



Tucson Community Supported Agriculture

Newsletter 451 ~ August 19, 2014 ~ Online at www.TucsonCSA.org

Summer 2014

Harvest list is online

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**Many more recipes on our
website**

CSA ACCOUNT TIP

When can you change your subscription?

You can add or remove shares from subscription throughout your subscription. However, you can only do the changes between the day after your pickup day and midnight Friday.

When making changes, remember that you always must keep a minimum of 1 produce share or 1 bread share.

Subscriptions changes can be made via your online CSA account.

For more information, go to our website's help page: "[Help: Change pickup day or shares](#)"

LAMB SHARE ORDERS

Our front desk is now taking orders for Josh's lamb shares. They will be available for pickup early September.

Lamb shares weigh 8 to 9 pounds and cost approx. \$9/lb. A \$20 per share non-refundable deposit is required at time of ordering.

A lamb share typically includes: 1 shoulder roast or half a leg roast, 4 lamb chops, 1 lb of ground, 1 pack riblets, 1 pack cross-cut shanks.

A WEEK AT MY TABLE (August 12 through 18), by Lorraine Glazar

Summer shares are so bountiful, there is usually at least one vegetable that needs a little bit of work to use up. I started the week with a few leftovers from the previous share: purple potatoes, two purple bell peppers, almost a whole Armenian cucumber, three cooked cobs of corn, and some Anaheim chiles that were way too hot to use in salsa or make into rellenos. Add to this the corn, Yukon Gold potatoes, bell peppers, lemon cucumbers, onions, watermelon, eggplants and Hungarian peppers in our share on August 12, and I knew I need a multi-modal plan for the watermelon, potatoes and peppers. First step was to eat watermelon for breakfast each morning, along with a poached egg and a slice of toasted Barrio bread.

Tuesday evening I made Cold Corn soup. The basic method was outlined in a blog post at <http://lunch.thecanalhouse.com/>, but I reduced quantities for a smaller batch, simmered the corn, onions and potatoes in broth, then added half-and-half later. This was delicious and made a satisfying dinner, with some leftover for lunch the next day.

Wednesday I grilled salmon outside and accompanied it with Yukon Gold potatoes, and okra and Little Sweetie onions, skewered and grilled over the fire. I put the eggplants into the coals when I took my meal off the grate, and checked them about twenty minutes later. They were perfect for baba ghanoush, and it was so easy to cook them this way.

Some friends came over for dinner Thursday and we ate the baba ghanoush as our appetizer. Potatoes Masala (CSA online recipes page under "potatoes"), was the main course, the mix of purple and Yukon Gold potatoes was colorful with the spinach and tomato that is in the dish. Cucumber Raita ("Raita or Tzatziki Salad" on the CSA recipes page under "cucumber") on the side was cooling, and we had a cucumber and tomato salad garnished with sliced red onion and sliced Hungarian yellow peppers. We finished with cubed watermelon (round two for the melon) and sliced local peaches.

One of my favorite CSA recipes is the Okra with Chickpeas and Tomatoes recipe ("Okra with Chickpeas and Tomatoes (Egyptian Recipe)" on the CSA recipes page under "okra"), which I had with brown rice and enjoyed for dinner on Friday. I realized I still had enough cucumbers, bell peppers and onions to make Bess Dewing's Sweet/Hot Pickle Relish (CSA recipes page under "cucumber"), and the Anaheim chiles would be perfect as the "hot" component. I started the relish recipe on Saturday (it's best if brined overnight), and also made watermelon rind pickles from the last quarter of the watermelon. I will make Vietnamese Pork Chops with Pickled Watermelon according to this recipe from Bon Appetit tonight for a guest:

<http://www.bonappetit.com/recipe/vietnamese-pork-chops-with-pickled-watermelon> and use the remaining watermelon as well as the pickled rind (final round for the watermelon). Be forewarned, you have to make the preserved rind the day before!

And what about the leftover corn? I will have Featherweight Pancakes (CSA recipes page under "corn"), for dinner on Monday with corn and scallions and serve it with tomatillo salsa.



