



Tucson Community Supported Agriculture

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Fall 2017

Harvest lists are online

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Many more recipes on our website

New Pickup Location

Last week we opened a new pickup location: the Watershed Management Group (WMG) on Speedway and Dodge.

The WMG pickups will be on Wednesday from 4 to 7 pm. Produce shares will be provided by Sleeping Frog Farms and occasionally supplemented with Crooked Sky Farms produce.

The WMG location will have the same CSA share offerings as the Historic Y location: produce shares, bread shares, cheese shares and sprouts shares. However, since no store is available (yet) at the WMG pickup, cheese, eggs and meats are not available.

Tromboncino Squash



Like a zucchini, except better!

Locust Invasion

Sleeping Frog Farms is slowly recovering from a bad locust invasion. They are hoping for a few cold nights to halt the invasion completely.

Interview with Howard



The amazing Howard Frederick is a long time Tuesday CSA volunteer. As a zoo and wildlife nutritionist he has helped facilitate the donation of hundreds of pounds of leftover CSA pumpkins to the Tucson Zoo. He is an ad hoc consultant for zoos across the county and has also periodically worked with Black Mesa Ranch, the goat cheese providers for our CSA shares. A strong interest for animals runs in the Frederick family: his wife Pat, a retired equine veterinarian now focuses her time on metal sculpture creating lifelike desert animals, and his oldest son is a wildlife biologist in Africa.

Howard is also a fine cook and story teller, and he often makes our mouths water with his accounts of how he

prepares his CSA veggies. Make sure to look up his popular Winter Greens Pastry Shell recipe, it's on our website. It is perfect for quiches and other savory pies and it is a great way to using a large quantity of greens. It has helped many a CSA member successfully deal with veggie drawers overflowing with leafy greens!

What's your favorite kitchen gadget?

I purchased an immersion blender about a year ago and have practically worn it out; I very seldom use the blender anymore. It did take a while to 'tame' it and not have stuff splattering the ceiling from careless handling!

What's your favorite go to dish that is easy and simple to make?

Vegetable curry is always an option, and there always seems to be an abundance of vegetables in the refrigerator or on the counter. Thank heavens for an almost constant supply of onions from CSA!

Do you have a dish that you are known for for dinner parties or potlucks? What is your favorite meal/dish to make for other people?

I have a hand-me-down New England baked fish (cod) recipe that seems to be popular. And I've modified a meatloaf from the New York Times Sunday Magazine that is easy to prepare. It was originally made with pork, but I've found that chicken or turkey is just as good for my tastes. Best part of it is the pour-over sauce made with bacon, onion, garlic, red wine and tomatoes.

Are there any veggies from the CSA that you were initially intimidated by but learned to like?

Amaranth greens (quelites) were, early on, maybe not intimidating, but new enough in my cooking experience to be a go-slowly item. Now, I look forward to them and have gone out and harvested them (as well as verdolagas) on bike rides.

What resources do you use when looking for a new recipe? Are there any resources that have been particularly helpful to you cooking seasonally?

The New York Times food section on Wednesdays is really interesting, and it is fun to modify the recipes after using them once. But, for seasonal things, I really go no farther than the CSA newsletter. I probably make something from each edition, and several of the recipes have become real standbys.

Italian Greens

Sara Jones, Tucson CSA

This recipe is perfect for fall greens that have a bit more pungence than the mild greens of the colder months.

½ onion, chopped
1 bell pepper, chopped
2 large tomatoes, or ½ can stewed tomatoes
3 cloves garlic
1 bunch greens, washed and roughly chopped
¼ cup chopped olives and/or capers
2+ tablespoons goat cheese
Red pepper flakes, to taste
1 tablespoon olive oil
Salt and pepper to taste
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and pepper and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or polenta.

Greens with Soy Sauce & Oyster Sauce

Adapted from consciouschoice.com

1 large bunch greens, cleaned and roughly chopped
1 tablespoon water
1 tablespoon oil
¼ teaspoon salt
1 teaspoon soy sauce
1 teaspoon oyster sauce
½ tablespoon unsalted butter

In a skillet, heat oil over moderately high heat and stir-fry the greens with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, one to two more minutes.

Sliced Cucumbers or Cantaloupe with Manchego

Sara Jones, Tucson CSA

Plain salted cucumbers or melon makes a great, quick snack, but if you substitute a salty, hard cheese for the salt it tastes even better. You can use any hard, aged cheese, like Parmesan, Romano or Manchego. If you are using cantaloupe, cut long slivers of cheese instead of grating it and drape over each slice of melon.

2 cucumbers, sliced
1 teaspoon white wine or sherry vinegar
Several tablespoons grated hard cheese

Toss cucumbers or cantaloupe with vinegar. Lay out in a single layer on a platter and sprinkle all over with cheese. Serve immediately.

Zucchini and Olive Breakfast Cake, French-Style

Lorraine Glazar, Tucson CSA

All cakes don't have to be sweet! Mediterraneans, and the French in particular, have a whole tradition of "gateaux salés" (savory cakes). This one is lovely example.

1/3 cup olive oil, plus more for greasing the pan and drizzling
1/2 pound zucchini
1 teaspoon salt
1 large clove garlic, minced
1 3/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon black pepper
3 large eggs
1/3 cup milk
2 ounces goat cheese, crumbled
1/2 cup Kalamata olives, pitted and sliced
Kosher salt

Heat the oven to 350°F. Lightly grease a 9×5 inch loaf pan with olive oil. Grate the zucchini on the coarsest side of a box grater. Place the zucchini in a colander in the sink, and toss with 1 teaspoon of salt. Let drain while preparing the rest of the recipe.

In a large bowl, whisk the minced garlic with the flour, baking powder, salt and pepper. In a separate, medium bowl, lightly whisk the eggs, then whisk in the milk and olive oil. Use a rubber spatula to fold the wet ingredients into the dry until barely mixed. Fold in the crumbled goat cheese and the sliced olives. Press firmly on the zucchini in the colander, pressing out as much water as possible. Quickly fold the zucchini into the batter. Spread the batter in the prepared loaf pan, and drizzle lightly with olive oil. Sprinkle the top with kosher salt. Bake loaf for about 45 minutes, or until golden and a knife inserted in center comes out with a few crumbs attached. Transfer to a rack to cool in pan for 5 minutes. Run a knife around edge to release. Turn out loaf onto rack to firm up before slicing, about 30 minutes; using a serrated knife, cut into 3/8-inch slices, then cut into halves or quarters.

Melon with Lime Juice, Ginger and Basil -new

Philippe, Tucson CSA

This is a recipe my Mom used to make with the papayas from our garden. It also works well with cantaloupes or any sweet melon. The ginger and herbs are totally optional but if you have them handy, they do add brightness and spice..

1 cantaloupe, peeled, seeded and diced.
Juice of 1 lime or lemon
1 small knob of fresh ginger, grated
A few leaves of Thai basil. Italian basil or mint work too, finely chopped.

Gently mix all ingredients and serve cooled or at room temperature.