



Tucson Community Supported Agriculture

Newsletter 392 ~ June 10, 2013 ~ Online at www.TucsonCSA.org

Spring '13

Harvest list is online

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Many more recipes on our website

CALL FOR BAGS

We are very low on bags.

Please bring your recycled grocery bags to the CSA to help replenish our I-Forgot-My-Bag wicker chest.

Standard size plastic and paper clean grocery bags only. Thanks!



Other things you can recycle and bring back to the CSA are:

- the green baskets your CSA tomatoes and boiler onions come in.
- cardboard egg cartons



Chef Kumi

SWEET, SWEET CORN

Crooked Sky Farm's first sweet corn of the season is here and we're all very excited. Be warned though that during the first few weeks, the ears may show some damage from corn borers, i.e. the small caterpillars of a moth. Corn borers are almost inevitable when no pesticides are used and Farmer Frank doesn't use any. Instead he lets a natural predator, the Trichogramma wasp, handle the situation. Trichogramma is a tiny black wasp that lays its eggs inside the eggs of the corn borer moth. As the wasps hatch, they feed on the corn borer's eggs. However, it takes a few weeks for the wasp population to catch up with that of the corn borers, and that allows the corn borers to inflict initial damage to the corn crop. This doesn't mean that the corn is bad: you just have to avoid the damaged parts. The good parts will still be delicious.



We ask that you do not pry open to corn husks to check the ears when picking them up. We apologize if they are not perfect during the first few weeks of corn season, but that's the nature of a CSA.

TOMATOES IN BULK? GET CANNING!



If you like to preserve tomatoes, i.e. by canning them, freezing them, sun-drying them, salting them, or making loads of salsa and pasta sauce, now is the time to do it.

Farmer Frank has planted 80,000 tomato plants this year and he is letting them go at a very good price: \$20 per flat (instead of \$25 as in previous years). That's about \$1.40

per pound (a flat of tomatoes weighs about 14 pounds).

This year all flats include mixed varieties. Any flat may include will include tomatoes of all varieties (red, yellow, heirlooms, romas, etc.)

How does it work?

1. Pre-pay (\$20 per flat) at the front desk.
2. Pick up your tomatoes the following week. Bring your own cardboard box if you can, to transfer the tomatoes, as we cannot give you Farmer Frank's plastic flats.

This offer will last until the end of the first tomato season, i.e. approximately mid-July.

KUMI IS BACK IN TOWN!



Remember the last cooking demo at the CSA? Wasn't that amazing? That was with Chef Kusuma Rao (Kumi) from Ruchikala. Kumi is back in town for a few weeks to delight us with her Asian-Mexican fusion culinary creations. She will be at the CSA again soon but will also hold various supper clubs and food events around town.

First ones are two 5-course dinners, on June 21st and 22nd.

If you're interested, leave a comment or a message on Ruchikala's FB page at:

<https://www.facebook.com/RuchikalaPDX>

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.

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.

Whole Wheat Zucchini Quick Bread

Wendy McCrady, Tucson CSA.

2 cups flour
1/4 cups brown sugar
1 tablespoon baking powder
1 teaspoon salt
3/4 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon dried ginger powder
Pinch each cloves and nutmeg
1 1/4 cup soymilk, rice milk, or water
1 tablespoon + 1 teaspoon white vinegar
1 cup shredded zucchini

Preheat oven to 350 degrees. Grease an 8 by 8" baking pan or line with parchment paper. Combine dry ingredients in a bowl. Combine wet ingredients in a separate bowl. Do not combine yet! When the oven has preheated completely, pour wet ingredients into dry. Mix quickly and do not over-mix. (Fat free batters will come out tough if over-mixed!) Pour into the prepared pan and bake for 45 minutes. Use the toothpick test for doneness. Remove from oven and let stand 10 minutes. Loosen the edges with a spatula and remove from pan. (Remove parchment paper from bottom if used.) Let cool before slicing.

Cool Summer Salad

Sara Jones, Tucson CSA

This recipe calls for a small dice, about 1/4" for the ingredients. This helps the flavors meld and produces a nicer texture. If you have the time, it is really worth the extra work. If not, roughly chopped ingredients will work fine. If you have an extra large Armenian cucumber, cut it into several 2 inch tall pieces, scoop out most of the seeds and fill with the salad for a fancy, fun presentation.

1/2 medium sized melon, peeled, seeded and diced small
1 small sweet onion, finely diced
1 small or 1/2 large cucumber, diced small
2 medium tomatoes, diced small
1-2 tablespoon red wine vinegar to taste
Juice from half a lemon
2 teaspoons good quality olive oil
Small handful crumbled feta
Salt and pepper to taste

Mix together all ingredients, except goat cheese. Let salad sit at least 30 minutes in refrigerator. Before serving, sprinkle with cheese. Serve in cucumber cups or small bowls.

Heavenly Grilled Corn on the Cob

Heidi DeCosmo, Tucson CSA

This is a great way to enjoy fresh corn. The kernels will steam in the husks and foil, and the grill adds a smoky flavor. Try adding chili spice, thyme, or curry powder in place of paprika.

4 ears corn
2 teaspoons paprika
4 teaspoons butter
1 teaspoon ground pepper
2 tablespoons honey
1 teaspoon sea salt

Heat the grill to medium-high. Carefully peel back the husks and remove the silk from each ear. Rub 1 teaspoon butter on each ear of corn. Drizzle the honey on the corn and sprinkle with the paprika, pepper and salt. Wrap the husks back around the corn. Cover each ear of corn with aluminum foil. Place the corn on the grill. Close the lid and cook for 5 minutes. Turn the ears over with tongs and cook 5 minutes more. Turn corn one more time and finish cooking another 5 minutes. Carefully remove foil and pull back husks to serve.

Lemon Cucumber Sandwiches with Garden Herbs

The best way to eat a lemon cucumber is in a manner that allows its flavor to shine. Spread white or wheat bread with an herb butter or yogurt cheese and cover with thinly sliced cucumber. Tuck herb leaves among them, but not too many, because you don't want to overpower the fresh, sweet flavor of the cucumber.