



# Tucson Community Supported Agriculture

Newsletter 663 ~ December 10, 2018 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2018

*Harvest lists are online.*

### Back Page Recipes

- Veggie Stew with Adobo
- Lemon Buttercream Frosting
- Roasted Squash and Garlic Enchiladas in Mole Negro Sauce
- Stir Fried Shungiku with Mushrooms and Bacon

*Find many more recipes on our website.*

### Annual Holiday Break

Tucson CSA is taking a two-week break for the holidays.

The last pickups of 2018 will be on December 18 & 19. The first pickups of 2019 will be on January 8 & 9.

There is no need to place your subscription on hold for those 2 weeks.

### Last Chance to Reserve Your Lamb Share

December 12 is the last day to reserve one of Josh's pasture-raised lamb shares. The shares will be ready for pickup on December 18 and 19, the week before our holiday break.

To reserve a lamb share or to learn more, please see the front desk volunteer.

### Returning Egg Cartons

We love it when you return Josh's egg cartons for reuse! Keep in mind that we can only send them back to be reused if they are clean and undamaged.

Please inspect the cartons before you bring them back to us, and recycle or compost them if they are not in eggcellent condition.

## Moles and More: Local Gifts for the Holidays

*Written by Shelby Thompson*

When I head to Pennsylvania to visit my family for the holidays, I won't go empty-handed. Special food gifts are always welcomed with big smiles and tend to inspire good conversation around great food. My entire family has fallen in love with Barrio Bread, and so I'll pack a few of Don's loaves, stored in Ziploc bags, in my suitcase – the whole loaves need just a few minutes in the oven before they taste freshly baked. For my cousins I'll bring jars of catclaw and mesquite honey to be stirred into steaming cups of tea. And I won't forget a few boxes of Black Mesa Ranch artisan chocolates to put out for sharing after family dinners. The most intriguing gifts I'll bring, however, are the beautiful tins of Mano Y Metate mole powder that taste nothing like Pennsylvania fare.

Mole [MO-ley] powder is used to make Mexico's celebrated mole sauces, which are delicious when simmered with vegetables and meat. Amy, owner of Mano Y Metate and longtime Tucson CSA volunteer, grinds fresh, whole spices, nuts, seeds, and chiles in small batches to make her mole powders. A tin of Mano Y Metate mole powder makes it so easy to make authentic moles in your own home. To transform a tin of mole powder into a rich sauce, simply sauté the powder in two tablespoons of oil, add some broth, and bring the sauce to a simmer before serving it with the seasonal veggies in your CSA share. Or, get creative and make the Veggie Stew with Adobo and a batch of Roasted Squash and Garlic Enchiladas in Mole Negro Sauce using our recipes on the back page of the newsletter. We carry a few different varieties of Mano Y Metate mole powders so that you can taste for yourself the sweet, spicy, and complex flavors that moles offer. Find them in the shop for \$7 each and visit [ManoYMetate.com](http://ManoYMetate.com) for more information, cooking inspiration, and recipes.

Whether you're looking for gifts for foodie friends, a special family member, or a warm host, you'll find great options at Tucson CSA. We hope that you'll consider shopping local this holiday season!

## Tortilla Shares



We're always looking for another reason to make tacos! Starting on January 8 and 9, we'll be offering tortilla shares from Chef Abel's Tortillas. 11-year-old Chef Abel makes heirloom tortillas using White Sonora Wheat – the same wheat that his great grandmother used to make tortillas in the late 1800s. These healthy and delicious tortillas contain only locally grown, stone-ground White Sonora Wheat, non-GMO avocado oil, sea salt from the Sea of Cortez, and filtered water. With the help of his grandma Sandra, Abel makes each small batch of these heirloom tortillas by hand.

Tortilla shares will be offered every week for \$5 per share (\$30 for a 6-week subscription). Each package contains 24 freshly made 4-inch mini tortillas. These preservative-free tortillas will keep on the counter for about a week and can be kept in the fridge or freezer to extend their shelf life. To sign up for a tortilla share, please see the volunteer at the front desk. Visit [ChefAbelsTortillas.com](http://ChefAbelsTortillas.com) to learn more.

