



# *Tucson Community Supported Agriculture*

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## Summer 2014

### Harvest list is online

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#### BULK ROMA TOMATOES

The second tomato season is back at Crooked Sky Farms and we're taking orders for Roma tomatoes in bulk. We have them in the shares this week so you can see what you'll get.

Roma tomatoes are great for sauces, salsas, purées, canning, drying, freezing, etc.

Orders are pre-paid: \$25 for 15 pounds.

#### NO BREAD THIS WEEK

Baker Don Guerra hurt his shoulder and must rest, so he's not able to bake bread this week.

If you have a bread share, how does that impact your CSA finances? You will not be charged for your bread share this week, which means that you will end up with an extra \$4.50 in your CSA account.

There are three things you can do:

1) You can just leave the \$4.50 in your account. It won't go anywhere. However, you will always have that extra amount in your account and you may decide that it looks a little messy, in which case, you can do either of what follows:

2) come to the front desk and ask for a \$4.50 refund for this week's week bread share, or

3) the next time you pay money into your account, do it at the front desk and we'll determine the exact amount you should pay to get "back on track".

Note: you may have other extra \$4.50 amounts in your account for past pickups when bread shares were cancelled due to Don's absence for another reason.

## PEPPERS SEASON IN FULL SWING!

Whether they are chiles or peppers, you know the fall season has arrived when you get lots of them in your shares. This year, Farmer Frank has experimented with several varieties he hadn't planted in previous years, and we're all very excited about them. Most of them are mild, but bear in mind that, even if a pepper is qualified as mild, there is always a risk of rogue individuals lurking in the shadows which may be hotter. You can generally tell if a pepper is hot by smelling it after opening it: the heat has a distinctive quality that will tingle your nose receptors.

Here's a quick summary of the new peppers we've been getting:

**Shishito peppers:** those mild peppers from Japan appear on the menus of trendy restaurants in cities like San Francisco and New York. They pack all the flavor of green chiles without the heat and they make a great appetizer. Just sauté them whole on high heat in a little olive oil until they start blistering, then sprinkle them with sea salt. Grab them by the tail and pop them in your mouth. They are divine! Although they are mild, one in twenty is slightly hotter.



**Cubanelle peppers:** a mild, light green pepper from Cuba. It often acquires a twisted, tapered shape. It turns bright red when left to ripen. Because of their thin wall, Cubanelle peppers are ideal for quick frying or sauteing.

**Marconi peppers:** one of the largest Italian peppers, this one has a sweet and rich flavor. It has an elongated shape and is very mild. It can be found green but is sweetest when red. It lends itself to all kind of preparations, raw or cooked. It is delicious when simply grilled or roasted and used in sandwiches.



**Hungarian Wax peppers:** it looks like a pointy yellow Jalapeno, but has a medium heat.

**Sonoran peppers:** a variety of Anaheim pepper that is usually yellow or red. Similar in shape to the Hungarian, but larger. It is mild and juicy.

In addition to those, we have been getting Farmer Frank's regular bell peppers: the **Classic** (green), the **Islander** (purple), the **Sand Piper** (ivory) and the **Bianca** (light yellow).

## Roasted Bell Peppers Bruschetta

Philippe, Tucson CSA

Bread, cut into 1/4" slices  
1-2 garlic cloves  
Olive oil  
Salt and pepper to taste  
2 tomatoes, seeds and juice removed  
2 roasted bell peppers, seeds and skins removed  
Basil, finely chopped

Toast the bread slices, then gently rub one side of each slice with the clove of garlic. Drizzle that side with some olive oil. Cut the tomatoes and bell peppers in small cubes and mix them in a bowl with the basil. Scoop a soup spoon of the tomato and bell pepper mixture on each slice. Season with salt and pepper and add another drizzle of olive oil.

## Stuffed Bell Peppers

Philippe, Tucson CSA

1/2 cup quinoa  
Meat version: 1 pound ground pork (or Italian sausage)  
Veggie version: replace meat with cooked black beans, plus 1 egg to bind the mixture  
4-6 bell peppers  
1 pound tomatoes, quartered, or 1 pint canned tomatoes  
1 onion, chopped  
2 cloves garlic, minced  
1 tablespoon olive oil  
1 tablespoon thyme, Italian seasoning, or Herbes de Provence  
Salt and pepper to taste

Boil 1 cup of water, slightly salted. Add 1/2 cup of quinoa. Bring back to boil, then reduce heat to low and simmer for 15 minutes. Turn off heat and let the quinoa steam for 15 more minutes. Let cool.

Cut out the stem end of the bell peppers, remove stem and seed core, and scoop out most of the remaining seeds. Season the ground pork with salt and pepper, add the cooled-off quinoa, and mix well. You can also add some herbs/spices for extra flavor. If you're making the veggie version, make the stuffing by mixing the quinoa, beans, egg and seasoning. Stuff the bell peppers with whichever quinoa mix you're using. If you end up with extra mix, stuff more bell peppers if you have any. If not, and you're using the meat version, just make a few meatballs. If you have extra bell peppers, dice them and sauté them with the onions.

In a large pot on medium heat, sauté the onions in olive oil until translucent. Add garlic, tomatoes, herbs, and salt and pepper to taste. Cook for 10 minutes. Place the stuffed peppers (and meatballs if any) in the sauce. Cover, bring back to a simmer and cook for another 45 minutes. Serve with rice.

## Jhatpat Bhindi (traditional Indian okra dish)

2 tablespoons oil  
4 green chiles, sliced  
1 tablespoon ginger, finely chopped  
4 medium onions, finely sliced  
1/2 teaspoon turmeric powder  
1/2 pound okra washed, pat dried and sliced into fine strips lengthwise or cut into rings. (It is essential that the okra is completely dry before slicing. Water droplets tend to make it mushy.)  
Salt to taste

Heat the oil in a heavy-base pan and fry the green chiles and ginger briefly until the ginger turns brown. Add the onion slices and sauté on medium heat for about 3 minutes or until the onions are translucent (do not brown). Add the turmeric powder and mix well. Mix in the finely sliced okra stirring gently and briefly on high heat until it is well-coated with the oil and looks glossy. Mix in the salt, cover and cook on low for about 12 minutes or until the okra is tender and well cooked. Remove cover, and sauté briefly and gently until the okra is well-fried and starts sticking to the bottom of the pan.

## Cool Summer Salad

Sara Jones, Tucson CSA

Almost a gazpacho, this recipe calls for a small dice, about 1/4" for the ingredients. This helps the flavors meld and produces a nicer texture. It is really worth the extra work. Roughly chopped ingredients will work fine, though.

1/4 medium sized melon, peeled, seeded and diced small  
1-2 small sweet onion, finely diced  
2 small or 1 large cucumber, diced small  
2-3 medium tomatoes, diced small  
1-2 tablespoon red wine vinegar to taste  
2 tablespoons good quality olive oil  
Small handful crumbled goat cheese  
Salt and pepper to taste

Mix together all ingredients, except goat cheese. Let salad sit at least 30 minutes in refrigerator. Before serving, sprinkle with cheese.