



Tucson Community Supported Agriculture

Newsletter 507 ~ September 28, 2015 ~ Online at www.TucsonCSA.org

Fall 2015

Harvest list is online

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Many more recipes on our website

If you can't pick up...

Ask a friend or neighbor to pick up your share on your behalf. You don't have to let us know. Anybody can pick up your share(s) on your behalf. All they have to do is to say your name at the check-in line. It's an honor system.

Delivery Holds

If you know ahead of time that you won't be able to pick up on a given week, you can just put your subscription on delivery hold. You can do so via your online CSA account at any time, but you must place a hold at the latest by midnight Friday prior the week you want the hold to take effect.

Thanksgiving Turkeys

Josh's pasture-raised turkeys cost \$4.50 per pound and typically weigh between from 14 to 20 pounds, with the majority weighing around 16 pounds.

To order one, pay a \$20 deposit per bird at the front desk. Balance payment will be due at pickup time the week prior to Thanksgiving week.

We'll take orders through October and early November.

Noodle Beans

One of the joys of the CSA is when you come to the stalls and see something destined for your kitchen that you probably won't find at Safeway. In the next couple of weeks, we'll be taking home Red Noodle Beans! Aptly named, these beans are elegantly long (averaging 18 inches), vibrantly colored in a dark purple or chartreuse green. Noodle Beans hail from southern China and were brought to the Americas by Chinese railroad workers in the 19th century. They're a great addition to the desert farm due to their heat tolerance and vigor. They're also an heirloom variety, so you're getting a bean bred for superior taste and texture instead of storage.



Cooking tips: With all that length, it's good to know these beans are string-less, so that's one less step in preparing them. Their flavor is on the mild side so you can use them in a wide variety of dishes though stir frying is a very popular method of preparing them. If you get the red kind, know that they will not keep their color (some varieties of red or purple beans stay red when cooked). They are a bit on the waxy side so give them a little more time to cook than you normally would.

If you want a conversation piece, or are ready to kick off the Halloween season, use the biggest wok you can find and stir fry them uncut - it might be slightly awkward serving and eating, but wow, what a presentation!

Adapting Recipes: Spicy Bloody Maria

Here's another example of adapting recipes to include CSA ingredients. We may have passed the first day of Fall (though we're not quite feeling it yet) but there's still plenty of summer in our produce! So if you're looking for a new way to use your roasted chiles and tomatoes this week and are having friends over for a little fiesta - or perhaps recovering the morning after one - try using them to make a Bloody Maria - Tucson style. Here's a template adapted from a Chowhound recipe.

Per drink:

- 2 oz tequila blanco
- 1 tomato - cored and chopped (seeding is optional)
- 1/2 cup roasted chiles - peeled, seeded and roughly chopped
- 1/2 teaspoon horseradish
- 3 dashes Worcestershire sauce
- Pinch salt
- Couple grinds of black pepper
- Squeeze of lemon juice

Blend all ingredients in your blender and pour over ice in a glass. Garnish with a pickle spear, celery stick OR half of a noodle bean ☺.

Chile and Cheese Soup

Fresh green chiles in olive oil
2 tablespoons butter
2 onions, diced
4 cloves fresh garlic, chopped
1 share roasted chiles, peeled and seeded
5 ripe tomatoes, diced
6 medium white potatoes, peeled and cut into 1 inch cubes
16 cups water
2 pounds Longhorn Colby or Cheddar cheese, shredded
Salt to taste

In a large soup pot, melt butter and sauté onions and garlic over medium heat. When onions are soft, add green chilies and tomatoes. Simmer 10 minutes, stirring every minute or so. Add potatoes and water. Cook over medium heat until potatoes are done, 10 to 20 minutes. Add cheese. On very low heat, simmer about 30 minutes. Add salt to taste. For best results, allow to cool overnight and serve the next day.

Shishito Poppers

Sara Jones, Tucson CSA

1 share shishito peppers, cleaned
1/2 cup leftover cooked rice or smashed potatoes
1/4 cup grated or crumbled cheese
Salt and pepper to taste

Preheat oven to 400°. Mix rice or potatoes together with cheese and season with salt and pepper. Slit peppers lengthwise and spread open gently. Fill peppers with stuffing and place on a baking sheet. Bake for about 10 minutes, until heated through, then switch to broiler and cook until filling is browning on top, about 4 minutes.

Indian Style Potatoes

Paula Redinger, Tucson CSA

Add chopped shishito peppers or blanched green beans to this recipe if you like.

About 1 pound potatoes
Cooking fat/oil of your choice (peanut oil, ghee, canola...but not butter as it may burn)
1 inch piece ginger, peeled and chopped
1-3 cloves garlic, peeled and chopped
1/2 teaspoon Cayenne (optional)
1-3 tablespoon curry powder OR your choice of whole spices such as cumin seed, fennel seed, sesame seed, coriander, cardamom, mustard seed. and/or your choice of ground spices such as cumin, turmeric, cayenne, cardamom.

Boil the potatoes in their skins and cool completely. I do this when I am making dinner the night before. Peel potatoes and cut into one-inch cubes. Using a mortar and pestle or food processor, make a paste of the garlic, ginger, cayenne and curry powder (or your own ground spice blend) and a few tablespoons of water. Heat cooking fat over moderately high heat in a large, preferably nonstick, skillet. Potatoes will brown best with a generous amount

of fat (4-5 tbsp), but you may use less if you prefer. If using any whole spices, put them in the hot pan for a few seconds until they sizzle and pop. Add your garlic/ginger/curry or ground spice paste and stir fry for 2 minutes or so. Add the potatoes and cook 5-10 minutes until they form a brown crust. Serve immediately.

Featherweight Pancakes, with corn

Lorraine Glazar, Tucson CSA

3 eggs, separated
1/4 cup flour
1/4 teaspoon salt
3/4 cup cottage cheese
Kernels from one ear corn
Oil or butter for cooking

This recipe was one of my mother's favorites, as it can easily be served for dinner as well as breakfast. Beat egg whites until stiff. Beat egg yolks until light and lemon-colored. Stir in salt, flour, corn and cottage cheese. Carefully fold in egg whites. Drop by large spoonfuls onto a hot greased griddle and cook until light brown. Flip them and then cook the other side.

Shishito Succotash-new

Sara Jones, Tucson CSA

1/2 basket shishitos, cleaned, stems removed and chopped
1 cup chopped green beans
1/2 large onion, chopped
2 cloves garlic, minced
Kernels from 2 ears corn
1-2 chopped tomatoes
1 tablespoon oil
2 teaspoons cider vinegar
1 tablespoon butter
1 pinch crushed sage and thyme
Salt and pepper to taste

Sauté onions in oil in a medium skillet over medium high heat for 5 minutes until beginning to brown. Add garlic, corn, beans and shishitos. Cook, stirring occasionally for another 8 minutes or so. Sprinkle with a splash of water or white wine if needed to keep from sticking. Add tomatoes, vinegar and butter, stir to combine and remove from heat. Season to taste with salt and pepper.