## **Veggie Stew with Adobo – New!**

From Amy Valdés Schwemm

*This is a flexible recipe to turn whatever seasonal vegetables you have into a great dish. If you have tomatillos kicking around in your veggie drawer, they will lend a great flavor here. Use any greens you have, making sure to remove the tough stems from collards or kale.*

1/2 tin Mano Y Metate Adobo Powder  
1 tablespoon oil  
1/2 onion, chopped  
3 cups assorted seasonal vegetables chopped into 1 1/2 cubes  
1 bunch greens, cleaned and chopped  
1 cup cooked posole or beans  
1 cup raw ground beef or cooked chicken or beef, optional  
4 cups water or broth  
Salt to taste  
For garnish, lime wedges, green onion, cilantro or seasonal fresh herbs

In a large pot, heat oil over medium heat. Add onion and cook until softened. Add Mano Y Metate Adobo powder, stirring to prevent scorching, and cook over low heat for 5 minutes. Add vegetables and meat (if using), stir and cook for 5 minutes. Add broth and simmer until vegetables are almost tender, adding more water or broth as necessary. Salt to taste. Add beans or posole and continue until everything is tender. Serve sprinkled with sliced green onion and cilantro or other fresh seasonal herbs. Offer wedges of lime for each person to squeeze into the bowl.

## **Lemon Buttercream Frosting – New!**

*Its cookie platter season! This recipe accompanies a Lemon Macaron cookie that we just added to our recipe archive. If you have the time and inclination, I can assure you the cookies are worth it. If time is running short and you just want to doll up your favorite sugar cookie or shortbread recipe you can still use this delicious frosting, plus it makes a nice base for adding all your favorite decorations to!*

1/2 cup unsalted butter, at room temperature  
2 cups powdered sugar  
1 tablespoon lemon juice  
Zest from one lemon

Using a food processor or beaters, whip butter and lemon juice and zest until fluffy. Add powdered sugar, stir in gently then continue to beat until fully incorporated and fluffy.

## **Roasted Squash and Garlic Enchiladas in Mole Negro Sauce**

Sara Jones, Tucson CSA

*At the demo this week you'll get a chance to sample winter squash cooked in Mano y Metate Mole Negro. It is a match made in heaven (the Mole Dulce is another great option for squash). Here I use roasted squash puree as a filling for enchiladas that are topped with Mole and baked. The combination would also be great served over crostini or even on a homemade pizza!*

1 medium winter squash  
1 whole head garlic  
1 tablespoon oil plus enough to coat baking pan and vegetables  
Salt and pepper to taste  
1 can Mole Dulce or Mole Negro  
Additional oil  
Veggie broth  
12 corn tortillas

Cut squash in half and scoop out seeds. Oil a baking pan well then coat inside of squash and entire bulb of garlic with plenty of oil. Lay squash cut side down in pan with garlic and bake for about 40 minutes at 350 degrees. When flesh is tender, remove it from the skin by scraping out with a spoon, and place in a bowl.

Cut the top off of the bulb of garlic and squeeze insides into bowl. Add oil and salt and pepper and mix well. While squash is roasting, prepare the Mole sauce as directed on the tin. I like to add a touch more oil and broth so the sauce does not dry out in the oven. When squash and Mole are prepared, heat a shallow pan over medium heat with a bit of oil or lard. One by one, add tortillas to pan and cook a few seconds until starting to bubble. Set aside in a stack and finish cooking the remaining tortillas. This step makes the tortillas more pliable and easy to roll. Fill each tortilla with a scant 1/4 cup of squash, roll into a cigar and place in a baking sheet. Lay enchiladas close together to help hold shape. Pour Mole over the top of enchiladas and cover dish with tin foil. Bake for 20 minutes or cover and freeze for an easy dinner in the future.

## **Stir Fried Shungiku with Mushrooms and Bacon**

Philippe, Tucson CSA

*If you don't have shungiku, you can use other greens instead.*

1 bunch shungiku, cleaned and roughly chopped  
Oyster mushrooms, torn into bite size pieces  
3 bacon slices  
Juice of 1/2 lemon  
Freshly ground pepper  
About 2 teaspoons soy sauce

Slice bacon strips in short segments and sauté on medium hot until they start to get crisp. Add the mushrooms and sauté about 5 minutes then add greens and cook an additional few minutes until wilted. Finish with soy sauce, lemon, & pepper.