



# Tucson Community Supported Agriculture

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## Fall 2018

Harvest lists are online.

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Find many more recipes on our website.

### Pre-Order Your Thanksgiving Turkey!

Thanksgiving might seem far away, but it will be here before you know it! We sell out of Josh's turkeys every year, so the best way to guarantee a delicious, pasture-raised bird on your table this year is to reserve a Thanksgiving turkey now.

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.

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 up your turkey the week prior to Thanksgiving. We only have 60 turkeys, so please order yours soon.

Check out the CSA newsletter from September 17 to learn more about Josh's farming practices.

### Local All Year Long

Written by Shelby Thompson

In Tucson, fall means shriveled prickly pears on the ground; a cool morning breeze; perhaps the chance to swap out your Chacos for a pair of close-toed shoes. Yet fall isn't so subtle across most of the United States, where yellow, orange, and crimson leaves envelop once-green trees; nights call for closed shutters and a warm fire in the hearth; and farmers' markets and community supported agriculture programs wind down for the year. For those living in colder climates, fresh, local produce will be difficult to come by for the next six months – Tucsonans, however, will have access to a plethora of freshly harvested produce to power us through the fall and winter.

After so many years (fourteen, in fact) of year-round produce shares at Tucson CSA, it's easy to forget that most CSAs and farmers' markets are only available from late spring to early autumn. While most farmers must wait for the ground to thaw before they can begin to grow food again, our southern Arizona farmers remain busy planting and harvesting acres of winter greens, citrus, potatoes, herbs, squash, broccoli, beets, and more to keep Tucson CSA members healthy and happy all year long.

Living in a climate that permits a never-ending growing season doesn't go unnoticed by everyone. For 12 months each year, our farmers at Crooked Sky Farms and Sleeping Frog Farms work tirelessly to rotate crops, plan for changing seasons, and ensure that they grow a variety of fruits and vegetables to fill our CSA shares. We are so grateful not only to live in a climate that enables us to eat incredible local produce every day of the year, but also to have devoted farmers who dedicate their livelihood to growing food for us using organic and sustainable farming practices. *Thanks to both our members and our farmers for continuing to strengthen southern Arizona's food shed!*

### Winter Squash vs. Summer Squash



There are hundreds of varieties of squash, but not all of these fruits were created equally. Summer squash—like the patty pan, Mexican grey, and zucchini we got in our CSA shares this summer—are best picked before they're fully mature, when their taste and texture are best. Due to their thin skins and tender flesh, summer squash should be eaten in the summer, soon after they're harvested.

Winter squash, however, are best when they're fully mature, after about three months of growing. Their hard skins and starchy, hearty flesh allow them to keep for months in a cool, dark place. As we head further into fall, we should begin to get a variety of winter squash in our CSA shares. A quick online search or chat with one of our volunteers will help you figure out how to use each of these magnificent varieties of winter squash – roast yellow-fleshed delicatas for a hearty cool-weather salad; steam and puree plump cushaws for a pie; and transform sweet butternuts into a smooth and creamy soup. Whichever way you use them, winter squash will create wonderful meals that keep you going all season long.

## **Cucumber-Apple Shake**

Jessica Weinberg, Tucson CSA

1/3 cup plain unsweetened soy milk  
1/2 large Armenian cucumber or 1 regular sized cucumber  
2 small cored apples, cut up into pieces  
8 ounces plain nonfat yogurt  
1/2 (approx.) cube of fresh peeled ginger  
1 tablespoon lime juice  
1/2 teaspoon orange-flavored liquid Stevia (herbal sweetener)

Pour soy milk into blender, then add remaining ingredients. Blend until smooth. Makes enough for 1-2 people.

## **Calaloo**

Dana Rosenstein, Tucson CSA

1 medium white onion, chopped  
1 to 2 tablespoons garlic, to taste  
1 sweet red pepper and/or 1 carrot (optional, for color)  
1-4 green chiles, roasted, peeled and seeded, chopped  
1 share okra, tips removed, cut into 1/2 inch pieces  
Approximately 2 cups pumpkin, acorn or butternut squash, seeds removed, cut into chunks  
Two large handfuls of taro leaves (traditional) or collard leaves, chopped  
1 13.5oz tin coconut milk + 1 tin water  
1 hot pepper (ghost/habañero/serrano/scorpion), whole!  
Pepper/salt to taste  
Olive oil  
1 tablespoon salted butter

Heat oil to medium hot and sauté onion and onion greens, garlic, as much of the green chiles as you like and red pepper/carrot (if using) for a few minutes. Add okra, squash, taro or other green leaves, coconut milk and water. Cook on medium-high heat, stirring frequently, until the stew comes to a boil, then simmer on low heat. When the leaves have softened, add the hot pepper – whole! Do not burst the pepper! The stew will cook through in about 45-50 minutes. Add butter. Remove the hot pepper and use a swizzle stick (traditional), stick blender or transfer stew to blender to purée. The calallo is properly swizzled when the taro is in bits and you can see the okra seeds. If you like, you can add whole crab (traditional), shrimp or salted meat (ox tail is traditional) 10-15 minutes before the calallo is ready. The meat must be removed (with the hot pepper!) for swizzling, then placed back in the soup before serving. Using sweet red pepper, carrots, cushaw or butternut makes a sweeter calallo.

## **Quick Okra Jambalaya**

Sara Jones, Tucson CSA

For the best flavor use a good quality smoked sweet paprika. The paprika adds so much flavor that even if you make this dish vegan it will have a smoky flavor suggestive of sausage.

1 basket okra, cleaned and chopped  
2 green chiles, diced  
2-3 tomatoes, cleaned and chopped or 1/2 can diced tomatoes  
1 tablespoon tomato paste  
1 small sweet onion, sliced thinly  
3 cloves garlic, minced  
1 cup cooked kidney beans (or use leftover chicken or sausage)  
1 cup long grain rice  
1 tablespoon oil  
1 teaspoon each of cumin, chile flakes, smoked paprika, black pepper, oregano and thyme  
Salt to taste

Heat oil in a large skillet over medium high heat, add onions. Sauté for about 5 minutes then add okra, peppers, tomatoes, tomato paste, garlic and spices, rice and 1 3/4 cups water and about 1 teaspoon salt. Stir well, bring to a simmer then cover and reduce heat to medium. Cook for about 18 minutes. Remove from heat and let rest a few minutes before serving. Add salt to taste and serve.

## **Apple Clafouti**

Adapted from Ina Gartner, Barefoot in Paris

This custardy desert is easy to make with almost any fruit. It is also easy to make gluten free by using almond flour or coconut flour.

1/3 cup plus 1 tablespoon granulated sugar  
3 eggs

1/3 cup all-purpose flour  
1 1/4 cups heavy cream  
2 teaspoons vanilla  
1/4 teaspoon salt  
2 tablespoons brandy, sweet wine or apple cider  
2 to 3 apples, cored, peeled and cut into thin slices  
Powdered sugar

Preheat the oven to 375°. Butter a 10 by 3 by 1 1/2-inch round baking dish and sprinkle the bottom and sides with 1 tablespoon of the granulated sugar. Beat eggs and 1/3 cup of granulated sugar on medium high speed until light and fluffy, about 3 minutes. On low speed, mix in the flour, cream, vanilla extract, salt. Set aside for 10 minutes. Arrange the slices in a single layer, slightly fanned out, in the baking dish. Pour the batter over the pears and bake until the top is golden brown and the custard is firm, 35 to 40 minutes. Serve warm or at room temperature, sprinkled with powdered sugar, and cinnamon if desired.