



Tucson Community Supported Agriculture

Newsletter 658 ~ November 5, 2018 ~ Online at www.TucsonCSA.org

Fall 2018

Harvest lists are online.

Back Page Recipes

- Potato and Okra Fish Stew
- Spicy Greens
- Winter Squash Cupcakes
- Chiles en Escabeche
- Basic Dried Beans Recipe

Find many more recipes on our website.

It's the Last Week to Reserve a Turkey

Josh will be here next week to deliver our Thanksgiving turkeys, and we still have about 10 left. If you would like a pasture raised and finished turkey for the holidays, please see the front desk volunteer to put down your \$20 deposit this week.

Sign Up for a Mushroom Share!

We are working with Sonoran Mushroom Co. to offer bi-weekly oyster mushroom shares to Tucson CSA members.

A mushroom share will consist of a clamshell containing 4oz of oyster mushrooms, to be delivered every other week. It will cost \$18 over a 6-week subscription, \$6 per delivery.

You can sign up for a mushroom share simply by adding it to your subscription via your online CSA account. Sign up before midnight on Friday to get your first mushrooms next week.

A Week at My Table

Written by Paula Redinger

When you are grieving, and I am - not one, but two recent losses - even the things that bring the most joy in life can fall flat. I admit, when I picked up my share last week, I sat my bag on the kitchen counter and walked away. But when the wave of sadness ebbed, I took comfort in the beauty of that most basic of life giving tasks: feeding oneself. With CSA produce, I feel connected to the earth - there is nothing more steadying for the soul. So remember, whether you are profoundly grieving, full of joy, or have just stubbed your toe for the fourth time, our wholesome food nourishes more than just the body.

The combination of **potatoes, green beans, and tomatoes** (who cares if they're green?) just scream salade nicoise to me. Add some sliced, hard boiled Josh's eggs and spring for a can of fancy sustainable tuna, and you'll have it just the way my French mother made it.



Apples! Apples! I can't get enough apples! I slice them all up at once and microwave them with a bit of cinnamon sugar. Then I can dole a few out into my oatmeal each morning. It's almost like having apple pie for breakfast!

My **collard greens** went into a variation on a Tunisian-style lentil stew recipe I found on the *New York Times Cooking* website. It's my favorite news site when I feel the need to avoid actual news. I've tucked my "Collard Greens Tagine with Flageolets" in the freezer for those times I'm late for an evening rehearsal and have no time to cook.

I suspect we won't be seeing **zucchini** much longer (if at all) this year, so I celebrated mine in single serving tarts - a cheddar-enhanced crust, roasted zucchini, cherry tomatoes, and a dollop of seasoned and homemade ricotta - both delicious and freezable!

The roasted **bell peppers** cried out for a stuffing, so I made one using the all-important list of ingredients of things I had around the house which, this week, turned out to be millet, okara (the leftover byproduct from making soy milk), onions, garlic, cumin, and some finely chopped olives and dates, to add a little interest. I ate them with a garlicky yogurt-tahini sauce.

Last year I learned that if you slice **okra** and sauté it in oil, it can get as crispy as a potato chip! Serve it over raita - an Indian style yogurt dip - and the textural contrast is fabulous. It seemed yogurt was a theme this week - I simply ate the lemon cukes as spears dipped in more garlicky yogurt. I usually prefer cukes as spears vs. slices because they retain even more of their crunch.

And my pumpkin? It will be a pie soon!

Potato and Okra Fish Stew

Philippe, Tucson CSA

2 fish fillets (white fish is best)
1 large onion, chopped
2 cloves garlic, minced
2 large potatoes, diced
2 large tomatoes, diced
2 bell peppers, diced
1 basket okra (remove stem end and then chop in ½” segments)
1 glass white wine
1 bay leaf
½ tablespoon thyme, chopped
½ cup parsley, chopped
2 tablespoons oil
Salt and pepper to taste

In a large skillet, heat oil to medium heat. Add onions and sauté until translucent. Add garlic and sauté for another 2 minutes. Deglaze with white wine. Add remaining ingredients. Stir well. Cover, reduce heat and simmer for 45 minutes or until potatoes are soft. Carefully insert fish fillets in sauce and simmer for another 10 minutes.

Spicy Greens

Sara Jones, Tucson CSA

1 bag mizuna
½ inch ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
2 teaspoons oil
1 splash soy sauce

This is a quick way to use tender greens. Adjust the spice to your taste. Start by grating about ½ an inch of fresh ginger and combine with a few cloves of minced garlic and red chili flakes. Wash and chop greens, leaving moisture on leaves (this should leave just enough moisture to briefly steam the greens without leaving them soggy). Briefly fry spice mix in about 2 teaspoons of hot oil, stirring quickly to avoid burning spices. Add greens and stir well to coat. Reduce heat to low, cover and cook 2 or 3 minutes until greens are tender. Splash with soy sauce and serve.

Winter Squash Cupcakes

Sara Jones, Tucson CSA

Cooked, pureed winter squash works well in any recipes calling for pumpkin. If the cooked, pureed squash seems much thinner than canned pumpkin you can put the squash in a colander set over a bowl and leave it in the fridge overnight.. These cupcakes are typically served with a cream cheese frosting, but they are just as nice plain, or with chocolate chips added to the batter.

1 ½ cups flour
¾ teaspoon baking powder
¾ teaspoon baking soda
1 teaspoon cinnamon
½ cup canola oil
¾ cups sugar

1 cup butternut squash puree
3 eggs

Preheat oven to 325 degrees. Mix together flour, baking powder and soda, and cinnamon. Beat oil, sugar and squash together, then add eggs until well blended. Add flour mixture and stir until combined. Add chocolate chips, if using. Scoop batter into greased cupcake tins or cake pan, filling each container about ¾ full. If you are using regular sized cupcake tins, cook for about 20 minutes. Check mini cupcakes at about 10 minutes, and a cake pan at about 25 minutes.

Chiles en Escabeche (Pickled Chiles)

Amy Valdes Schwemm, Tucson CSA

Fresh chiles (fleshy types with thin skins like jalapeno, serrano, and güeros/yellow hots are better than long chiles with thinner walls)

Vinegar, cider or distilled
Salt, non-iodized
Extras:
Carrot
Onion
Garlic
Mexican oregano

Cut slices of onion, garlic and carrot. Chiles can be left whole with stems, or seeded and sliced. Mix vinegar and water in equal parts, making enough to easily cover chiles. Put solution in a non-reactive pot with 1 teaspoon salt for each cup of solution. Bring this brine to a boil and cook veggies for 1 to 3 minutes (more time for whole chiles, less for sliced). Do not let chiles get soft! Remove from heat and let cool. Put in jars, making sure the chiles stay submerged in brine, and refrigerate. They will keep up to a year.

Dried Beans - Basic Recipe

1 bag beans, sorted, rinsed and soaked overnight
½ onion, skin on, cut into large wedges
2 cloves garlic, left whole
1/2 teaspoon dried oregano
1-2 whole dried chile, optional
Salt
1 tablespoon butter or oil

Put the beans in a soup pot, cover with at least 1” water and bring to a boil. Cook at a rolling boil for 5 minutes and remove any foam that floats to the top. Lower heat to a simmer and add the onion, garlic and chile. Lower the heat and simmer, partially covered, until they’re partially tender, 30 to 45 minutes. Add 1-1/2 teaspoons salt and oil or butter and continue cooking until they’re soft, 15 to 30 minutes more. Remove chile and onion and mash garlic into broth. Add additional butter or salt if necessary.