



# *Tucson Community Supported Agriculture*

*Newsletter 508 ~ October 5, 2015 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

**Fall 2015**

**Harvest list is online**

## **The Back Page**

Roasted Sweet Potato and Bell Pepper Soup  
Cucumber, Tomato and Goat Cheese Salad  
Spiced Cucumber Salad  
Stuffed Sweet Peppers

**Many more recipes on our website**

## **Grass-Fed Beef Shares**

We are now taking orders for Josh's grass-fed, pasture-raised beef shares. As usual, we purchase a whole steer from Josh and divide it up in 40 shares or more. As the size of animals varies, we only take deposits for 40 shares and we wait list another 4 shares in case the animal is a larger one.

Beef shares can be ordered at the front desk with a \$20 deposit per share. Shares will be ready at the end of October.

For more info on beef shares, go to our website and go to Products > Meats

## **Thanksgiving Turkeys**

Order a Thanksgiving turkey by paying a \$20 deposit at the front desk. Balance payment will be due at pickup time, the week prior to Thanksgiving week.

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

We'll take orders through October and early November.

## **Marconi Peppers**



The Marconi pepper is a large, elongated Italian sweet bell pepper. It varies from green to red depending on its stage of ripeness, with red ones being the sweetest. It is good raw but it is great in all kinds of cooked dishes, especially when grilled or roasted. In other words, use it just as you would a bell pepper. They are great for stuffing too: just take a thin slice off, lengthwise, to open them up and remove the seeds, then fill with the stuffing of your choice.

## **Meanwhile, back at Crooked Sky Farms...**

It has been a good year for pistachios at Crooked Sky Farms. The pistachio harvest turned out to be a better one than last year's. The pistachios have been sent to the lab for testing, after which they will be shelled and roasted. We should start seeing them in our shares in a few weeks. Following past contamination scares and recalls of commercial pistachios, it is now common practice for growers to have their pistachio crops tested for E. Coli and Salmonella. Although these incidents took place only at large commercial pistachio operations, and although testing is not obligatory, Farmer Frank chooses to have his pistachios tested for his own peace of mind and that of his customers.

Farmer Frank grows several varieties of pears in his orchards, but they won't be ready until late October. So, you may ask, how did we get those Bartlett pears in our shares last month? This is where we must apologize for any misinformation we might have conveyed about those pears. Farmer Frank had obtained them from another certified organic orchard near Willcox. Local farmers occasionally buy, sell or trade parts of their crops among themselves to help each other fill production gaps, distribute surplus produce and satisfy customer demand. The farm lets us know when this happens, but this time staff changes resulted in the information not being passed on to us until some time after we got the pears. Miscommunication happens. However, the Ambrosia apples we got last week and the Gala apples we had before that were Farmer Frank's, grown at Crooked Sky Farms' orchards near Duncan. And soon we hope to get Farmer Frank's homegrown pears.

Last week was the last week for green chiles and Farmer Frank says that this week is likely the last time we'll get those wonderful Japanese Shishito peppers. Please do not let Shishitos intimidate you: they may look hot because of their small size, but nothing is further from the truth: they are a mild chile, packed with flavor. Enjoy them one last time. They'll be back next year.

Farmer Frank says that the reason the red onions sometimes have a moldy core is because it rained on them right after they were harvested and before they were brought inside for curing. Some moisture collected along the stems made its way to the inside. We found that the moldy core, if at all present, is easy to remove and does not affect the quality of the rest of the onion. Frank said these red onions are more susceptible to moisture penetration than the white or yellow onions he also grows because they are an older variety of onion that has looser, less densely packed layers, allowing moisture to get inside under the right circumstances.

## Roasted Sweet Potato and Bell Pepper Soup

Philippe, Tucson CSA

3 sweet potatoes  
2-3 bell peppers  
1 medium onion  
2 tablespoons olive oil  
2 teaspoons cumin  
2 cups vegetable broth  
Salt and pepper

Pre-heat oven to 400°. Dice sweet potatoes. Place in oven dish with bell peppers, onions, cumin and olive oil. Mix well to coat. Roast in the oven for about 45 minutes or until all the ingredients are tender. Place vegetables in blender or food processor, add broth and blend until smooth. Add salt and pepper to taste.

## Cucumber, Tomato and Goat Cheese Salad

Heidi DeCosmo, Tucson CSA

1 cucumber, sliced  
2 tablespoons goat cheese, crumbled  
2 ripe tomatoes, cut into wedges  
1/2 teaspoon sea salt  
1/4 cup fresh herb vinegar  
1/4 teaspoon ground pepper

Combine all ingredients in a bowl and toss gently. Refrigerate for one half-hour before serving. Makes 4 servings.

## Spiced Cucumber Salad

1 cucumber  
1/2 teaspoon sesame seeds  
1/4 teaspoon salt  
1/2 teaspoon soy sauce  
1/2 tablespoon sesame oil  
1/4 teaspoon hot soybean paste  
Drops of lemon juice

Clean and peel the cucumber. Cut into slices, and then smaller pieces. Add salt and mix. Let salt soak in for 15 minutes. Rinse cucumber and dry it. Blend sesame seed, sugar, soy sauce, hot soybean paste, and lemon, then add cucumber. Chill and serve.

## Winter Squash Polenta

Sara Jones, Tucson CSA

This recipe uses the regular long cooking polenta. If you want to use quick polenta, follow the recipe on the package, cutting out one quarter of the liquid and replacing it with twice as much cooked, mashed squash. Make this into a tasty desert by stirring in a bit of sugar and pumpkin pie spice, then serving with vanilla ice cream.

3 cups of water  
1/2 teaspoon salt  
1 cup polenta  
2 tablespoons oil or butter

1 handful grated cheese (if desired)  
1 cup cooked, pureed winter squash.

Bring half of the water to a boil in a medium saucepan. Whisk the other half with cornmeal. Pour cornmeal mixture into boiling water slowly, stirring well. Turn heat to low, and cook, stirring occasionally, for about 30 minutes. At this point the mixture should be fairly thick. Stir in the pureed squash and cook about 10 more minutes. Add butter (and cheese, if using). Serve soft in bowls or spread in a greased pan and cool until firm. Cut into squares or triangles and sauté or broil until slightly brown and crispy.

## Stuffed Sweet Peppers

Philippe, Tucson CSA

1/2 cup quinoa  
1 pound ground pork (or Italian sausage)  
Veggie version: replace meat with cooked black beans,  
plus 1 beaten 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

Bring to a boil 1 cup of water, slightly salted. Add 1/2 cup of quinoa and a pinch of salt. 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 remaining seeds.

Note: for Marconi peppers, it is recommended to take a thin slice off each pepper, lengthwise, to open them up and remove the seeds, then put the stuffing in the cavity.

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 the ground meat/quinoa mix. If you end up with extra mix, stuff more bell peppers if you have any. If not, 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.