



# Tucson Community Supported Agriculture

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## Summer 2011

Harvest list is online

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our online recipe archive**

### **Chile or Chili?**

Chile generally refers to the raw product, while chili refers to prepared dishes.

### **Soon: Roasted Green Chiles In Bulk!**

Starting next week, you'll be able to order Crooked Sky Farms roasted green chiles in bulk.

You can order them mild, medium or spicy. They come in batches of 20 pounds. That's 20 pounds fresh weight (they weigh less once they are roasted).

Pre-pay at the front desk for delivery the following week (just like the bulk tomatoes).

Price TBA

The offer will last as long as there are enough green chiles in the field (until approximately mid-October).

### **Honey and Cajeta**

Try our two new products:

Local honey (three flavors: citrus, mesquite and alfalfa)

Cajeta from Black Mesa Ranch. Cajeta is goat's milk caramel, and it's ooooh so good!

Stop by sample table this week to try a little bit of each.

## **THE WEATHER ISN'T CHILLY, BUT IT'S CHILE TIME!**



Well, we might not get colored leaves and chilly temperatures for autumn, but we do get something else—green chiles! And they are here now! We are starting with a bang and are getting both raw green chiles and roasted green chiles this week. As we move into the season, we will offer alternating rounds of raw and roasted chiles each week. They come in mild, medium and hot spiciness. (The farm generally

labels them for hotness, but there are natural variations, so the labeling isn't perfect.)

The green chiles we get from Crooked Sky farms are grown in their field near Duncan, Graham county, near the New Mexico border. It is a chile called Arizona-20, commonly known as Hatch chile, a variety of Anaheim pepper that has thicker walls and is more drought and heat tolerant than the Anaheim. The Arizona-20 was developed by Ed Curry of the Seed & Chile Company in Pearce, Arizona. Curry supplies 90% of the green chile seeds used in American agriculture. Southwestern New Mexico and Southeastern Arizona offer ideal conditions for growing chiles — endless sunshine, elevations higher than 4,000 feet and cool nights. When it comes to exercising bragging rights in the chile arena, Arizona's neighbor to the east gets most of the attention. In New Mexico, folks have been extolling the virtues of their green chiles for decades. And with just cause: New Mexico ranks number one in chile production in the U.S., with 21,000 acres. By comparison, Arizona has about 7,000 acres. However, Arizona can brag about being the largest chile seed producer.

Though the Arizona-20s aren't likely to leave you blowing smoke, they can sometimes offer a good amount of heat to spice up your meals, particularly once they've been roasted. Add roasted chiles to casseroles, salsas, use as condiments for sandwiches or burgers, or just eat them plain as a yummy snack!

*Sources: Frank Martin, Crooked Sky Farms; Kathleen Walker, Arizona Highways*

## **NO MORE LOW-BALANCE E-MAILS**

After next week we will no longer send low balance e-mails. Previously, we sent reminder e-mails on Saturdays to members whose CSA account balance was low. But it was a largely manual process (due to the wide variation in members' weekly subscription costs) and it took us several hours each time, so we regret we can't continue the practice.

It will be up to you -- the weekly e-mails you get on the day before your pickup day will continue to include your current account balance and a brief explanation of how to ensure your balance is sufficient to cover future pickups. If you want your subscription to continue uninterrupted, you will need to monitor that balance and make a payment before your balance gets too low.

Accounts with balances less than the cost of their next pickup as of midnight Friday are automatically de-activated every Saturday. If your account gets de-activated but you wish to continue your subscription, just email us with a request to re-activate. Most of the time, you will only miss one pickup week. However, if our pickup days are full (which happens occasionally), you may have to wait until spaces become available before being re-activated.

### Quick Tortilla Soup

Sara, Tucson CSA

This recipe is easy and quick, just remember to remove the skins, seeds and veins from the green chiles before using.

4 cups broth  
3-5 roasted chiles, seeded and peeled, diced  
1-2 tomatoes, fresh or canned, diced  
1 onion, chopped  
3 cloves garlic, minced  
2 teaspoons ground cumin  
1 teaspoon dried oregano  
1 tablespoon oil  
Salt and pepper to taste  
Garnish with tortilla chips and any combination of cheese, avocado, lime wedges and cilantro

In a large pot, heat one tablespoon of oil and quickly sauté all ingredients (except garnish). Cover with broth, bring to a boil and cook for 15 minutes. Serve in individual bowls and let each person add their own garnish.

### Zucchini and Chile Cornbread

Sara Jones, Tucson CSA

This is a great cornbread to serve with a soup or stew. Feel free to add some fresh corn or cheese to the recipe if you like.

1 cup flour  
3/4 cup cornmeal  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 cup yogurt  
1 egg  
2 tablespoons honey  
3 tablespoons melted butter, or oil  
1 cup shredded zucchini  
2 roasted chiles, peeled and chopped

Set shredded zucchini in a colander to drain. Preheat oven to 400 degrees. Mix together dry ingredients in a large bowl. In a separate bowl, mix together egg, yogurt, butter and honey. Pour wet ingredients into dry ingredients and stir gently.

Add zucchini and chiles and stir until just combined. Pour batter into greased muffin tins or an 8-inch square baking pan. Bake 25-30 minutes (or about 20 minutes for muffins). The top will spring back when touched and a toothpick will come out clean when cornbread is done.

### Squash, Corn and Grain Fritters

Sara Jones, Tucson CSA

2 cups corn and grated summer squash, mixed  
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice  
1/2 small sweet onion, sliced thinly  
1-2 eggs

1-2 tablespoon flour  
Salt and pepper to taste

Mix together squash, corn and grains. Beat 1 egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. If mixture does not hold together as a loose batter add another egg and a bit more flour. Heat a large skillet over medium heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cook until golden brown underneath, about 4 minutes. Flip gently and cook until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

### Melon Cucumber Salsa

[theorganickitchentucson.com](http://theorganickitchentucson.com)

1 cup melon (diced small)  
1 small cucumber, peeled, seeded, and diced small  
Grated zest and juice of 1 lime  
1 tablespoon minced basil  
1 tablespoon chopped mint leaves  
1 jalapeno, seeded and finely diced  
1 small knob of ginger, peeled and grated  
Salt, to taste

Mix all the ingredients. Let sit for 30 minutes before serving, for best results.

### Melon Kimchi

Wendy, Tucson CSA

Not all melons are sweet. In fact some Asian varieties of melons are not sweet at all, and some are even slightly bitter. If you end up with a melon that is not as sweet as you had hoped, you can still enjoy it. One way is to sweeten it up by drizzling warmed honey over it. Another way is to turn it into a savory side dish for dinner.

If you wish to make this recipe with a sweet melon, use half cucumber and half a melon.

Makes 1 quart jar.

1 not-so-sweet melon, peeled and seeded, or half sweet melon and half cucumber  
2 teaspoons salt  
1 tablespoon sugar  
1/2 teaspoons ground dried red chile  
1 tablespoon vinegar  
1 small onion, cut in half and sliced thinly

Cut melon into wedges about 1 1/2 – 2" wide. Cut crossways into very thin slices. Mix salt, sugar, and chile powder in quart jar. Add vinegar and swirl to mix. Add melon and onion slices until jar is almost full. Cap and turn upside down to mix seasoning with all of the contents. Shake to distribute through all the slices. Chill (upright) for 3 hours before serving, shaking occasionally to distribute seasoning.