



# Tucson Community Supported Agriculture

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## Fall 2019

*Harvest lists are online.*

### Back Page Recipes

- Greek-Style Smothered Okra
- Indian Roasted Pumpkin Seeds
- Piperade

*Find many more recipes on our website.*

### Reminder: No Turkeys this Year

As Thanksgiving nears, we wanted to remind you all that we will not be able to offer turkeys this year due to some issues Josh had with his turkey flock. If you're having a small gathering this year, consider one or two while pasture-raised chickens.

### Tortilla Hiatus

Chef Abel recently announced that he'll be taking a hiatus from making tortillas in order to launch a Kickstarter campaign, which he hopes will enable him to get the infrastructure he needs to be successful in his growing business. **Tucson CSA members with tortilla shares will receive their last tortilla shares the week of November 4th.**

If you would like to be notified when the campaign is launched, you can sign up for email alerts by joining Chef Abel's VIP Club at their website, <https://chefabelstortillas.com/>.

## A Week at My Table

*Written by Paula Redinger*

I never, ever turn down a chance to volunteer on a CSA day. It's one of my favorite things to do, and as I'm not a "regular", the opportunity is a special treat. Yet as the appointed hour approached last week, I groaned, *what have I done?* The symphony program I was working on was especially challenging for me, and somehow I managed to eliminate an awful lot of practicing time doing this or that. But how cheerful I was heading to rehearsal after spending some time with good people and beautiful produce! A few hours in the courtyard - my happy place, thanks to both the Tucson CSA and our Tucson Audubon Society neighbor - is always a recipe for lifted spirits.

- My **melon** was the first item to be dispatched. Since I think refrigerating melons can destroy some of their flavor, I usually cut them up and eat them in two (maybe even one?) sittings. Delicious!
- Way back during our season of carrots, onions, and celery, I diced and sautéed all three together (a "mirepoix" is a common ingredient mixture in many recipes), and as an experiment, froze a few small tubs of it. Did it work? Yes! This week, I pulled the last tub out, and with some lamb (acquired from a friend who raises them) and our share of **potatoes**, was able to quickly build two miniature shepherd's pies. One for now, and one into the freezer for later!
- "**White onions and roasted chiles**, tacos are your destiny! You, too, little **eggplants**." I broiled eggplant slices with cumin and smoked paprika and they fit right in.
- My **blaze squash** is too beautiful to cook right away, but I do believe I will actually pickle at least some of it. If the reports of pickled spaghetti squash are to be believed, I think I'll be glad I did.
- I tried so hard to do something new and different with my **okra** for this newsletter, but I just couldn't pass up another opportunity for Bhindi Raita - crispy fried okra slices served with garlicky yogurt, and lightly garnished with tadka (Indian spices briefly heated in oil). Maybe next time? Probably not!
- Finally, as I do so often, I used my **apples** in my morning oatmeal, but instead of chopping, tossing them in cinnamon sugar, and pre-cooking them, this time I grated them directly into my oatmeal before cooking it.

I hope you, too, find some happy time in your kitchen!

### Greek-Style Smothered Okra

Nora McGinnis, adapted from *The Passionate Vegetarian* by Crescent Dragonwagon

1 tablespoon chopped garlic  
1 tablespoon olive oil  
1 or 2 baskets CSA okra, washed well but not cut open in any way  
1 medium to large ripe CSA tomato, chopped  
salt and pepper to taste  
a few dashes of cayenne (optional)  
1/2 to 1 teaspoon dried dill

Place a heavy 10"-14" skillet with a tight fitting lid over low heat. Add the garlic, olive oil, and okra. In contrast to most sautés, the okra is added when neither pan nor oil is hot yet. Scatter the tomato over the okra. Cook uncovered for 10 minutes. Do not stir. Cover and cook for 30 minutes more. Do not stir, but make sure the heat is low enough so nothing burns.

Uncover, stir cautiously, just a few times. The okra should be quite tender, soft and almost golden brown. Be careful not to break the pods open, although a few may have split by now.

