



# Tucson Community Supported Agriculture

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## Summer 2012

Harvest list is online

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

### Trading Baskets versus Surplus Bench: Reminder

The trading baskets are for trading only: if you take a portion out, please replace it with a full portion of another item from your share.

Full portions of any type of produce can be traded. For example, if a share includes three onions and two eggplant and you would like more onions, you could take three onions out of one of the trading baskets, and replace them with two eggplant from your share.

The trading baskets start off as a full share, with each basket containing that week's portion of each item of produce. As the pickup day progresses and produce get traded, the number of portions available for trade should remain the same, even if several portions may be of the same item of produce.

**Surplus bench:** if you wish to take something extra with you and do not wish to give up something from your share, try the surplus bench to the right of the trading table. The surplus bench is not subject to any rules: whatever is available on the surplus bench is up for grabs (within reason) without having to be replaced.

The surplus bench is also where you should put produce from your share that you don't want: if you don't want your onions for example, and there is nothing in the trading baskets you want trade them for, just put your onions on the surplus bench for another member to enjoy.

## CROOKED SKY FARMS NEWS

As the summer progresses, more and more of the Crooked Sky Farms produce will come from their field in Duncan. Duncan is located past Willcox near the New Mexico border, along the Gila river. Its rich alluvial soils, cooler climate thanks to its 3,600 ft elevation, and good water availability make it an excellent location for farming when the summer heat limits farming at the south Phoenix field.

Farmer Frank said that thanks to the Duncan field, we can expect to see more greens in our shares this summer, such as Swiss chard, dill, kale and arugula. The 30-40 degrees temperature swings between day and night in Duncan make it possible to grow some greens at this time of year.

Frank has also been experimenting with more varieties of bell peppers and we may get purple and chocolate colored bell peppers by late August. Other crops that are almost ready include bicolored sweet corn, green, yellow and purple fresh beans, flat *romano beans*, and more varieties of cucumbers, including the *lemon cucumber*, an introduced Spanish heirloom.



But perhaps most exciting of all are the different varieties of heirloom watermelons that will start to make their way into our shares this summer: in addition to the regular *Sugar Babies* and *All Sweet* watermelons which we usually get, Frank has planted *Yellow Dolls*, *Baby Dolls* and *Klondike Gold* watermelons, which have a yellow/golden flesh; *Moon and Stars*, an old Russian heirloom with dark skin and golden spots; and *Black Diamond*, a Texan heirloom

with dark green skin and very sweet flesh.

Heirloom watermelons tend to be sweeter than commercial hybrid seedless varieties. They also tend to be more difficult to grow under the harsh Arizona sun because they often have a darker skin and less abundant foliage, a combination which makes them more sensitive to sunburn. They need to be watched and cared for more as they grow. But they are so worth it!

## FINDING HELP ON HOW TO MANAGE YOUR CSA ACCOUNT AND SUBSCRIPTION

We often get questions about deactivations, reactivations, recharging your account, placing delivery holds, how to change pickup days, how to add or remove shares, etc.

You are of course welcome to ask us questions in person or by email, and we do our best to answer them in a timely fashion. However, you can also find immediate answers to many questions by checking our website. If you place your cursor on the "Help: Manage Account" tab on the Tucson CSA home page, you will see a pull-down menu with the following topics: Monitoring your account balance; Recharging your account; End your subscription; Reactivate your subscription; Place your subscription on hold; Change your subscription; and Deadlines summary.

The information in those pages is quite comprehensive and, we hope, useful to help you understand how to manage your CSA account.

## Summer Medley

Philippe Waterinckx, Tucson CSA

This recipe uses a lot of produce commonly available at the CSA in the summer. It is very flexible and many items can be easily substituted.

1 tablespoon oil  
1 onion, chopped  
1 ear of corn, kernels scraped off with sharp knife  
1 teaspoon chile powder, paprika, or mole powder  
1 teaspoon herbs (oregano or thyme)  
1 garlic clove, crushed  
2 fresh chiles, chopped (seeds and membranes removed if you don't want too much heat!)  
1 handful okra, whole (optional)  
1 jalapeno, finely chopped (optional)  
1 summer squash, diced  
1 handful purslane, chopped in 1-in segments  
Salt to taste

In a large skillet, sauté onion and corn in hot oil until onion becomes translucent. Add chile powder, herbs, garlic, chiles, okra and jalapeno. Sauté for 5 minutes, stirring occasionally. Add squash and sauté for another 5 minutes. Add purslane, sauté for 5 last minutes. Serve with an omelet, on a tortilla, or with some rice.

