



Tucson Community Supported Agriculture

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Summer 2013

Harvest list is online

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Bratwurst Links and Sliced Pork Sides Are In

Just in time for the 4th of July holiday, we've got bratwurst links. We've also got the sliced pork sides (pork belly) we thought we would have last week. That is, assuming we make it to Willcox on Tuesday morning of this week to pick them up (and on the same trip, we'll pick up some more Josh's eggs).



A WEEK AT MY TABLE, by Cristina Williams

It's summertime and the blowsy abundance of winter greens and roots, which usually required me to bring two bags, have given way to the more heat-tolerant vegetables: squash, small onions, potatoes...and some big ol' watermelons! This week's harvest also included some newbies to my cooking repertoire: Elote Blanco (white Mexican corn) and White Wonder cucumbers.

Last week's sweet corn was heavenly and I know very well how I like it (classic: boil in water til tender, then eat off the cob or toss kernels into a potato salad). But this week's corn is the white variety, ie not sweet but more like hominy grits, starchy and better suited for a savory sauce. Which is what I did using the CSA recipe for Calabacitas. I simmered a few of the Glendale Gold onions with garlic, then diced summer squash, the yellow and cherry tomatoes from my share, some Serrano chiles from the garden and kernels of the white corn cut from the cob. After cooking, I then tossed in cilantro and feta cheese. I am hooked on calabacitas now - the sweetness of the squash melds well with the spices and the white corn has a plump, toothsome texture.

I was told that the White Wonder cucumbers were a little on the bitter side and that I should peel the skin, scoop and discard the seeds and cook them. The newsletter handily included a recipe for Cucumber Coconut Milk Curry. This is another example of how the CSA is a great partner in not only providing your week's harvest but helping you figure out how to make the most of it. The recipe, by Tony from the CSA, was actually one of the best curries I've made yet - a perfect proportion of those lovely Indian spices coriander, turmeric, chile powder and cumin seeds simmered with more Glendale Gold onions, the cucumbers and coconut milk. Spicy but not too spicy and delicious!

For some weird reason, I've never bought watermelon before. But in the last two weeks I've gotten to know and love them. These luscious globes do have seeds and after some Googling, I found that it wasn't too hard to take off the rind, slice it vertically and then break it into chunks, scooping out seeds into another bowl as you go. This resulted in a HUGE bowl of pink flesh which has since become blended into homemade Agua Fresca: lots of watermelon, juice from a lime, some honey and ice cubes. Refrescante! Or you could do as my friend Molly does and juice it, seeds and all. Any way you take it, it's the perfect antidote to these hot, hot days.

Oh, and the Red LaSoda potatoes? I actually didn't get to them this week but they are keeping just fine in my fridge and will become part of a huge potato salad for 4th of July. Happy summer and happy eating!

You can read more about local foods, music and other stuff on my website: cristinawilliams.com.

Tomatillo Avocado Sauce

Sara Jones, Tucson CSA

This is a salsa bar standby and is a great taco condiment. It also makes a great dressing for any type of salad. The sauce is just the basic salsa verde recipe, with avocado and sour cream added in. Remember, salsa verde freezes excellently, but the avocado in this recipe won't freeze well. If you want to make this sauce in the off-season, freeze salsa verde alone, then defrost when desired, add the avocados and sour cream, and process until smooth.

1/2 pound tomatillos, husked, rinsed
2 green chiles
1/2 to 1 jalapeno
1 onion, chopped
2 garlic cloves
1 large handful fresh cilantro leaves
1 tablespoon fresh lime juice (optional)
1 tablespoon olive oil
1 whole ripe avocado, diced
2 tablespoons sour cream or plain yogurt (optional)

Roast tomatillos and green chiles under the broiler until charred. Remove skins from chiles (this step is not necessary for the tomatillos). In a food processor or blender, puree all ingredients until smooth. Add salt to taste.

Tomatillo Soup

Sara Jones, Tucson CSA

2-3 medium potatoes, chopped
3 tomatillos, peeled and cleaned, chopped
2 green chiles, preferably roasted, chopped
3 cloves garlic
1 teaspoon cumin
1 1/2 quarts water
Salt and pepper to taste
2 tablespoons cream, if desired

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Garnish each bowl with the chopped bell pepper and serve hot or cold.

Agua Fresca de Sandia (Watermelon Drink)

Philippe, Tucson CSA

1/4 large watermelon or 1 personal size
1/4 cup mint leaves (optional)
2 cups water
Juice from 2 limes (or lemon)
1 cup simple syrup (2 tablespoons sugar dissolved in 1 cup of water)

Note: instead of fresh lime juice and simple syrup, you can use 1/4 cup frozen lime juice (such as Minute Maid) dissolved in 1

cup of water. Remove rind and cut watermelon flesh into cubes. Place watermelon cubes and mint in a blender with two cups of water and blend until the seeds have broken down. Note: you can remove the seeds beforehand if you prefer. Slowly pour the obtained juice into a pitcher, through a strainer. Add lime juice, simple syrup, and stir. Chill in the refrigerator for 1 hour before serving in glasses with some ice cubes. Note: the pulp will separate and sink to the bottom; that's ok, most people prefer to drink the clear liquid only. Must be consumed within 12 hours (it loses its flavor after that).

Chocolate Zucchini Muffins

2 cups all purpose flour
1/2 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter, softened
3/4 cup brown sugar
3 eggs
1 teaspoon vanilla
2 cups zucchini, shredded
1 cup chocolate chips
1 cup walnuts

Preheat the oven to 375°. Grease and flour muffin tin. In a large bowl, whisk together the flour, cocoa powder, baking soda, baking powder and salt. Combine the sugar and butter, and beat until fluffy. Add in the vanilla extract, then the eggs, one at a time, mixing thoroughly between each addition. Spoon in flour, mix well, then add zucchini, chocolate chips and walnuts. Drop batter into prepared tin, filling each cup about 3/4 full. Bake about 20 minutes until a toothpick comes out clean.

Caramelized Onions

Sara Jones, Tucson CSA

Caramelizing onions makes them incredibly sweet and delicious. It is a good way to use up a backlog of onions, as they reduce in size greatly. Use the onions to top burgers, casseroles or pasta.

About 3 cups thinly sliced onions
2 tablespoons oil
1 teaspoon salt
Pinch sugar (optional)

Heat oil over medium heat and add onions (and sugar, if using), stirring well to coat. Once onions begin to brown reduce heat to medium low and cook, stirring often, until onions are nicely browned. Add salt and a splash of balsamic vinegar if desired.