



# Tucson Community Supported Agriculture

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## Fall 2017

### Harvest lists are online

### The Back Page Recipes

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### More Recipes Online

### Black Mesa Ranch Candy

They're a seasonal thing, as David only makes them when it's cool enough for the chocolate to perfectly set, from November to February.



BMR candies are made with premium Belgian chocolate, and the milk chocolate ones are made with the milk from Black Mesa Ranch's lovely goats (we call those goat candies).

### What's on our shelves now:

- Dark debris
- Milky rubble
- Butter almond toffee
- Gourmet chocolate sampler
- Vanilla bean caramels
- Buttercream mints
- English toffee with sea salt
- English toffee with chipotle
- Chocolate truffles
- Fudge On Fire
- Fudge with Walnuts



While we will likely carry BMR candies into February, the range of choices will decrease with time.

## Holiday Break Dates

Our two-week holiday break will span **the last week of December and the first week of January**. That means that the last pickup of 2017 will be on Wednesday, December 20<sup>th</sup>, and the first pickup of 2018 will be on Tuesday, January 9<sup>th</sup>.

You don't have place your subscription on hold for those two weeks, since there are no pickups scheduled for December 26<sup>th</sup> and 27<sup>th</sup> and January 2<sup>nd</sup> and 3<sup>rd</sup>.

## The Shishito Roulette!



You've had those small, bright, glossy green, slightly wrinkly Japanese chile peppers before and you know that they pack all the flavor of green chiles without the heat (except for 1 in 20 which is distinctively hotter). We call it the shishito roulette!

Shishito peppers are usually cooked. The simplest way to fix them is to sauté them whole in a little bit of olive oil, over medium high heat, until they begin

to blister and char. Serve them hot, sprinkled with sea salt and a squeeze of lemon juice. Eat the whole chiles, minus the stem. You can also deep-fry them and mix them, diced, with slivered seaweed for an appetizer. Another popular way to fix them is to pan-fry bacon, toss in whole shishitos and finish with chopped, fresh Thai basil, to be served as an appetizer or side. Fresh shishito peppers will keep, refrigerated, for up to two weeks.

Although Spanish missionaries are often credited with the chile's first arrival in Japan, it is thought that the Japanese possibly experienced chiles in the 17th century during their trade route journeys in Southeast Asia. Today, Japan grows chilies mainly for export as Japanese cuisine doesn't usually use chiles as a frequent ingredient in their classic dishes.

## Tromboncino Squash



We're lucky to get tromboncino squash in our shares again. Don't you just love how the word trom-bon-TCHEE-no just rolls off your tongue? Even better are the different names it is known by in Italy, such as zucchetta, zucchini rampicante, trombolino d'albenga, and trombetta!

Tromboncino is an heirloom squash, originally from Liguria, Italy, and it is popular throughout Italy and abroad. While most summer squash are cultivars of Cucurbita pepo, tromboncino is a cultivar of Cucurbita moschata, which also includes the butternut squash. Unlike most other summer squash, it is more tolerant to common summer squash pests, including squash vine borer, squash bugs and powdery mildew.

It is a type of squash most often used as a summer squash when picked green, as we hope to get it in our shares. The fruit color starts as pale green when immature and fades to beige upon maturity. For use as summer squash it is picked green, around one foot long, and it can be prepared like zucchini. When left to mature into a winter squash it is often compared to, and can be prepared as a butternut squash.

**Citrus Vinaigrette**

Rachel Yaseen, Two Spoons

Use this vinaigrette for any salad, you can use leftovers to drizzle over roasted veggies, too.

1/4 cup juice of 1 orange (or half orange, half grapefruit)  
1/8 cup each, juice of 1 lemon and lime  
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil  
2 tablespoon agave nectar  
1 tablespoon chives, chopped  
1/4 cup parsley, chopped  
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.

