



# *Tucson Community Supported Agriculture*

*Newsletter 400 ~ August 5, 2013 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

## **Summer 2013**

**Harvest list is online**

### **The Back Page**

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**Many more recipes on our website**

### **Four things to remember about your CSA subscription**

(1) **Recharging your account** can be done at any time provided your account is active.

(2) **Changing your subscription** – such as adding or removing shares or changing your pickup day, may only be done from the day after your pickup day until midnight Friday. Tuesday members may make subscription changes on Wednesday, Thursday and Friday; Wednesday members may make subscription changes on Thursday and Friday. No subscription changes can be made from midnight Friday through the end of your pickup day.

(3) **Delivery holds:** may be placed at any time, but must be placed by midnight Friday if they are to take effect the following week.

(4) **Avoid unintentional deactivation of your CSA account** by ensuring that your credit balance as of midnight Friday is sufficient to cover the cost of your next pickup. If a payment is necessary to avoid deactivation, and you wish to pay by check or cash, you must still go online to make a payment and check the 'payment by check' option to indicate that your payment is forthcoming. You can then bring your payment to the front desk when you pick up your produce share.

Why a midnight Friday cut-off? We must place our orders Saturday morning for the following week.

## **LAST WEEK AT MY TABLE, by Philippe**

As soon as I got home with my Wednesday CSA share, I took all the produce out of the bag, sorted it and put everything away in the fridge or on the counter top. This sorting process helps me get a mental image of what I have to cook with and what the cooking possibilities are.

I love fixing okra with tomatoes, onions and garlic, the way they do it in Greece. I just sauté some onions and garlic, then add the okra and a pint of canned tomatoes. I season it with salt, pepper and some fresh or dried herbs. I then cover it and simmer it for ½ hour. I usually serve it as a side dish, or on rice. The acidity of the tomatoes seems to remove the gumminess of the okra.

Okra tip: I don't mind the okra's gumminess (I actually love it), but I know that some people do. To avoid it, trim the okra's bulbous ends, place the okra in a bowl, sprinkle uniformly with vinegar or lemon juice. Toss, let stand for ½ hour, then drain, rinse and use according to your recipe.

Roxane (who staffs the front desk every other Wednesday) let me taste her version of my salsa verde recipe (which we had available for you to taste two weeks ago at the check-in table). Instead of roasting the tomatillos and the chiles, she just used them fresh. Since I still had my tomatillos from the week before, I decided to try it out myself. In a food processor, add a basket of washed tomatillos, two raw green chiles (seeded), one small onion, one tablespoon olive oil, salt, one tablespoon of lime juice, and ¼ cup fresh mint (I didn't add any pepper since the chiles were already somewhat spicy). Blend until not quite smooth (I like it a tad chunky). Yum! The raw and the roasted versions are equally and differently delicious, and it is nice to have them side by side.

I used the bell peppers and remainder of the chiles to make Stuffed Bell Peppers with ground pork (see our online recipe). I stuff only the bell peppers; I seed and cut the chiles in small pieces and add them to the tomato sauce.

This may sound boring, since it is pretty much the only way I cook summer squash: I just slice it, marinate in olive oil with some herbs and spices, then grill it. This time, I chopped up the basil we got in our share, and sprinkled it on the roasted squash before serving.

Haven't used the potatoes and sweet potatoes yet. Any favorite summer suggestions?

## **SPROUT MIX SHARES SOON TO INCLUDE ADDITIONAL SPROUT TYPES**



So far, the Sprouts Mix shares have consisted of a rotation of ¼ lb sunflower sprouts and ¼ lb clover sprouts.

Michael Chrisemer, our sprouts guy, has started growing other types of sprouts, including pea shoots (shown left) and alfalfa sprouts. These will start appearing in our sprouts mix rotation in the next few weeks.

This week, we will have samples of the different kinds of sprouts, so you can try them out.

To add a sprout mix share to your subscription, go to your online CSA account and click on "Change Subscription" in the Summary Box. The sprouts shares are under "Share Options."

