



# *Tucson Community Supported Agriculture*

Newsletter 347 ~ July 16, 2012 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2012

Harvest list is online

### The Back Page

Quick Tortilla Soup  
Squash Mint Dip  
Tex-Mex Summer Squash Casserole  
Brilliant Blanched Okra  
Pan con Tomato

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

### Last week with no bread!

As announced previously, there will be no fresh bread available this week. But our suffering is coming to an end soon: Don will be back next week!

We still have a few loaves in the freezer, for sale first come first served.

### Bulk Tomatoes: last week to place orders

This is the last week for placing order for flats of tomatoes. Tomatoes will be then back in early fall.

A flat contains about 15 pounds of tomatoes and cost \$25 each. At \$1.67 per pound this is a very good deal for organic tomatoes!

You have a choice of 3 types of tomatoes:

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

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



## **CANNING CLASS**

Wanna to learn how to preserve the summer bounty from your garden, CSA share, the U-pick farm or the farmers market? Got a surplus of okra, cucumbers, tomatoes or fruit? This coming Sunday, July 22<sup>nd</sup> at 9 a.m., join Lorraine Glazar, one of our dear and long time CSA member, for a class on traditional water bath canning. It requires no fancy equipment and is easy to do at home. Lorraine will demonstrate water bath canning for tomatoes, fruit preserves and pickles/relish. Expect to take home a jar of something delicious as well as resources for canning at home. A \$20 cash donation is asked to cover kitchen rental and supplies. Class is limited to 12 people.

To register go to: <http://canningclass.eventbrite.com/>

## **WHY WON'T WE GET TOMATOES IN THE MIDDLE OF THE SUMMER?**

When tomato production peaks everywhere else in the country, ours grinds to a halt. Yes, we get no tomatoes from mid-July to late September. What's happening?

Well, it's just too hot! Who would have thought that tomatoes don't like the heat! Well, they actually do, but it's the pollen that doesn't like it. Temperatures above 95 degrees kill the pollen of tomato flowers. So, although tomato plants continue to blossom, the flowers don't get pollinated and thus don't set fruit. However, the tomatoes that were formed before it got too hot continue to mature just fine, which explains why we are still getting them now: they are not being replaced by new ones. But once the monsoon season sets in and the temperatures go down, flowers can set fruit again and 2 months later a fresh crop of tomatoes is ready for harvest.

## **CHILES**

Most of the chiles we get from Crooked Sky Farms are Arizona 20s, a variety of Anaheim chiles very similar to Hatch chiles. Arizona 20s are just well adapted to our hotter climate and have a thicker and fleshier wall.

We're incredibly lucky to get them already roasted (we usually get them fresh and roasted in alternation). They are roasted at the farm just before they get delivered at the CSA. The Arizona 20s make outstanding roasted chiles because of their thicker flesh: there is just more to sink your teeth into!

Prepping a roasted chile is easy (wear gloves if your skin is sensitive to chile heat):

1. Peel off the skin: it usually just slides off with a little finger work.
2. Remove the stem end and seed core: they come away easily by pulling them.
3. Pry the chile open lengthwise by running your thumb along its length.
4. Remove seeds by pulling the opened and flattened chile through thumb and index finger held close together.
5. Remove inner membranes and veins by pulling them off.

You can do this process under a running faucet to rinse away the skin and seeds. I avoid doing that: I save water and preserve as much of the flavor of the chile as possible by simply rinsing my fingers in a bowl of water after processing each chile.

Note: the heat of a chile does not increase as it turns from green to red. If it's a mild chile, it stays mild. If it's a hot one, it stays hot. However, the flavor will change: a green chile will become sweeter as it turns red.

### 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.

### Squash Mint Dip

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. **You can also use eggplant instead of squash.**

1 large squash, diced  
1 clove garlic, minced  
2 tablespoons olive oil  
1 tablespoon crushed dry mint  
Red pepper flakes, to taste  
1/2 to 3/4 cup Greek yogurt or labneh  
Salt to taste  
Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste.

To serve, heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes and stir well. Put squash mixture into a medium size bowl and pour oil mixture over the top. Sprinkle with chopped walnuts and serve with pita or baguette for dipping.

### Tex-Mex Summer Squash Casserole

Lyn Hart, Tucson CSA (Adapted from EatingWell.com)

2 lbs summer squash, chopped  
2/3 cup finely chopped yellow onion  
2-3 tomatillos or tomatoes, chopped  
1 can drained & rinsed pinto beans  
1 bag roasted green chiles, peeled, seeded and chopped

1 teaspoon salt, or to taste  
2 1/4 cups grated extra sharp cheddar (~7 oz., divided)  
1/3 cup flour  
3/4 cup salsa (heat index your preference)  
4 scallions, thinly sliced for garnish  
1/4 cup finely chopped red onion for garnish  
Sour cream or Greek yogurt for topping  
Chopped avocado for topping

Preheat oven to 400° and oil a 9 x 13 pan. Combine squash, onion, tomatillos, beans, chiles, salt, and 3/4 cup of the cheese in a large bowl. Sprinkle with flour; toss to coat. Spread mixture in oiled pan & cover with foil. Bake casserole until it is bubbling & squash is tender, about 35-45 minutes. Spoon salsa over casserole, sprinkle with remaining 1 1/2 cups cheese. Return to oven uncovered & bake until golden, 20-25 minutes. Sprinkle with scallions & red onions, then serve. Top individual portions with sour cream or yogurt and chopped avocado if desired.

### Brilliant Blanched Okra

Kristin Van Fleet, Tucson CSA

While the CSA crew was discussing preparation methods for okra, Kristin mentioned her favorite way of fixing it. We all tried it and it was an instant hit! We think this the most brilliant idea yet! And yes it's as simple as blanching the (sometimes dreaded) vegetable and salting it liberally. Served immediately while still warm, it is reminiscent of the edamame you eat at Japanese restaurants. A great snack!

Okra (not trimmed!)  
Salt

Bring a large pot of water to a boil and add okra. Cook for about 2minutes. The okra will have a vibrant green color when it is done. Remove from water before tips start to split! Drain, and while okra is still warm, toss with some salt. Serve immediately.

### Pan con Tomate-*new*

Sara Jones, Tucson CSA

Simple and delicious! Serve with some olives and slices of hard boiled egg, salami (or other cured meat) and cheese for an amazing European breakfast.

Good bread, sliced and toasted or grilled  
Clove of garlic  
Ripe tomato, cut in half  
Olive oil

Rub garlic over toasted bread, then smear tomato over bread, leaving skin intact in hand, but drenching bread in tomato-y goodness. Drizzle with olive oil.