



# Tucson Community Supported Agriculture

Newsletter 606 ~ October 2, 2017 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

Fall 2017

Harvest lists are online

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Many more recipes on our website

### Cooking with Sara

October 29, 11 am to 2 pm  
JCC: 800 East River Road  
Instructor: Sara Jones  
\$70 (\$60 for JCC members)

Are you interested in eating a more locally sourced diet? In this class participants will learn how to avoid frustration, approach cooking with creativity and gain knowledge of the tools they need to tackle unfamiliar fruits and vegetables. Learn to adapt favorite recipes to the seasonal availability of produce and develop a more intuitive sense of how to use fresh fruits and vegetables. The recipes will be kosher and vegetarian.

Sara Jones is a long time employee of Tucson CSA and a frequent contributor and recipe writer for *Edible Baja Arizona*. She teaches cooking classes and demos at the CSA and local farmer's markets. Program includes a delicious lunch.

To register, go to: <https://www.tucsonjcc.org>

### Josh's Lamb Shares

Grass-fed, grass-finished lamb shares from Josh will be available for pickup starting October 25.

Reserve yours at the front desk with a \$20 deposit.

## Sleeping Frog Farms' Traveling Honeybees



The Happy Bear honey we sell at the Tucson CSA comes from Sleeping Frog Farms. Why then, do you ask, is it not labeled as Sleeping Frog Farms honey? That would make more sense, right? But you guessed it, there is a reason behind this: it is labeled after the beekeeper, not after the farm where the hives are located. In this case, Sleeping Frog Farms partners with Happy Bear Honey who, every year, brings its honeybees out to the farm to feast on its abundant mesquite and cat's claw blossoms. Although you can find Happy Bear Honey in several stores in Tucson, you don't always know where it comes from, as it can come from a number of locations. But you know that the honey you see at the CSA comes from Sleeping Frog Farms in Cascabel.

Many beekeepers move their bees to different locations throughout the year, either to pollinate various crops or to forage for honey production. Some of you may remember when, years ago, we had that amazing orange blossom honey from the Marana area citrus groves. Every year, a traveling beekeeper would move his hives to those citrus groves for the duration of citrus blossom season and his bees produced a honey that was a favorite of many CSA members. Sadly, that particular source of honey ran dry when the orange groves were destroyed to make room for real estate development.

With the right precautions, beehives can fairly easily be moved around, as long as the hives are moved with the bees inside. Bees orient to their hive by physical landmarks, not by some special radar. Relocating a hive causes its bees to reorient themselves: when they exit the hive at a new location and notice that their surroundings have changed, they look and fly around to reset their GPS system and are good to go. Bees are amazing!

## Tendergreens



As the weather cools, greens will start showing up in our shares again. Crooked Sky Farms' tendergreens (that's right, tendergreens in one word, not tender greens in two words) are a very mild heirloom mustard greens variety. They make a nice spinach substitute: they taste like spinach at the beginning and have a mild mustard finish. Tendergreens have been a traditional Southern favorite for a long time. When young and indeed, tender, they can be eaten raw, mixed in salads. When mature they can be cooked like any winter greens, i.e. sautéed, steamed or boiled.

## Magdalena Big Cheese Squash

One of the oldest types of cultivated squash. This heirloom squash is an excellent producer of large, light orange, ribbed fruits with a flattened pumpkin shape (like a wheel of cheese). It has a sweet, bright orange flesh.



## **Toasted Winter Squash Seeds**

Sara Jones, Tucson CSA

Don't throw out the seeds from your butternut squash. They are delicious and easy to prepare. Separate them as best as possible from the squash fibers, then set in a big bowl of well salted water (about a teaspoon salt per cup of water). You can then get back to your recipe and ignore them for a while, as the salt will prevent them from getting moldy or rotten too fast (put them in the fridge, in the salted water, if you don't plan on using them within a day). When you are ready, simply drain off the water, drizzle with oil and toss onto a baking sheet. Sprinkle with any spices you'd like, then bake for about 10-15 minutes at 300 degrees until crispy and lightly browned.

## **Squash and Greens in Coconut Milk**

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you like curry flavors, add more spices to the mix, sautéing them with the onions before adding the rest of the ingredients. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped  
About 2 cups peeled winter squash, diced small  
1 inch fresh ginger, grated  
1 onion, sliced thinly  
1/2 teaspoon ground coriander  
2 teaspoons oil  
1/2 can coconut milk  
Red chile flakes, to taste  
Soy sauce, to taste  
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until squash is tender. Season to taste with soy sauce and a bit of lime juice.

## **Roasted Squash Casserole with Goat Cheese**

Julie Cohn, Tucson CSA

Okay, say you roast your whole huge winter squash. What happens next? The roasted pureed flesh freezes well (we always recommend freezing in one cup portions for easy use in recipes later). Soups and muffins can use a large quantity of roasted squash. This casserole is a great idea too.

About 4-5 cups cooked squash, roughly mashed  
1/2 teaspoon cayenne pepper  
2 tablespoons toasted sesame seeds  
1 teaspoon garlic powder  
Salt and pepper to taste  
2 tablespoons good quality nut or olive oil  
Herbed or spiced goat cheese

Mix all the ingredients except cheese together and taste for salt, adding more if necessary. If available peel and seed some of the wonderful roasted chiles from CSA, chop them and add to the squash mixture. Put the mixture in an oiled casserole dish, sprinkle liberally with herbed goat cheese and bake at 300 for 20 minutes.

## **Quick Indian Inspired Greens and Lentil Soup**

Kumi Rao, Tucson CSA

Greens this time of year tend to be pretty spicy as the heat will intensify their flavors. Using the greens in heavily spiced dishes is one way to balance their strong flavor.

3 cups of cooked lentils (split mung dal is my favorite)  
2 tablespoons oil  
1/2 teaspoon of cumin seeds  
1-2 dried red chilies  
1/2 teaspoon turmeric  
1 jalapeno (seeded if you are more heat sensitive)  
1 teaspoon minced garlic  
2 teaspoons minced/grated ginger  
3 cups of chopped greens (radish, braising greens, turnip, mustard, spinach, all work great), cut into small pieces  
1 teaspoon coriander powder

In a 4-quart saucepan, warm the oil on low to medium heat and add dried red chilies and cumin seeds. When the oil starts to smell fragrant and the cumin seeds just begin to lightly toast (this should take about 2-3 minutes but watch your cumin, don't let it burn) add the turmeric and diced jalapeno. Sauté for 1-2 minutes and then add ginger and garlic. Add chopped greens. Raise the temperature to medium-high and sauté with 1/2 teaspoon of salt and coriander powder (about 3-4 minutes until they are nice and tender). Add the lentils and simmer for another 5-10 minutes. Serve over basmati rice and top with fresh cilantro.

## **Braised Cucumbers**

Philippe, Tucson CSA

2 medium cucumbers or 1 large one  
1 tablespoon butter  
1/4 cup vegetable or chicken broth  
1 teaspoon lemon juice  
1 tablespoon chopped mint or dill  
salt and pepper to taste

Peel and quarter the cucumbers and remove seeds, cut into 1-inch segments. Heat butter in a frying pan on medium heat. Add cucumbers and sauté until slightly browned. Add broth, lemon juice, salt, pepper, and mint or dill. Bring back to a sizzle, then cover, and reduce heat to low. Braise for 5 minutes or until cucumbers are tender. Serve warm.