



Tucson Community Supported Agriculture

Newsletter 439 ~ May 26, 2014 ~ Online at www.TucsonCSA.org

Spring 2014

Harvest list is online

The Back Page

Fried Green Tomatoes
Stuffed Squash Blossoms
Grapefruit Avocado Salad
Tomatillo Soup
Vegetable Hash

Many more recipes on our website

No Barrio Bread this week, but we do have frozen bread!

Don is taking a well-deserved vacation this week with his family. However, we ordered some extra loaves from Don last week and we froze them. We sell Don's frozen loaves at a 50-cent discount from the regular price.

Members who are subscribed to a bread share won't be charged for their bread this week. However, they can get a loaf of any type at the regular bread share price of \$4.50, which will be deducted from their CSA account.

This week's Iron John's Beers:

- The Golden Shore: Belgian Golden Strong Ale
- Viejo: Imperial India Pale Ale
- Mustang Sally: Altbier
- Johnny's Mellow: Oatmeal Porter

See the Iron John's website for more details: www.ironjohnsbrewing.com

You can order Iron John's beers on their website and pick them up at the CSA.

Wanna taste them first? Every Saturday from 12:00 to 6:00 P.M., Iron John's holds tastings at their Bottle Shop on 245 S. Plumer.

Find Iron John's on Facebook, Twitter or Instagram: ironjohnsbrew.



TOMATOES ARE HERE!



We're always super excited when the tomato season arrives! There's nothing quite like the flavor and texture of a fresh heirloom tomato. At the beginning, we're likely to get green tomatoes: you can eat them green, or you can let them ripen on your kitchen countertop.

Most fruits and vegetables come to maturity in a bell-shaped curved fashion: first there are a few, then they rapidly increase in numbers before reaching a plateau, and then their numbers start to

decline. Typically, a crop's production lasts six to eight weeks. The interesting thing about the tomato harvest in Tucson is that there are two tomato seasons of six to eight weeks each: one in early summer and another one in the fall. In fact it would be more accurate to say that there is one tomato season interrupted by the heat: from mid-July to mid-September, there are no tomatoes.

This is because, once daytime temperatures get consistently above 90° F or nighttime temperatures consistently above 75° F, the tomato pollen dies and no new tomatoes are formed. However, tomatoes that are already on the vine will be fine. Once the monsoon season kicks in and temperatures drop a little, pollination resumes and new fruits are set, resulting in the second tomato crop during the fall.

If you grow tomatoes in your garden, one trick to maximize the pollination window is not to stake your tomato plants: let them grow loose in a bush so that they create their own shade. Once the heat sets in, the shade will provide a little extra cooling inside the bush and allow pollination of the flowers to continue just a little longer.

LEAF LARD



Lard is making a comeback after studies have shown that it is not as bad as we once believed it was.

Naturally rendered lard from healthily raised pigs is actually quite healthy and can be used in any recipe that calls for fats. It is mostly monounsaturated fat, is also very heat stable (it won't smoke at high temperatures and thus can be used for frying) and it doesn't turn rancid.

Several of our CSA members like to render their own lard, so a couple times a year, we order fresh leaf lard from naturally-raised pigs from Guzman. There are 3 main types of pork fat: belly fat from the pork belly, back fat from under the skin along the rump and shoulders, and leaf lard from around the kidneys. Leaf lard is the one we get: it is the cleanest fat on the animal and is therefore the crème de la crème of pork fat. It is pure white and odorless when naturally rendered. This is the fat which our grandmothers used to bake pastries and pie crusts.

We sell leaf lard, unrendered, for \$2.00 per pound. If you would like to find out how to render your own lard, check the web. I like the crockpot method.

Fried Green Tomatoes

Lorraine, Tucson CSA

1-2 tablespoons cooking fat (bacon drippings, olive oil or canola oil)
2 green tomatoes
1/2 cup cornmeal or masa harina
Salt and pepper (Amy's suggestion: put more salt and pepper than you normally would)

Core the tomatoes and slice into 1/4 inch slices. Heat the oil until it shimmers but does not smoke. Salt and pepper each cut side of the tomato slices. Dip each cut side of the tomato slice into the cornmeal or masa, then put into the hot oil. Cook the first side thoroughly over medium heat, until crust is crispy and tomato has begun to soften. Then turn and finish cooking the second side. Serve hot.

Stuffed Squash Blossoms

Adapted from Cooks.com

Mix equal parts of ricotta and cottage cheese with a clove of fresh garlic (minced). Add freshly chopped parsley. Finely chopped sweet or hot pepper, black olives and some grated natural cheddar are optional.

Fill blossoms with mixture and pull petals forward to close blossom and twist lightly. Mix a beaten egg with some milk. Roll blossoms in mixture and then in fine sourdough bread crumbs or corn meal. Fry breaded blossoms lightly in olive or canola oil. Serve as soon as squash buds are al dente. Serve on a bed of rice and sprinkle with salt and pepper.

Grapefruit Avocado Salad

Sara Jones, Tucson CSA

You will need to segment your grapefruit for this recipe. To do that, take a sharp knife and peel away skin and pith. Then remove each fleshy segment from the membrane holding it by cutting down in a v-shape toward the center of the grapefruit.

1 grapefruit, segmented, any juice reserved
1 ripe (but not soft) avocado, diced
1/2 small sweet onion, thinly sliced
1 teaspoon honey or agave nectar
1 tablespoon olive oil
Salt and pepper to taste
Freshly chopped parsley, to garnish

Toss grapefruit, avocado and onion together in a medium bowl. In a small bowl, whisk together reserved grapefruit juice, honey, oil and salt and pepper. Drizzle over salad and serve immediately.

Vegetable Hash

Inez Whipple, Tucson CSA

2 medium or 5 small potatoes, scrubbed and cut into 1/2" cubes
1-2 tablespoon olive oil
1 medium or 3 small onions, chopped
2 carrots, shredded
3 parsley roots, shredded
4 veggie breakfast "sausage" links (optional)
1/2 teaspoon smoked paprika
1/8 teaspoon or less cayenne pepper
1/4 teaspoon ground sage
1 small tomato (green or red), chopped
Chopped parsley, for garnish
Salt and black pepper to taste

Heat the oil over medium heat in a non-stick frying pan, add the potatoes and cover. Cook the potatoes until they are about halfway cooked through, then add the onions, carrot and parsley root and links, if using, and continue cooking. When the onions are translucent, add the spices and cook for another minute or two. Cover and cook until the potatoes are pretty much cooked through and then add the greens, the tomatoes, and about a tablespoon of water. Cover and cook until the greens are cooked. Salt and pepper to taste. Stir the mixture until everything is thoroughly combined and serve.

Tomatillo Soup

Sara, Tucson CSA

If you have tomatillos left from last week, here's a neat way to fix them with green tomatoes.

1 pound potatoes, chopped
3 green tomatoes, peeled and cleaned, chopped
2 parlsey roots, scrubbed and chopped
3 cloves garlic
1 teaspoon cumin
5 cups broth or water
Salt and pepper to taste
2 tablespoons cream, if desired
Crumbled feta or shredded mozzarella

In a large soup pot, sauté potatoes, roots, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Simmer for 15 minutes, then add chopped tomatoes. 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 parsley and cheese and serve hot or cold.