Season with salt and pepper to taste. Sprinkle with cayenne and dill if desired. Stir once more and serve. Eaters can either cut off the stems at the top of the pods themselves, or pick them up by the stems and nibble their way down, or even eat the stems – they are firmer than the pod but quite edible.

### Indian Roasted Pumpkin seeds – Recipe Quickie

Kusuma Rao, [Ruchikala](#)

Awe, Did you pull a me? Did you painstakingly save your pumpkin seeds and swear you were gonna roast them only let them sit on your countertop all night and turn into dust bunny trap? Did you somehow convince your patient and ever so loving partner that this time you were serious, that you were actually going to roast those seeds, turn them into something delicious and this time they would be different? Instead did they swell into a mass of black spotted mishmash teeming with fruit flies? If you're a hopeless packrat, a food procrastinator with a browser full of to-read-later tabs, this is your wake up call. If you've got your pumpkin seeds still and 10 minutes, do this immediately. These pumpkin seeds are spiced "Chivda" style – with all the flavors that you get from this [fried Indian snack](#). These pumpkin seeds are definitely a fun \*dare I say\* "twist" on the classic roasted snack.

#### Ingredients:

6 dried red chilies  
3/4 tsp mustard seeds  
1/4 tsp fennel seeds  
1/4 tsp turmeric  
15 curry leaves (or diced cilantro if you don't have access to curry leaves)  
1/8th tsp asafoetida (if you don't have asafoetida, 1 finely minced garlic clove will do)  
1/2 teaspoon coriander  
1/2 teaspoon cumin powder  
1 cup of pumpkin seeds (washed and drained)  
1/2 teaspoon salt  
pepper  
olive oil or coconut oil

Preheat oven to 375. Add a tablespoon of oil to a medium sized skillet on medium heat. I used olive oil, but coconut oil imparts a lovely rich flavor well suited for these spices. Add the mustard seeds, fennel, and red chilies and keep on medium heat until you see the mustard seeds start to sputter from the pan. At this point add the turmeric, asafoetida (or garlic, if using) and curry leaves (or chopped cilantro) to the pot and toss in the pumpkin seeds frying in the oil for 1-2 minutes. Add the ground cumin, coriander and salt, toss and then transfer the seeds to a baking sheet in a single layer and then bake in the oven for about 3-5 minutes. Don't go anywhere though. Make sure to keep an eye on these little guys, they may brown sooner than that. Once they start to take in a light golden brown they are good to go. These guys came from a delicious heirloom pumpkin with tender skins; I eat them shells and all, but feel free to shell 'em if you like.

### Piperade and Eggs Piperade

This traditional Basque dish calls for "piment d'Espelette" (a local Basque pepper) to spice it up, but you can use any spicy local chile such as Jalapeño or Serrano, or even habañero if you like it hot. However, if the green chiles are spicy to begin with, you can omit the extra spicy chile. Basque Country is a region that straddles France and Spain across the western Pyrenees mountains.

3 large green chiles, seeds removed, chopped  
2 tomatoes, diced  
1 onion, chopped  
2 cloves garlic, minced  
1 Jalapeño or Serrano chile, finely chopped (or 2 teaspoons of dry chile flakes)  
2 tablespoons olive oil  
Salt

Heat oil in a skillet over medium high heat. Add green chiles or bell peppers and onions. Sauté for about 5 minutes until onions are translucent. Add garlic and Jalapeño and sauté for another minute. Add tomatoes. Add salt to taste. Reduce heat to medium and cover. Cook for another 10 minutes. Serve with a baguette. Piperade is often served with scrambled eggs.

#### Eggs Piperade

One variation of this dish is to include the eggs in it instead of having them on the side, as in the style of a Spanish tortilla. Once the piperade is cooked, compact it with a spatula and pour 4 beaten eggs evenly over it. Cover, and cook for another 5-10 minutes or until the beaten eggs have set. Cut in wedges and serve with sliced baguette. It can be served hot or cold. It makes a great picnic dish.