooo good! Other favorites among our online recipes are Eggplant Pasta with Pesto, and Eggplant Pasta in Yogurt Mint Sauce.

And then there is Baba Ganoush! It's a fast and easy way to turn eggplant into a ready snack, and it's a great way to preserve eggplant since it freezes well. If you have an eggplant accumulation in your fridge, Baba Ganoush is the answer. A Mediterranean spread or dip which is refreshingly delicious during our hot summer days, Baba ganoush can be served as a snack or an appetizer with pita bread or with Barrio bread (the bread we get at the CSA), or it can be served as a side dish with grilled foods. It's easily portable, so it makes a good potluck dish. You can make as large a batch of it as you have eggplant: it will keep for a week in the fridge or can be frozen.

Don't leave your fresh eggplant sitting in your fridge for too long as its bitterness increases over time. One good thing about Baba Ganoush is that the lemon juice used in it balances its bitterness. Add more lemon juice, and it will reduce the bitterness.

During most seasons we have an item which we get repeatedly for many weeks. This summer has been the summer of eggplant. The same thing has happened in the past with other crops, and at different times of the year, with, for example, corn, carrots, beets, cucumbers and turnips. It's simply part of the nature of farming, and it's one of the aspects of farming that we share as CSA members. No matter how well a farmer plans the crops to be planted, environmental conditions in the fields vary from year to year, resulting in some crops doing better than others (and others not doing so well). If you grow your own vegetables, you've no doubt had the same experience.

CROOKED SKY FARMS FACEBOOK PAGE



Many of you already are on the Tucson CSA Facebook group, where members can exchange ideas and post recipes. But did you know that Crooked Sky Farms also has a Facebook page? Join it via the farm's website (<http://crookedskyfarms.com>) as a way of getting your farm's news "from the horse's mouth".

SECOND CORN CROP

Ready for Ambrosia and Bodacious corn? It's ready! Because it is organically grown, some of the ears may have a small caterpillar in it, usually near the tip of the ear. Don't let it freak you out. It's normal. It's organic. So, please, don't open the ears while picking your corn at the CSA. The rest of the ear is likely perfectly fine. When you get it home, just cut off the tip.

Miso Sesame Sauce for Eggplant or Cold Cucumber Salad

Sara Jones, Tucson CSA

This sauce is equally good cold over cucumbers or served hot with eggplant. A batch of sauce will last at least a week in the fridge so you can make extra. If you use eggplant for this recipe, dice them into medium size squares; for cucumbers, slice into coins or half moons.

2 parts miso
3 parts rice wine vinegar
1 part soy sauce
1 part toasted sesame oil
Freshly grated ginger, minced garlic and red chile flakes to taste

For eggplant: Heat 2 teaspoons oil in a skillet over medium high heat. Add eggplant and stir to coat with oil. Cook for about 2 minutes then pour sauce over vegetables, reduce heat to medium low, cover pan and cook until tender. Add water as needed to keep vegetables from drying out or sticking.

For cucumbers: Pour sauce over sliced cucumbers and toss to coat. Let sit for at least 30 minutes before serving.

Old Fashion Maine Mustard Pickles

Kristin Terpening, Tucson CSA

Here's a super easy recipe for slightly spicy, very crunchy pickles from a gal I worked with at a boatyard in Maine. This is a recipe for a quart jar full of pickles.

2 heaping tablespoons sugar
1 heaping tablespoon canning salt
1 heaping tablespoon dry mustard
Apple cider vinegar- enough to fill quart jar packed with cucumbers 2/3 full
Cold water- enough to top off quart jar of cucumbers

Cut cukes into quarters, spears, or use small cukes. Pack into quart size jar. Add dry ingredients. Fill jar 2/3 with cider vinegar. Then add cold water to fill the jar to the brim. Shake well, and again shake jars every once in a while for the next 24 hours or whenever you think of it. (If you keep them somewhere easily visible, just give 'em a shake every time you pass by.) I also like to add at least a heaping tablespoon of chopped garlic or several individual cloves, and sometimes a red chile or two. Since these aren't cooked or actually canned, it's best to keep them in the fridge for storage.

Kumi's Grilled Eggplant Salad-new

Kumi Rao, Tucson CSA

2 large eggplants
1/2 teaspoon cayenne pepper
Salt and pepper
2-3 tablespoons of whole grain mustard
1/3-1/2 cup of plain Greek yoghurt (or thick strained yoghurt)
Finely minced raw garlic
Extra virgin olive oil
Bread (pita if desired)

Slice eggplant into planks 1/2 inch thick and sprinkle them with salt, pepper, cayenne pepper and olive oil. Grill eggplant 2-3 minutes on each side. Dice into 1 inch pieces. Mix the garlic, mustard, and yoghurt together and season with salt and pepper to taste. Mix the eggplant with yoghurt/mustard mixture. Top with some sautéed or caramelized onions and fresh herbs. This can be used as a vegetarian substitute for chicken or tuna salad.

Melon or/and Cucumber Cooler

Sara Jones, Tucson CSA

Perfect as is, or use as a base for cocktails or frozen into popsicles.

1 melon or cucumber (or half of each), peeled, seeded and cut into large chunks
1/2 cup sugar or honey (optional)
1/4 cup lime juice
Juice from one knob grated ginger
1 bottle sparkling mineral water

Puree all ingredients, except mineral water, in a blender or food processor. Strain if desired. Put in a large pitcher with ice cubes and add mineral water. Stir gently and serve.

Cold Squash and Corn Chowder

Philippe, Tucson CSA

A very refreshing Southwestern soup, ideal for hot summer evenings. If you have summer squash that have grown out of proportion, here's how to put them to good use.

2 pounds or more of summer squash
Kernels of 2 ears of corn
1 onion, chopped
2 cloves garlic, minced
1 tablespoon oil
1 jalapeno
2 roasted chiles, fresh or roasted, or 1 tablespoon of chile powder
Salt to taste
Garnish: 1 tablespoon oregano, a pinch chile powder

Cube the squash. If the squash are large, scoop out the seeds first. Sauté all ingredients in oil until the squash is tender (about 20 minutes). Add 4 cups cold water or vegetable stock. Blend. Add more water if necessary to achieve creamy texture. Refrigerate for 4 hours. Serve in bowls and sprinkle some chile powder on each before serving. Garnish with some fresh oregano, chile powder, basil or mint.