



Tucson Community Supported Agriculture

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Spring 2012

Harvest list is online

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**Many more recipes in
our online recipe archive**

Bulk Tomatoes

This year, like every year from early June to mid- to late July, you can order tomatoes in bulk at the CSA. They are the same tomatoes from Crooked Sky Farms that we are getting in our shares.

They cost \$25 per flat, and a flat contains about 15 pounds of tomatoes. Pretty good deal!

You have a choice of 3 types of flats:

1. Classic Reds: only red tomatoes (open-pollinated, heirlooms and hybrids)
2. Heirlooms: all colors and sizes
3. Romas: good for canning because less they are fleshier and less juicy.

All orders must be pre-paid at the front desk for pickup the following week.



CUKE IS FOR CUCUMBER

They're there! They're not square. And they're Divas and Armenians!



The Diva cucumber looks like a regular slicing cucumber. But there is little else regular about it: it is mild, sweet, crisp and so refreshing! And above all, its skin is thin and does not have to be peeled. Aaaah, the advantages of organically grown produce, especially since commercial cucumbers are one of the top twelve most pesticide-laden produce items. Additionally, the wax applied to commercial cucumbers, apples, and many other produce items is made of petroleum oils. Not only does the wax seal in moisture, prolonging shelf life, it also seals in pesticides.

The Armenian cucumber is something else, and if you've been with the CSA for a while, you know what we're talking about! The Armenian cucumber is specifically adapted to our desert conditions. In fact it is not even a cucumber — it is a variety of muskmelon, yet it tastes just like a cucumber, only better. Armenian cucumbers come in two varieties: the pale green ribbed variety and the darker green striped and crooked variety. Not surprisingly, the latter is also known as snake cucumber, or snake melon.



The online Cook's Thesaurus (www.foodsubs.com) notes that Armenian cucumbers are "hard to find, but one of the best-regarded slicing cucumbers." Not hard to find for us! Like Diva cucumbers, Armenian cucumbers don't need to be peeled or seeded (their seeds are soft), and despite their limp bodies, you'll notice that they're still crisp when sliced. As soon as you slice one, the perfumed aroma begs you to take a bite. And when you do, you won't be disappointed. You'll be amazed at how little it resembles the flavorless, tough-skinned varieties you're used to buying at the store. You could use slices of this cucumber to flavor and brighten mixed drinks, lemonade, or even plain water, or simply eat it with a light sprinkling of salt.

JOSH'S GRASS-FED BEEF AND LAMB

In addition to supplying us with pasture-raised chickens (fryers and stewers) (which actually taste like chicken!) and eggs (with the richest yolks we've ever seen) from pasture-raised hens, Josh also supplies us with grass-fed beef and lamb. We won't have any more beef shares until September, but we still have extra shares from the recent order. So, get those while you can.

We are now taking deposits for lamb shares at the front desk. We're trying to make lamb shares available once per season instead of twice a year as in the past. Josh said he could do about 20 shares, and they'll be available in two weeks. Lamb shares weigh 8 to 9 pounds each, cost \$9.00 per pound and typically include 1 lb. ground, 1 lb. chorizo, 2 lbs. roast, 1 lb. shanks, 2 lbs. chops, 1 lb. riblets (share content does vary slightly though).

A \$20 per share deposit is required at the time of ordering.

Squash, Corn and Grain Fritters

Sara Jones, Tucson CSA

2 cups corn kernels 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
Fresh herbs, if available, roughly chopped
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 one 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 four minutes. Flip gently and cook until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

Cocido

Sara Jones, Tucson CSA

This soup is traditionally prepared with soup bones or short ribs, but it is also good as a vegetarian dish. It is served with whole chunks of corn on the cob, which really helps to infuse the broth with flavor. Use a large squash, if you have one; its flesh will get tender and tasty. Serve with warm tortillas and lime wedges.

About 1/2 pound soup bones, short ribs or chuck roast, if desired
2 small onions, chopped into large pieces
3 carrots, chopped into large pieces
4 to 5 potatoes, chopped into large pieces
1/2 of a large squash or 1 medium squash, chopped into large pieces
2 to 3 ears of corn, husks and silk removed and broken into pieces
1 medium tomato, chopped
1 can garbanzo beans, drained
2 bay leaves
1 teaspoon oregano
1 teaspoon cumin
Red pepper flakes, to taste
Salt to taste

If using meat, bring two quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 to 1 1/2 hours. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients. If making vegetarian cocido, start with all the ingredients together in a pot, with two quarts water. Cook one hour, adding salt about half way through cooking. Add additional salt in the end, if needed. Serve in large bowls, ensuring that everyone has at least one chunk of corn on the cob.

Cold Cucumber Soup 2

Hannah Yeakley, Tucson CSA

1 cucumber – If you use an Armenian cucumber you can use the peel. (If the seeds are big, I scoop them out before putting in the blender.)
1 cup chicken broth
1 clove garlic
1/3 cup onion
Blend in blender
Add:
1 cup Greek yogurt
1 tablespoon apple cider vinegar
1 teaspoon salt
A little cracked pepper

Blend again. Chill in the fridge before serving. Top with mint or slivered almonds or green onions. And enjoy on a hot Tucson day.

Tomato Bruschetta

Lorraine Glazar, Tucson CSA

1 tablespoon finely minced onion, shallot or scallion
4 medium tomatoes
2 teaspoons finely minced parsley
Olive oil
Balsamic vinegar
Salt and freshly ground pepper
Four to six basil leaves, cut in a fine chiffonade
Prepared toast rounds or thin slices of baguette, toasted.

Cut the tomatoes into 1/4-inch dice, including the juice and seeds. Combine with onion, and parsley. Judiciously add olive oil, starting with one teaspoon. Add salt and pepper, then balsamic vinegar (also starting with a teaspoon). Adjust oil and vinegar if needed; they are there to blend the flavors, not as a salad dressing. Cover and let macerate for one hour or all day if desired, a step which intensifies the tomato flavor. Serve on small toasts, garnish with the finely sliced basil.

Variation: Spread the bruschetta on toasts, top with a sprinkling of Parmesan cheese, and warm in a 350-degree oven.