## Italian Eggplant with Peppers and Capers

Sara Jones, Tucson CSA

This is an excellent sauce for pasta, but it would also be nice served over rice. If you want to use it as a topping for bread, chop the eggplant into a smaller dice. The mild Anaheim-type chiles we have been getting in our shares resemble sweet Italian frying peppers and are perfect in many Italian dishes.

1 large round eggplant, peeled (if desired) and diced  
3 cloves garlic, minced  
3-4 mild green or red chiles, membranes and seeds removed, chopped  
1 large ripe tomato, diced  
2 tablespoons capers  
Small handful feta cheese, crumbled (optional)  
1 tablespoon cream (optional)  
Salt and pepper to taste  
About 1 tablespoon olive oil

Heat oil in a medium skillet and add eggplant and garlic, stirring well to coat. Drizzle eggplant with a few tablespoons of water and cover. Cook eggplant over medium high heat for about 7 minutes, checking occasionally and adding water to prevent any burning or sticking. When eggplant is tender, add the rest of the ingredients, except the cheese and cream, and cook for about 5 more minutes. Season with salt and pepper, to taste. Stir in cheese just before serving. If using as a pasta sauce, reserve about 1/2 cup of pasta water and toss cooked pasta and reserved water into pan with mixture and cook for an additional minute, drizzling with a bit more olive oil if desired.

## Barbecued Okra

(foodnetwork.com)

One of the absolutely best ways to enjoy okra. We always recommend this recipe to okra novices. If you don't grill, no worries, simply put okra on a baking sheet and place under the broiler, shaking the pan once or twice during cooking to get a nice even brown. Adjust these seasonings to your taste, it is really the technique that is important here. And remember, don't get your okra wet, wipe it clean with a dry towel.

1 teaspoon salt  
1 teaspoon sweet or smoky paprika  
1 teaspoon sugar  
1 teaspoon ground coriander  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon cayenne pepper  
1/4 teaspoon celery seed  
1 basket fresh okra  
1 tablespoon unsalted butter, melted, or olive oil

Preheat the grill to high. Place the salt, paprika, sugar, coriander, black pepper, cayenne, and celery seed in a small bowl and stir to mix. Wipe okra clean with dry towel. Trim the tips off the stem ends of the okra but do not cut into the pods. Place the okra in a large mixing bowl, add the butter and toss to coat. Add the rub mixture and toss to coat. When ready to cook, arrange the okra on the hot grate so that they are perpendicular to the bars or you may wish to skewer 4 or 5 pods side by side with bamboo skewers (that have been soaked in water) to keep any stray okra from falling through the grates and into the fire. Grill the okra until nicely browned, about 2 to 4 minutes per side, turning with tongs as needed. Transfer the grilled okra to a platter or plates and serve immediately.

## Quick 'Fried' Okra

Sara Jones, Tucson CSA

Fried okra is by far the okra dish that most people are familiar with. This recipe imitates the delicious cornmeal crunch of fried okra, without actually frying it. Very easy. The trick here is putting the okra into a hot pan and leaving it undisturbed to form a crust that keeps moisture inside and prevents slime from forming.

1 basket okra, wiped clean with a dry cloth and sliced into coins  
2 tablespoons cornmeal  
1 tablespoon butter or oil  
Salt and pepper to taste

In a medium bowl, mix cornmeal with a pinch of salt and pepper (feel free to add any other spices you might like). Toss okra coins into cornmeal and shake until well coated, then remove from mixture. Heat butter or oil in a pan over medium heat. Add okra to pan and let cook, without stirring, for about 2-3 minutes, until beginning to brown. Stir okra and allow second side to brown. Place cooked okra onto a newspaper or paper towel to drain any excess oil. Serve hot.