



Summer 2017

Harvest lists are online

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Thanksgiving Turkeys



We are starting to take orders for Josh's Thanksgiving turkeys. Like his beef, lamb, pork and chickens, Josh's turkeys are 100% pasture-raised. They feed mostly on grass but they also get supplemental local non-GMO grains. Being raised naturally, they are leaner and a more flavorful than the supermarket varieties.

Josh's turkeys cost \$4.50 per pound and typically weigh between 14 and 20 pounds, with a few outliers. Most of them weigh around 16 pounds. They are delivered frozen.

To reserve your turkey, pay a \$20 deposit per bird at the front desk. The remaining balance will be due when you pick it up the week prior to Thanksgiving. We'll take orders until we run out.

Check out the Tucson CSA page on Facebook for some recent turkey pics and a short turkey video at Josh's farm.

Prickly Pear Fruit Harvesting and Processing



It is still time for us desert dwellers to make some magenta magic, i.e. harvest prickly pear fruit and make prickly pear juice! While it may seem daunting if you have never done it before, it is easy once you know how to, and it always draws oohhs and aahhs from friends and family. Sweetened prickly pear juice can be added to lemonades, margaritas and martinis, or turned into jellies, sorbets, slushies, paletas (popsicles) and

raspados (shaved ice snow cones).

There are a number of ways to make it. We like Desert Harvesters' method for its simplicity (www.DesertHarvesters.org).

HARVEST THE FRUITS: Look for prickly pear fruits, or tunas as they're called in Spanish, that are dark red or purple. August and September tend to be the season in Tucson. Using tongs, simply pluck the fruit from the pads: they should come off easily with a light twist of the wrist. If you have to wrench them off the pads, it means that they are not ripe. There are fine, almost invisible hairs on the surfaces of both the fruit and the pads are called glochids -they stick and prick, so you might consider wearing gloves as well. Avoid being too greedy: even if the fruits are abundant, be sure to leave some for wildlife and new cactus generation.

PROCESS THE FRUITS: First wash the fruit by placing it in a sink full of cool water and swishing it around with a large spoon. Then place whole fruits, spines and glochids and all, into a blender or food processor. Blend to make a slurry. Strain the slurry through a pillowcase, a fine mesh strainer or a colander lined with cloth. We recommend using a clean, old t-shirt or pillowcase rather than cheesecloth. Use a spoon to press the juice through. Let the strained juice settle for 5-10 minutes, then gently pour the juice off the top, leaving the sediment behind. Freeze the juice in ice cube trays then transfer to airtight freezer storage bags.



Alternatively, you can put whole prickly pear fruits in the freezer. To thaw and process later, line a colander with a clean pillowcase or t-shirt and place over a bucket or large bowl. Place frozen fruits in the colander to thaw (2-5 hours). Press on fruits with a wooden spoon as they soften to push juice through.

DRINK THE JUICE: Prickly pear juice is deliciously refreshing and celebrated for its vibrant magenta color, its unique flavor, and its cooling properties. It can be diluted with water or added to lemonade or other drinks to make a refreshing beverage. Or use it to make regional favorites such as syrup (to top pancakes or ice cream, or flavor/color margaritas) or jelly (great on toast)! One prickly pear ice cube is enough to flavor a large glass of lemonade.

NOTE: Prickly pear juice has a cooling effect. If you're a person who is particularly sensitive to it, absorbing a large quantity of it may cause chills and body aches. However, drinking a few glasses of lemonade with a splash of prickly pear juice is absolutely fine and will give you the cooling effect you're seeking in the dog days of summer.