Melon and/or Cucumber Cooler

Sara Jones, Tucson CSA

If you just can't eat another melon or cucumber, remember that they make great drinks. Perfect as is, or use as a base for cocktails or frozen into popsicles.

1 small melon or half a larger melon or 1 cucumber (or half of each), peeled, and cut into large chunks
1/4 cup sugar or honey (optional)
1/4 cup lime juice
Juice from one knob grated ginger
1 bottle sparkling mineral water

Puree all ingredients, except mineral water, in a blender or food processor. Strain out large solids. Put in a pitcher with ice cubes and add mineral water. Stir gently and serve.

Indian Bean Soup with Roasted Watermelon Seeds

Wendy McCrady, Tucson CSA

If you roast and grind your watermelon seeds you don't have to worry about a watermelon plant growing in your stomach! The seeds are actually full of nutrition, are quite tasty and can be eaten like pumpkin seeds, roasted with salt.

3-4 cups cooked mayocoba or pinto beans,
Seeds from 1 large watermelon
3 cups water
3 ears corn
3 cubanelle peppers
1 medium onion
Salt & pepper
Corn tortillas or chips

Preheat oven to 350°. Rinse the pulp off the watermelon seeds and dry them. Roast for 10 minutes; stir to prevent burning. Let cool. Grind in spice grinder. Meanwhile, grill corn, bell pepper, and onions until tender. Chop. Heat beans in a pot over medium heat and stir in the vegetables. Season with salt and pepper and add ground seeds. Serve with warm corn tortillas or chips.

Old Fashion Maine Mustard Pickles

Kristin Terpening, Tucson CSA

Here's a super easy recipe for slightly spicy, very crunchy pickles from a gal I worked with at a boatyard in Maine. Add hot or sweet peppers to this recipe if you like, or even use all peppers.

2 heaping tablespoons sugar, less if desired
1 heaping tablespoon canning salt
1 heaping tablespoon dry mustard
Apple cide vinegar- enough to fill quart jar packed with cucumbers
2/3 full
Cold water - enough to top off quart jar of cucumbers

Cut cukes into quarters, spears, or use small cukes. Pack into quart size jar. Add dry ingredients. Fill jar 2/3 with cider vinegar. Then

add cold water to fill the jar to the brim. Shake well, and again shake jars every once in a while for the next 24 hrs or whenever you think of it. (If you keep them somewhere easily visible, just give 'em a shake everytime you pass by.) I also like to add at least a heaping tablespoon of chopped garlic or several individual cloves, and sometimes a red chile or two. Since these aren't cooked or actually canned, it's best to keep them in the fridge for storage after the first 24 hours.

Chile and Corn Stir-Fry

Philippe Waterinckx, Tucson CSA

4 green chiles or cubanelle peppers, cut lengthwise
(membranes and seeds removed – roasting the chiles is optional)
1 ear of corn, kernels cut off
1 tablespoon oil
1 or 2 tomatoes, quartered
1/2 onion, sliced
1 garlic clove, crushed
1/2 glass white wine
1/2 bunch cilantro or parsley, chopped
1 cup vegetable stock
1 cup rice

Sauté the chiles in oil for 5 minutes on each side. Add the onion and tomatoes and cook for another 3 minutes. Add the garlic, corn, wine and stock and simmer for 5 minutes. Stir in the cilantro or parsley. Serve on top of steamed or boiled rice.

Quick 'Fried' Okra

Sara Jones, Tucson CSA

This recipe imitates the delicious cornmeal crunch of fried okra, without actually frying it. Very easy.

1 basket okra, wiped clean with a dry cloth and sliced into coins
2 tablespoons cornmeal
1 tablespoon butter or oil
Salt and pepper to taste

In a medium bowl, mix cornmeal with a pinch of salt and pepper (feel free to add any other spices you might like). Toss okra coins into cornmeal and shake until well coated, then remove from mixture. Heat butter or oil in a pan over medium heat. Add okra to pan and let cook, without stirring, for about 2-3 minutes, until beginning to brown. Stir okra and allow second side to brown. Place cooked okra onto a newspaper or paper towel to drain any excess oil. Serve hot.