



Tucson Community Supported Agriculture

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Fall 2019

Harvest lists are online.

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Find many more recipes on our website.

No Turkeys this Year

We're sad to announce that we won't be offering turkeys from Chiricahua Pasture Raised Meats this year. Josh had a difficult time getting his turkey flock going and, while he will have a limited number available directly through his website, does not have enough for us to sell at Tucson CSA.

We strongly believe in getting your turkey from a reputable source and encourage you to buy yours directly through Josh at cprmeats.com.

Please Donate Your Clean Bags

Do you have clean plastic, paper, and reusable bags that you don't need? Please consider donating them to Tucson CSA so that we can provide them to members who forget to bring their own bag. Just leave them in the black crate at the front of the pickup line, or ask a volunteer to take them.

Eggcelent Eggplant

Illustrated by Kendyll Hillegas



Eggplant has been cultivated in southern and eastern Asia since prehistory. The first known written record of the plant is found in *Qimin Yaoshu*, an ancient Chinese agricultural treatise that was completed in 544. The numerous Arabic and North African names for it, along with the lack of the ancient Greek and Roman names, indicate that Arabs introduced it to the Mediterranean region in the early Middle Ages. A book on agriculture by Ibn Al-Awwam in 12th-century Arabic Spain described how to grow eggplant. Later records exist from

medieval Catalan and Spanish. Eggplant is unrecorded in England until the 16th century. An English botany book published in 1597 stated:

This plant groweth in Egypt almost everywhere... bringing forth fruit of the bigness of a great cucumber.... We have had the same in our London gardens, where it hath borne flowers, but the winter approaching before the time of ripening, it perished: notwithstanding it came to bear fruit of the bigness of a goose egg one extraordinary temperate year... but never to the full ripeness.

Because of the plant's relationship with other nightshades, the fruit was at one time believed to be extremely poisonous. In fact, due to the presence of solanine, the flowers and leaves can be poisonous if consumed in large quantities. The eggplant has a special place in folklore. According to 13th-century Italian traditional folklore, the eggplant can cause insanity. In 19th-century Egypt, insanity was said to be "more common and more violent" when the eggplant was in season in the summer.

These days, insanity is more likely to be caused by our smart phones and media overload and calmed by cooking up a delicious eggplant dish. At Tucson CSA we get many beautiful heirloom eggplants, ranging from deep purple Italian varieties to slim, cream-colored Japanese varieties – all can be used interchangeably without much variation in the final dish. If you find eggplant to be spongy, bitter, or just plain unenjoyable, it's possible that you aren't preparing it correctly. In her book *Salt, Fat, Acid, Heat*, Samin Nosrat says, "Season vegetables with large, water cells—tomatoes, zucchini, and **eggplant**, for example—in advance of grilling or roasting to allow salt the time to do its work."

Eggplant is a versatile vegetable that can be used in a variety of cuisines and recipes. Try sautéing it in hot garlic-infused oil before adding soy sauce, brown sugar, and rice wine vinegar for Sue Li's take on **Sweet and Sour Eggplant with Garlic Chips**. Served with fluffy rice and a cold cucumber salad, it makes for a lovely weeknight meal. For a big-batch meal that's easy to pack for lunch all week long, try Sarah Jampel's **Chickpea Orzo Salad with Harissa-Roasted Eggplant**. And, if after you've tried these delicious eggplant recipes and still can't stand the texture of the stuff, you can't go wrong with Smitten Kitchen's **Smoky Eggplant Dip**, in which charred and roasted eggplant is blended with olive oil, tahini, garlic, lemon and spices for a silky-smooth dip packed with flavor.

RECIPES

Ratatouille Roast (Vegan, GF)

Rama Ganesan, Tucson CSA

½ cup oil
2 small onions diced
4 garlic cloves sliced
1 fresh green chili sliced
2 sweet potatoes cut into bigger dice
Half large eggplant diced
2 tomatoes diced
Half a large squash diced
1 tablespoon tomato puree
Salt, pepper
1 teaspoon sugar
Chopped cilantro
French green beans (1/2 lb) (if you have some)
1 red pepper (if you have it)

Put about two thirds of the oil in large heavy-based pot and place on med-high heat, add onions sauté for 5 min; then stir in garlic, chili and red pepper, sauté for 5 min; add squash sauté for another 5 min, transfer vegetables to a bowl leaving behind as much oil in the pot as possible. Add remaining oil, sauté green beans and eggplant for 5 min, return other vegetables to the pot at this point, add sweet potato, tomatoes, sugar and tomato puree and plenty of salt and pepper. Stir, and then add enough water to half submerge the vegetables, cover and simmer gently for 30 min. Heat oven to 400 deg. Pour vegetables from pot into a roasting tin or baking pan in which they make a layer 2-3 cm thick (1/2 to 1 inch) and bake for 30 minutes. Note: putting in oven intensifies the flavours hundred fold. At this point the vegetables should be very soft and most of liquid evaporated. Garnish with coriander and serve with steamed rice. Can also be served over pasta or polenta. 'Overcooking' the vegetable is the whole point here but stick to instructions.

Green Chile Omelet (Veg, GF)

Green chile, cheese and eggs have a natural affinity. Fold this into a tortilla or serve over a slice of bread for an easy breakfast.

2 roasted green chiles, skinned, seeded, and cut into strips
Fresh goat cheese
2 eggs
Salt and pepper
1 tablespoon butter

Season the eggs with salt and pepper and whisk them in a bowl with a fork. Melt the butter in a 7-inch nonstick skillet, then wait a good 5 seconds after its foaming has stopped. Swirl the slightly browned butter around to coat the pan, then add the eggs. Let them sit over high heat for 10 seconds to begin to cook, then swirl. When the eggs are set but still soft on top, add the chile and some crumbled goat cheese. Fold omelet over and roll or slide off onto plate.

Tzatziki (Greek Yogurt Dip – Veg, GF)

Philippe, Tucson CSA

2 cups Greek yogurt
1 small cucumber (approx. 1/2 lb), peeled, seeded and grated (or finely cut)
1 clove garlic, pressed
1 tablespoon olive oil
1 tablespoon fresh dill or mint, finely chopped
Salt and pepper to taste

Mix all ingredients together and refrigerate. Serve cool. Use as a dip with pita bread or as a side dish with grilled meats and vegetables.

Herbed Summer Squash and Potato Torte (Veg)

Nora McGinnis, adapted from [Bon Appetite, June 2001](#)

This torte can easily be made ahead and reheated as you need it for guests. In fact, it's even *better* reheated because there is something about potatoes that have been cooked twice—getting browner at the edges and more tender inside, creating an excellent contrast.

1 bunch CSA I'Toi, spring, green, or other onions, thinly sliced
1 cup grated Parmesan cheese
2 tablespoons all-purpose flour
1 tablespoon chopped fresh thyme leaves (optional)
1 1/2 teaspoons salt
3/4 teaspoon ground black pepper
2 pounds CSA potatoes, peeled and cut into 1/8-inch-thick rounds
12 ounces CSA yellow crookneck squash or yellow or green summer squash, cut into 1/8-inch-thick rounds
6 teaspoons olive oil

Preheat oven to 375°F. Butter two 8 inch round cake pans. Set aside 1/4 cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend.

Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture. Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.) Cut each torte into wedges. Sprinkle wedges with 1/4 cup green onions; serve. Note: This torte can also be made in a single 10 inch cast iron skillet, making a thicker dish and requiring a little more time in the oven.