



Tucson Community Supported Agriculture

Newsletter 708 ~ November 4, 2019 ~ Online at www.TucsonCSA.org

Fall 2019

Harvest lists are online.

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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. **He is no longer able to produce tortillas for Tucson CSA members. If you are currently signed up for a tortilla share, you will not be charged for them.**

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/>.

Introducing Barrio Grains

If you're a **Barrio Bread** fan (who isn't?) you may have seen the local flour blends and wheat berries that Owner and Baker Don Guerra is now selling. Don has been passionately baking with local grains for many years and hopes to inspire others to do the same in their own kitchens with his line of products known as **Barrio Grains**. With the year's busiest baking season upon us, we're excited to carry a selection of locally grown flours and wheat berries from Barrio Grains. Pick up a bag of local flour the next time you're at the CSA and taste the difference in your homemade pizza doughs, pie crusts, crackers, and more.

Flour Blends – Great for baking!

5-lb bag for \$11

Pizza Blend Flour

A perfect mix of sifted and whole grain organic flours that are specially selected to produce the crisp, chewy crust that every pizza lover desires. Because of its high protein content, this flour blend is also great for use in bread dough.

Sonoran Blend Flour

The Sonoran Blend contains milled organic white Sonora wheat, hard red spring, and red fife for a versatile flour blend that's great in muffin, cookies, and tender pastries. With a variety of whole grains, the Sonoran Blend will add nutrients and fiber to your favorite baked goods.

Barrio Blend Flour

The Barrio Blend contains freshly milled whole grain hard red spring and sifted organic bread flour. This is the blend that Don uses to make his Heritage loaves and it is a superb choice for all styles of hearty whole grains. Use it to make a variety of whole wheat baked goods, from sourdough bread to chocolate chip cookies.

Wheat Berries – Great for soups, salads, & home-milling!

2-lb bag for \$6

White Sonora

A lighter grain with an ancient history. Brought to the region by Spanish missionaries in the 1600s, this has been a significant grain in the evolution of flour tortillas in the Southwest.

Red Fife

An historically old grain that has been around since the 1800s. This organic grain is red in color and will add a hearty flavor and lovely color to salads and other dishes.

Hard Red Spring

These organic wheat berries add great taste, texture, and protein to morning cereal, soups, and salads.

RECIPES

Okra Creole

Add chicken or sausage to this dish and serve over rice for a complete meal.

1 pound fresh okra
2 tablespoon oil
2 celery stalks, finely chopped
1 small onion, chopped
2 medium tomatoes, peeled, seeded and coarsely chopped
1-2 green chiles, seeded, peeled and finely diced
1 teaspoon sugar (*could use another sweetener*)
2 teaspoons smoked paprika
½ teaspoon each oregano and thyme
1/2 teaspoon salt
Lots of freshly ground black pepper
1/3 cup broth or water

Trim the okra and slice it into 1/2" rounds. In a large skillet, heat the oil over moderately high heat. Add the okra and cook until it is slightly softened. Add the remaining ingredients and cook, stirring for 5 minutes. Add liquid, turn the heat to very low and simmer for about 1 hour, until all of the liquid has been absorbed. Serve hot.

Sesame Ginger Greens

The baby greens we get at the beginning of the season are tender enough for salads, perfect while the weather is still so warm. Some thinly sliced apples would texture and sweetness to this simple salad.

1 or 2 shares CSA greens such as mizuna, arugula, or tatsoi
2 inches fresh grated ginger
A few cloves minced garlic
A couple of dashes of sesame oil
A drizzle of soy sauce
A sprinkle of red chile flakes
2 tablespoons rice wine vinegar

You can use any greens for this recipe but mizuna, arugula, tatsoi and spinach are especially nice. Grate about 1 inch of fresh ginger. Mix together with a clove of minced garlic, a couple dashes of toasted sesame oil, a drizzle of soy sauce, a sprinkle of red chile flakes, and about 2 tablespoons rice wine vinegar. Toss together with greens and serve immediately, garnished with sesame seeds and green onions.

Eggplant in White Wine Sauce - *New!*

Sara Jones, Tucson CSA

I undercooked my eggplant for a pasta dish one week and ended up with eggplant pieces that squeaked uncomfortably on my teeth. Lesson learned! The next time I got eggplant in my CSA share I made sure it was well cooked by deglazing the pan with some random cooking wine I had sitting in the fridge. The wine added just the right flavor and the extra step ensured that the

eggplant was tender and tasty. You could use any sweeter white wine, vermouth or cooking sherry for this recipe. You can also

play with the flavors by adding a teaspoon or two of smoked paprika or a scant teaspoon of whole grain mustard. If you have mushrooms they will go perfect with the eggplant and if you are struggling to find a use for your roasted green chiles they would make a nice addition here! Serve this over rice or pasta.

1 tablespoon oil
1 small onion or ½ larger onion, diced
1 share of eggplant, diced
1-2 teaspoons smoked paprika or whole grain mustard, if desired
1/3 cup cooking wine
2 tablespoons heavy cream or sour cream
Salt and pepper to taste

Sauté onions in oil over medium high heat until beginning to brown. Add eggplant, toss well to coat in oil and cook without stirring for 3-4 minutes, until browned on bottom. Stir well and let brown on second side, 3-4 more minutes. Stir in mustard or paprika, if using and cook until fragrant. Add wine and stir together. Cook until most of liquid is absorbed then add a splash of water or broth and cover, reducing heat to medium low. Cook a few more minutes until eggplant is very tender. Stir in heavy cream or sour cream or yogurt thinned with water and season with salt and pepper.

Green Chile Soup

Paula Redinger, Tucson CSA

Adapted from "Southwest the Beautiful Cookbook"

1 boned, skinned chicken breast cut into ½ inch cubes
1 boneless pork chop, cut into ½ inch cubes
cooking fat (olive oil, butter, lard)
1 finely chopped onion
1/3 cup flour
1 teaspoon ground cumin
1 garlic clove, minced
6 cups chicken stock (homemade, boxed, canned, or cubes, depending on your inclination!)
6 roasted green chilies, diced
1 red bell pepper, roasted and diced
additional "hot" pepper as desired (jalapeño, chiles de arbol (toasted and crushed), etc.)
2 large ripe tomatoes, diced, or used canned tomatoes
Minced fresh cilantro
salt and pepper
grated cheese

Brown meat in the cooking fat. Drain and reserve. Sauté onion until soft. Stir in flour and cook 2-3 minutes, stirring constantly. Add garlic and cumin, and crushed dried pepper if using. Cook and stir another minute. Stir in chicken stock and whisk until thickened and smooth. Add reserved meat and all remaining ingredients except cheese and simmer 10 minutes or so. Serve with cheese on the side.