



Tucson Community Supported Agriculture

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Fall 2018

Harvest lists are online.

Back Page Recipes

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Cucumber Coconut Milk
Curry (from Bangladesh)
Roasted Winter Squash and
Apple Soup

Find many more recipes on our website.

Pork Shares

It's time to free up some space in your freezer because pork shares will be available for pickup next week – if you ordered one.

If you are on the waitlist for a pork share, or would like to order one still, do check with us at the front desk because we often make a few extra shares out of the two hogs we order from Josh – depending how large they are.

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.

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.

In Nora's Kitchen

Longtime CSA front desk volunteer Nora McGinnis shares the joys and challenges of cooking with CSA produce.

What's your favorite thing about Tucson CSA? Why do you support it?

I love that the CSA model creates a win-win situation. Farms and farmers get the consistent and predictable income they need in order to continue raising food in a way that is healthy for our planet and everyone living on it. Members in turn get the absolute freshest, most nutritious, and magnificent-tasting food for a significantly lower cost than it is available for elsewhere. By being open to cooking seasonally and trying new things, members enable a system that is ecologically efficient, and one which fosters a very real sense of community.

What is your favorite quick and easy meal to cook after a long day?

When I'm tired and hungry and haven't done any planning, I make a quick veggie sauté and have it over toast with fried eggs on top. It is fast, but wholesome enough to be a satisfying and filling meal. I always start with butter, garlic, and onions, and then cube up a couple veggies that I have on hand. You can really use any combination, because the garlic and onions tie other flavors together nicely. Cut any root vegetables small so that they cook quickly, and add any more delicate things like greens after everything has cooked for a few minutes. If your veggie combo doesn't seem to be turning out how you thought it would, stir in some cheese to smooth out the rough edges taste-wise.

Do you have any versatile recipes that can be used with seasonal produce as harvests change throughout the year?

I am a huge fan of quiche and often use the basic proportions from Joy of Cooking. From there you can incorporate almost anything from your share into the filling and bake with or without a crust. (Recipe on back page.)

What initially intimidated you about the CSA, and how did you overcome it?

My mom signed our family up for Tucson CSA when I was in middle school and when I was a kid, I didn't really grasp why we were signing up to get all these random vegetables, some of which we didn't like (kale), which sometimes came in ill-fitting numbers (three sweet potatoes for four people), sometimes came in at the wrong time (lettuce in winter when we wanted salads in summer), and sometimes got stuck on repeat (watermelon). Everything took longer to prepare and cook and it all just seemed like a real hassle.

However, many of these challenges were overcome in short order with some basic internet research and a little time given over to experimentation. We figured out which veggies we could cook as we always had, how to tweak favorite recipes to accommodate new ones, and creative ways to use ones we had become bored with. It does take a little longer to cook from scratch, but practice will continually cut that time down, and the flavor and nutrition bursting from CSA produce are well worth it.

When she's not helping Tucson CSA members at the front desk, Nora is in her fiber arts studio creating beautiful and thought-provoking work. Check it out on her website, www.noramcginnis.com

Versatile Quiche

Nora McGinnis, Tucson CSA, Adapted from the *Joy of Cooking*

I am a huge fan of quiche and often use the basic proportions from Joy of Cooking. From there you can incorporate almost anything from your share into the filling and bake with or without a crust. The chiles in our share this week help make a particularly delicious quiche.

1 cup heavy cream (or milk or half and half to tone down the richness)
3 eggs
Salt, pepper, and a pinch of nutmeg to season
½ to 1 cup cheese of choice, shredded or crumbled
Vegetables of choice in proportion of your choice, cooked first to keep the custard from getting watery
Crust of choice (optional)

Preheat the oven to 375°. If using a crust, press it into a 9-inch pie dish, prick it all over with a toothpick or fork, brush it with egg white, and place it in the refrigerator. If omitting the crust, grease the pie dish liberally. In a medium-sized bowl, whisk together heavy cream, eggs, salt, pepper, and nutmeg.

Remove the prepared pie dish from the fridge and pour the egg mixture into the dish. Disperse the cooked vegetables and cheese evenly over the egg mixture, allowing it to sink beneath the surface of the quiche. Bake until the eggs are set and the top of the quiche is golden brown, about 35-40 minutes. Allow to cool for 10 minutes before cutting and serving.

Tomatillo Soup

Sara Jones, Tucson CSA

The weather changed and all I can think about is soup!

2-3 medium potatoes, chopped
3 tomatillos, peeled and cleaned, chopped
2 roasted green chiles, peeled, seeded and chopped
3 cloves garlic
1 teaspoon cumin
5 cups broth or water
Salt and pepper to taste
2 tablespoons cream, if desired
1 bell pepper, chopped finely

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Garnish each bowl with the chopped bell pepper and serve hot or cold.

Cucumber Coconut Milk Curry (from Bangladesh)

Tony, Tucson CSA

1/2 teaspoon whole cumin seeds
1 teaspoon ground turmeric
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon chile powder
1 tablespoon ghee or butter
1 onion, chopped
1 large or 2 smaller cucumbers, seeds removed, diced
1 16-ounce can coconut milk
1 cardamom pod
1 1-inch cinnamon segment
1 bay leaf
2 cups water
salt

Heat ghee or butter in large skillet and saute cumin seeds and onion in it until onion is slightly caramelized. Make a curry powder by mixing together the ground spices (turmeric, coriander, cumin and chile powder) and add to the onion mix. Fry the curry powder in the onion mix for 5 minutes or so. Add 1 cup of water. Reduce until mixture develops a pasty texture.

Add cucumber and saute for 5 more minutes. Add the coconut milk, 1 cup of water, the cardamom, cinnamon segment and bay leaf. Reduce further until the mixture thickens to creamy consistency (10 to 20 minutes). Add salt to taste. Serve with rice.

Roasted Winter Squash and Apple Soup

Sara and Philippe, Tucson CSA

To make this dish special, garnish the top of each bowl of soup with additional roasted chiles and diced apples, then drizzle with heavy cream.

1 large or 2 small winter squash, cut in half, seeds removed
1 onion, chopped
2 apples, cored and quartered
3 garlic cloves, peeled
2 tablespoons olive oil
Salt to taste
3 roasted chiles, peeled, seeded and chopped, plus more for garnish
3 cups broth

Preheat oven at 400° F. Toss first five ingredients in a baking tray and bake for about one hour. Scoop out contents of the squash halves, down to the skin. Combine squash with other ingredients and blend, adding water or stock to desired consistency. Taste for salt and pepper. Serve hot, garnished as desired.