**Greens, Beans and Pasta – Aglio e Olio style**

Paula Redinger, Tucson CSA

I've always found the traditional Italian aglio e olio pasta (garlic and olive oil) disappointing until I stopped following a recipe and did it my own way, using raw garlic. For me, the key is lots of garlic and lots of pepper flakes. I've adapted my recipe to make a more substantial meal adding greens and cannelloni beans. If you don't like the punch of raw garlic, feel free to sauté it with the olive oil and greens. I use a smaller amount of pasta than is traditional. Double the amount of pasta for a more traditional balance of sauce to pasta. Aglio e olio is traditionally made with spaghetti or thin spaghetti, but in this case I think short pasta shapes work better.

Per serving:

2 ounces short pasta shapes (such as penne)  
1-2 tablespoons olive oil – this is the time to use the good stuff!  
1-2 cloves crushed garlic – take the time to really mash it well  
hot pepper flakes  
1 bag CSA greens – washed and shredded  
½ 15-oz can cannelloni beans  
a splash of broth – optional  
Parmesan cheese

Combine the olive oil, crushed garlic and hot pepper flakes. You will have to decide how much you like. I usually do this right in my serving dish. Cook pasta to al dente in heavily salted boiling water. Drain, while retaining pasta in the pot. While pasta is still hot, wilt the greens in the water clinging to them and add a teaspoon or so of olive oil. Add a splash of broth if you like, cover and cook for a few minutes. Add the beans and cook briefly until all is combined and hot. Add the cooked pasta and heat for a few seconds. Take some time to mix everything thoroughly, since the greens tend to “clump together.” Toss with olive oil mixture and lots of parmesan.

**Bess Dewing's Sweet/Hot Pickle Relish**

Lorraine Glazar, Tucson CSA From Preserving Today, by Jeanne Lesem, copyright 1992; permission to reprint granted by Alfred A. Knopf.

¾ lb bell peppers, preferably half red and half green  
2 hot chile peppers, each about 5 to 6 inches long  
¾ lb onions  
2 ½ lbs unwaxed cucumbers  
3 tablespoons kosher salt or 2 tablespoons uniodized table salt or pickling salt  
3 cups cider vinegar  
1 ¼ cups sugar  
1 ½ teaspoons mustard seed  
¾ teaspoon ground turmeric  
1 tablespoon each of whole cloves and broken stick cinnamon  
1 ½ teaspoons whole allspice  
¾ teaspoon cracked nutmeg (wrap in a clean dishtowel and whack with a hammer)

Stem and seed the bell peppers and the chiles, and peel the onions. Pulse/chop the peppers, chiles, onions and cucumbers to a coarse texture in a food processor. You should have about 8 cups. Transfer the vegetables to a 3 quart or larger bowl, stir in the salt, and weight with a plate to keep vegetables from floating as the brine forms. Let stand 12 hours or overnight. Then drain and rinse the vegetables, and drain well again. Transfer them to a 4 quart saucepan; add the vinegar, sugar, mustard seeds and turmeric. Place the cloves, cinnamon, allspice and nutmeg in a tea ball or tie with cheesecloth into a small bag. Add the spice bag to the pan simmer, uncovered, 1 hour, stirring occasionally. Discard the spice bag, and ladle relish into hot, sterilized jars. If you are comfortable with the canning process you can proceed to can the jars. They will keep well in the refrigerator for at least a couple months.

**Kumi's Grilled Eggplant Salad**

Kumi Rao, CSA member

2 Large eggplants  
½ teaspoon cayenne pepper  
Salt and pepper  
2-3 tablespoons of whole grain mustard  
1/3-1/2 cup of plain Greek yoghurt (or thick strained yoghurt)  
Finely minced raw garlic  
Extra virgin olive oil  
Bread/pita if desired

Slice eggplant into planks ½ inch thick and sprinkle them with salt, pepper, cayenne pepper and olive oil. Grill eggplant 2-3 minutes on each side. Dice into 1 inch pieces. Mix the garlic, mustard, and yoghurt together and season with salt and pepper to taste. Mix the eggplant with yoghurt/mustard mixture. Top with some sautéed or caramelized onions and fresh herbs. This can be used as a vegetarian substitute for chicken or tuna salad.