Sweet Potato and Quinoa with a Lime Vinaigrette

Rachel Yaseen, [The Organic Kitchen Tucson](#)

1 cup quinoa (uncooked)
1 ½ cups water
1 large sweet potato, peeled cut into small chunks
1 unpeeled apple, cut into small chunks
½ cup pecans or walnuts
½ cup dried cranberries
½ cup (each) cilantro and parsley, finely chopped
½ teaspoon salt
½ cup coconut (optional)
¼ teaspoon cinnamon
½ cup lime juice
3-4 tablespoons agave syrup (to taste)

On a baking sheet, roast the sweet potatoes on 350 degrees for 45 minutes. Meanwhile, wash quinoa. In a saucepan, cook quinoa in 1 ½ cups water (covered with a lid) until water completely evaporates (approximately 15 minutes)—do NOT stir while cooking. When quinoa and sweet potato are cooked, mix them together and then add the apples, pecans, cranberries, cilantro/parsley, salt, coconut, and cinnamon. For the vinaigrette, in a blender, mix lime juice and agave nectar. Pour desired amount over quinoa.

Sweet Potato Enchiladas

Sara Jones, Tucson CSA

If you have tomatillo salsa, use that as a sauce for these enchiladas. If not, a can of red enchilada sauce or mole sauce will be delicious. Also, you will save a lot of time on this recipe if you already have some leftover baked potatoes and roasted garlic, so plan ahead during the week.

About 1 1/2 cups mashed baked potatoes
1 head roasted garlic
1/4 cup toasted walnuts
Salt and pepper to taste
1 package corn tortillas
1/4 cup mild white cheese, grated
1 cup salsa verde or red enchilada sauce

Cut top off of roasted garlic head and squeeze to remove garlic from skin. Mash together with sweet potatoes, then mix in nuts and salt and pepper to taste. Heat about 1 tablespoon of oil in a small skillet and cook corn tortillas individually in oil until softened, draining on a paper towel. Take one tortilla and spread a spoonful of filling down the length of the tortilla just to the left of the center. Fold shorter (left) side over filling, then roll up and place in a greased, square baking pan. Continue with the rest of tortillas and filling. Pour salsa verde or red enchilada sauce over enchiladas and top with grated cheese. Cover with tin foil and bake in a 375 degree oven for about 20 minutes, then remove foil and bake 10 more minutes.

Green Enchilada Sauce

Philippe. Tucson CSA

1 basket tomatillos, husked and quartered
2-3 green chiles, roasted, skinned and sliced
1 medium onion, chopped
Optional: 1/2 lb ground pork, or green chile pork chorizo
2 cloves garlic, chopped
1 tablespoon mole verde
1/4 cup chopped cilantro (or basil)
Olive oil
Salt to taste

Sauté onion and in olive oil until onions are tender. If using meat, add meat now and sauté until meat is brown. Add tomatillos, green chiles and garlic. Cover and simmer for another 30 minutes, stirring occasionally. Turn off heat. Add cilantro.

Apple, Halvah and Yogurt Parfait

Sara Jones, Tucson CSA

Early season apple varieties like red and golden delicious aren't the best for making pies and baked goods. Plus it's still 100 degrees out! But if you still want a fancy dessert this is the way to go. Since prepared halvah is usually very sweet, there is no need to add any additional sweetener. I use popped amaranth to add another texture to this parfait, but you could skip it, or add some finely crumbled granola, or puffed rice instead.

¼ cup amaranth seeds
4 small or 2 large apples, peeled, cored and chopped
1 cup thick greek yogurt or labneh
¼ sesame or pistachio halvah, crumbled

Heat a dry, heavy skillet over high heat until a drop of water evaporates instantly on contact. Add amaranth seeds. Use a wooden spoon and stir and shake skillet until most seeds are popped. Pour popped seeds onto a plate to cool and avoid burning. Mix apples with yogurt and place into 3-4 serving bowls. Top each portion with crumbled halvah and the popped seeds. Serve immediately.

Chilled Cucumber Soup

Philippe Waterinckx, Tucson CSA

1 cucumber, chopped, reserve half for garnish
1 cup plain yogurt
1/4 cup sour cream
1/2 teaspoon mustard
Salt and pepper to taste
1/4 cup fresh dill, chopped
½ lemon, juiced

In a food processor or blender, purée chopped cucumbers, yogurt, sour cream, mustard, and salt and pepper to taste and transfer to a bowl. Chill soup until ready to eat. Before serving, stir in remaining cucumber, dill and lemon juice. Garnish soup with dill sprigs.