



Tucson Community Supported Agriculture

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Spring 2013

Harvest list is online

The Back Page

Pasta Salad with Tomatoes and Feta
Easy CSA Gazpacho
Grilled Boiler Onions
Cold Cucumber Soup
June Medley

Many more recipes on
our website

HOW TO QUICKLY PEEL LITTLE SWEETIE ONIONS

Their small sizes make them time-consuming to peel. But if you blanch them first, the peeling is easy and you won't even cry over it.

Method:

1. Bring a pot of water to a boil, approx. 2 quarts.
2. Dunk the unpeeled onions in the boiling water, for about a minute.
3. Scoop onions out with a slotted spoon and dunk them in a bowl of cold water (avoid using a plastic bowl, as the wet onion skins have a strong and long-lasting coloring effect. A glass or steel bowl is preferable)
4. With a pairing knife, cut the ends of the onions and then squeeze the onions to make them slip out of their skins.



A WEEK AT MY TABLE, by Philippe

If the sizzling temperatures weren't enough to tell me that summer is here, tomatoes and sweet corn in our shares certainly confirmed it. And although I feel a twinge of regret at the prospect of not seeing leafy greens until this fall (purslane and amaranth greens aside), I am looking forward to plenty of other summer goodies such as watermelons, other melons, okra, eggplant, tomatillos, bell peppers, chiles and more.

Summer squash come to us big and small. When I get the small ones, I either use them in calabacitas dishes, or I slice them in half, marinate then in a salad dressing and grill them. I love **Grilled Summer Squash**. Large squash can be grilled to, but if they contain large seeds, I like to make **Stuffed Squash**. This time I got large squash--I just scooped out the seeds with a spoon, filled the cavities with Italian sausage and baked them for 30 minutes at 400F. I served them on a bed of rice. Sometimes I stuff the squash with a mixture of sautéed onions, diced tomatoes, herbs and a bit of cheese.

Early in the corn season, the corn still has some corn borer damage, so rather than have corn on the cob, I usually just scrape the corn kernels of the cobs and use them in other recipes. This time I steamed them and incorporated them in a salad. It was a **Pasta Salad with Tomatoes and Feta** (see recipe on back page). The recipe doesn't call for corn kernels, but they nevertheless made a sweet and crunchy addition. In it also went tomatoes and arugula from my share, basil from my garden, and Black Mesa Ranch feta from the CSA. I actually got two meals out of this: a warm one, right after I made it, and a cold one, using the leftovers.

I love the Little Sweetie Glendale Gold heirloom onions we get from Crooked Sky Farms. They are so tasty that they deserve to be their own dish, such a **Grilled Boiler Onions** (see recipe on back page), as opposed to a secondary ingredient. I also love they are local heirloom onions and are the farm's very own onions: Farmer Frank bought the rights to those onions when the seed company that carried its seeds discontinued them. If Farmer Frank hadn't bought the rights, this heirloom onion may have become extinct.

It's hard work to peel those Little Sweetie onions. It doesn't matter much if I just need one or two, but if a recipe calls for a lot of them, they are a lot easier to peel after they have been blanched (that's why onions of that size are called boiler onions). Once blanched, they peel faster than regular onions. I like to marinate the peeled Little Sweeties in an olive oil and herb mix and grill on the barbeque (see recipe on back page): they make a great side dish with grilled meats or other grilled vegetables.

For the first time ever, the CSA is selling pork bellies. Although I'm not a big meat eater, I just had to try some and I made **Pork Belly Sandwiches** with pomegranate glaze, cucumbers and arugula. For the bread, I used toasted slices of Barrio Bread's peasant levain. It was pretty amazing.

I used some of the cucumbers in the pork belly sandwiches. I sliced the rest and sprinkled them with salt to let them sweat. I used those as side dishes and sandwich fillers.

What a delicious week it was!

Pasta Salad with Tomatoes and Feta

Philippe, Tucson CSA

An easy pasta salad, which can be served warm or cold.

1 lb pasta (e.g. rotelli, fusilli)
1 medium onion
2 clove garlic
1/4 cup olive oil
3-4 tomatoes, diced
1/4+ cup basil, finely chopped
1+ cup arugula, finely chopped (optional)
1/2+ lb feta, crumbled
Salt and pepper to taste

Boil and drain pasta according to package instructions.
Salad dressing: in a small food processor, or chopper, finely chop the onion and the garlic. Mix the chopped onion and garlic with the olive oil.
Mix pasta, salad dressing and remaining ingredients. Don't add too much salt, as feta is already salty.

Easy CSA Gazpacho

Amy Schwemm, Tucson CSA

1 large Armenian cucumber
5 or more (or less!) small tomatoes
1-2 slices of onion, to taste
1 or 2 cloves of garlic, to taste
1 green chile, any kind, or 1/2 bell pepper (optional)
2 tablespoons olive oil, or to taste
3 tablespoons red wine vinegar, or to taste
Salt and freshly ground black pepper

Trim ends off of cucumber and chop coarsely. Trim bruised spots and stem ends off tomatoes. Remove seeds and stems from green chile or bell pepper, if using. Purée all vegetables in a Vita-mix, blender, or food processor, first by adding the garlic, onion and chile, following with the tomatoes and then the cucumber. Season to taste with oil, vinegar, salt and pepper. Chill before serving.

Grilled Boiler Onions

Philippe, Tucson CSA

2 pounds boiler onions, or small onions, unpeeled
2 tablespoons olive oil
Spice mix: you can use any spice/herb mix of your choice. I like to make my own mix with salt, black pepper, herbes de Provence (thyme, basil, fennel and savory). You can also add turmeric, coriander, garlic powder, mustard powder, cayenne pepper, etc. The sky's the limit.

Bring 2 quarts of water to boil in a large pot. Add onions and blanch for a minute. Drain and cool.
With a pairing knife, cut ends and peel onions. The peels will slip right off the onions.
Place onions in a bowl and add the olive oil and spice mix. Mix together.
Grill onions on medium hot grill. Turn them over once or

Cold Cucumber Soup

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 on top. Enjoy on a hot Tucson day.



June Medley

Philippe, Tucson CSA

An easily adaptable recipe for our summer produce.

1 tablespoon olive oil
1 onion, chopped
2 ears of corn, kernels scraped off
2 cloves garlic, chopped
1 summer squash, diced
1 pound tomatoes, quartered
Seasoning: salt, pepper and thyme to taste

Optional ingredients:

1 bunch summer greens, such as amaranth or purslane, cut coarsely
1 handful basil, oregano, cilantro or parsley, chopped
1/3 log (or more) goat cheese of any flavor
Squash blossoms

In a skillet on medium hot, sauté the onion in oil until soft. Add the corn kernels and sauté for 10 minutes or so, stirring occasionally. Add the squash, tomatoes, garlic and seasoning. Stir, cover, and simmer for 10 more minutes. Add any optional ingredients, stir gently, and simmer for another 1 or 2 minutes.
Serve with toasted tortillas or on a bed of rice or noodles.