## August Tempura

Lorraine Glazar, Tucson CSA

I realize this isn't the healthiest way to eat your vegetables, but if you would like to see two teenage boys devour a basket of okra in 3 minutes and ask for more, try it!

### Tempura Batter:

1 egg, beaten  
1 cup ice cold water  
1 cup all purpose flour  
1/2 teaspoon baking powder

Beat the egg until thoroughly combined, add the water and mix. Sift the flour, then sift it with the baking powder, then add to the egg/water mixture all at once. Stir, but don't make it smooth; it should have some lumps. The texture to aim for is pancake batter; it should coat the vegetables but the excess should drip off readily.

### August Tempura Vegetables:

Okra  
Sweet potato, peeled and cut into 1/2 inch slices  
Bell peppers, cut into long strips  
Onion, peeled and cut into 1/2 inch slices, you may also spear the rings together with a toothpick run horizontally through the slice.

Have all vegetables washed and thoroughly dried. Heat 1 inch of canola or peanut oil in a skillet until it just begins to smoke. Dip vegetables into the batter, let excess drip off, then put into hot oil. When browned on the first side, turn over. The goal is to have the vegetable crisp-cooked before the batter burns. Drain them well on a rack set over a paper towel, season with salt and pepper if you like, and pop into a warm oven—or just cook a batch at a time to be devoured by the hordes of family members who have discovered a previously latent love for vegetables.

## Quick Okra Jambalaya

Sara Jones, Tucson CSA

Use leftover cooked rice for this easy recipe, if you have it. If not, uncooked rice will only take a few minutes longer. Either way you have a fast meal.

1 basket okra, cleaned and chopped  
1 cup chopped summer squash  
3-4 tomatoes (fresh or canned) roughly chopped  
1 tablespoon tomato paste  
1 small sweet onion, sliced thinly  
1 bell pepper, chopped  
3 cloves garlic, minced  
1 cup cooked kidney beans (or use leftover chicken or sausage)  
2 cups cooked rice, or 1 cup uncooked white rice  
1 tablespoon oil

1 teaspoon each of cumin, red chili, paprika, black pepper, oregano and thyme  
Salt to taste

Heat oil in a large skillet over medium high heat, add okra and onions. Sauté for about 5 minutes then add squash, tomatoes, bell pepper, tomato paste, garlic and spices (if using uncooked rice, add now, along with 1 1/2 cups water). Stir well, cover and reduce heat to medium low and cook for 20 minutes. After 20 minutes, stir in the beans or meat and simmer until heated through. Salt to taste.

If using leftover cooked rice, cook veggies for about 7 minutes before stirring in the rice and beans or meat, stirring frequently until rice is heated through. Add salt to taste and serve.

## Braised Sweet Potatoes and Roasted Chiles

Philippe Waterinckx, Tucson CSA

1 CSA bag of roasted chiles, peeled, seeded and coarsely chopped  
3 sweet potatoes, diced  
1 tablespoon olive oil  
1 medium-size onion, chopped  
1 teaspoon ground cumin  
Salt and pepper

In a skillet, heat olive oil to medium hot. Add sweet potatoes, onions and cumin. Cover and braise until tender (15-20 minutes), stirring occasionally. After 10 minutes, incorporate roasted chiles. Continue to stir occasionally. Add salt and pepper to taste. Serve with rice.

## Green Chile Polenta

Andrew Gardner, Tucson CSA

4 cups of water  
2 tablespoons olive oil or butter  
1 teaspoon salt  
1 cup polenta (also called coarse corn meal or corn grits)  
Roasted green chiles, to taste; skins, seeds, and stems removed; chopped.

Place everything together in a pot and bring to a boil over medium heat, stirring constantly to avoid burning or lumps. After the contents boils, reduce the heat and stir constantly for five minutes. Cover and set aside to let the corn finish cooking and absorbing the water, about 20 minutes. Three serving suggestions: (1) Eat it exactly as it is now, served with the rest of your meal; (2) scoop into a mold like a cake pan and chill overnight; then slice and pan fry in butter (This isn't a particularly healthy option, but it is delicious.); (3) add to scrambled eggs or tofu.