



Tucson Community Supported Agriculture

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Fall 2016

Harvest list is online

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**Many more recipes
on our website**

Thanksgiving Turkeys

We'll be taking orders for Josh's pasture-raised Thanksgiving turkeys until Nov. 9. They are \$4.50 per pound. \$20 deposit required. They will be delivered frozen the week before Thanksgiving.

Josh's Pasture-Raised Lamb Shares Are Ready

If you reserved a lamb share, it is ready for pickup. Balance payment is due on pickup. You don't have to pick it up right away, but the sooner you pick it up the more choices you'll have (they vary slightly in weight and content).

Recycling

In an attempt to minimize waste, we encourage you to bring your own bags to pack your veggies. We also encourage you to bring back egg cartons and berry baskets.

Please put them in the milk crate we have near the check-in table.



Berry basket

Signs of Autumn

The temperatures may have you fooled as we are still seeing highs creeping into the 90s, but sure signs of cooler weather are still cropping up - especially one of my favorites: winter squash! The variety of winter squash available can be stunning - it used to be you only saw the classic round, orange jack o' lantern pumpkin this time of year. And if they were big enough for jack o' lanterns, they're usually too big for tasty eating.

Nowadays we see more colors (green, white, yellow as well as the ubiquitous orange) in many shades (from soft and pale to bright and blazing) with different surfaces (stripes, ridges, warty and even mottled). Shapes may vary for fruits on the same vine and run from round, oblong, crookneck and everything in between. Whatever variety you end up with, make the most of it!



Butternut Squash and Pumpkins

Tuesday's harvest from Crooked Sky Farms offers two squash classics: butternut and pumpkins. The pumpkins may be a little large for pie purposes, but you can either make puree to use in chilis, curries and breads or you can mix it with butternut squash to temper its overt sweetness.

Butternut squash has been enjoying huge popularity for a while now and for good reason - its flesh is sweetly delicious. One great side: roast cubes of it with equal parts olive oil, maple syrup, and brown sugar. Sprinkle some cinnamon and nutmeg, then mix up and roast in a 400° oven for about half an hour. Add some local pecans for the last 10 minutes and then garnish with some sprigs of rosemary growing in your yard.

Magdalena Squash

Sleeping Frog Farms is offering Magdalena Squash, one of the oldest heirloom squashes. This squash is also known as "Big Cheese" for its slightly flattened "cheese wheel" shape.

Its flavor is reminiscent of butternut squash but not quite as sweet. A member of the Native American power trio "the Three Sisters", Magdalena squash have been grown with corn and beans to feed indigenous cultures for thousands of years. Use them much as you would a butternut or acorn squash - or let them hang out on the porch (outside of direct sunlight) for a while as a beautiful harbinger of hopefully cooler autumn temperatures to come.



Peanut Butternut Soup

Sara Jones, Tucson CSA

This is a delicious, if somewhat unusual, soup. Use any pumpkin or winter squash. You can also add extra ingredients as desired. Greens, okra and tomatoes all make good additions.

About 3 cups of diced winter squash
1 bell pepper, diced
1/2 onion, diced
1 inch ginger, grated
1 tablespoon curry powder
Enough water or vegetable broth to cover all ingredients
1 tablespoon oil
1/2 cup chunky natural peanut butter (not the kind with sugar!)
Salt and pepper to taste

Heat the oil in a large soup pot over medium high heat. Stir in onion, ginger, bell pepper and curry. Cook until fragrant. Add squash and cover with water or broth. Bring to a boil and cook for about 30 minutes until squash is tender and falling apart. Remove one cup of soup from pot and blend together with peanut butter. Return mixture to pot and mix well. Season with salt and pepper. If you want a creamy soup, blend in batches to desired consistency. Otherwise, smash squash with a potato masher or wooden spoon to thicken broth. Garnish with roasted peanuts, if desired.

Winter Squash Cupcakes

Sara Jones, Tucson CSA

Cooked, pureed winter squash are fairly interchangeable in recipes with canned pumpkin. You may want to drain cooked squash overnight if it is not as thick as the stuff from a can. These cupcakes are typically served with a cream cheese frosting, but they are just as nice plain, or with chocolate chips added to the batter.

1 ½ cups flour
¾ teaspoon baking powder
¾ teaspoon baking soda
1 teaspoon cinnamon
½ cup canola oil
¾ cups sugar
1 cup butternut squash puree
3 eggs

Preheat oven to 325°. Mix together flour, baking powder, baking soda and cinnamon. Beat oil, sugar and squash together, then add eggs until well blended. Add flour mixture and stir until combined. Add chocolate chips, if using. Scoop batter into greased cupcake tins or cake pan, filling each container about ¾ full. If you are using regular sized cupcake tins, cook for about 20 minutes. Check mini cupcakes at about 10 minutes, and a cake pan at about 25 minutes.

Chiles Rellenos, Light

Lorraine Glazar, Tucson CSA

Makes 1 serving
2/3 cup winter squash cubes, roasted
2 tablespoons onions, diced
1 ounce herbed goat cheese (optional)
1/2 teaspoon cumin
1 pinch cayenne or hot chile pepper
2 pinches ground cinnamon
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 large green chiles, fresh

Mix the butternut squash cubes, onions, spices and goat cheese (if using) in a small bowl. Slit two large green chiles lengthwise along one side. Carefully remove seeds and pith with a small knife or a teaspoon. Fill the chiles with the squash mixture until stuffed. Grill over a fire or roast in the oven at 425° until the skin of the chiles has blackened.* Serve with rice and a salad of avocado and tomato.

* As you eat each chile, you will pull away the flesh without the skin, which is left on the plate.

Cucumber, Tomato and Goat Cheese Salad

Heidi DeCosmo, Tucson CSA

1 cucumber, sliced
2 tablespoons goat cheese, crumbled
2 ripe tomatoes, cut into wedges
½ teaspoon sea salt
¼ cup fresh herb vinegar
¼ teaspoon ground pepper

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

Raita or Tzatziki Salad

Sara Jones, Tucson CSA

These are yogurt based salads, great served with spicy foods. There is plenty of room for variation in the recipe, as well as how you serve it. I like it best as a side dish, along with rice and curry. It is also good as a dip or dressing.

1 medium cucumber, peeled and grated or finely diced
1/2 small onion, finely diced
1 small tomato, seeded and diced
1 cup yogurt
Salt and pepper to taste

Add any variation of the following:

1 teaspoon ground cumin
1 teaspoon mustard seeds, toasted in a hot skillet
1 teaspoon cayenne pepper
Handful chopped fresh cilantro and/or mint

Mix all ingredients together and let sit at least 30 minutes before serving.