



Tucson Community Supported Agriculture

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Fall 2020

Harvest lists are online.

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Find many more recipes on our website.

CSA Shop Updates

We're sad to say that we don't have a return date for the blue corn tortillas from **Maiz Tucson**.

Carlos is still getting his new corn mill set up and isn't ready to begin producing again.

We're now carrying dried oyster mushrooms from **Desert Peal Mushrooms** in the CSA Shop for \$5.50/bag.

Pre-Order Your Pasture-Raised Turkey

It's once again time to put in your order for a pasture-raised turkey from Josh of **Chiricahua Pasture Raised Meats**.

Turkeys will weigh anywhere from 14-20 pounds and will come frozen. They will be available for pickup on November 17 & 18.

If you'd like to pre-order a turkey, please put down a \$20 deposit with the CSA Shop volunteer inside of the courtyard.

Farm Update: Fall is in the Air

Written by Shelby

There aren't any crunchy leaves to step on, and to wear anything more than a t-shirt and shorts would result in a waterfall of sweat and regret. But, in its own desert way, fall has landed in Tucson and we should soon begin to see its bounty in our Tucson CSA shares.

For the next few weeks we'll continue to see late-summer produce, like eggplant, chiles and peppers, fresh beans, and apple varieties from **Sleeping Frog Farms**. Farmers Clay, Laurel, and Jacki manage a large apple orchard on Mount Graham that grows about 20 different varieties of apples, many of which are never seen in a supermarket. We hope to get a few more varieties in our shares before the season ends, and will most likely sell them in larger quantities in the CSA Shop in the coming weeks. If you like to put up a few jars of applesauce or get your apple pie fix for the season, be sure to look out for the announcement in our weekly email.



Farmer Frank planted 12 acres of winter squash at **Crooked Sky Farms** this year, and between the tangled vines grow butternuts, kabochas, blue hubbards, acorns, spaghettis, delicatas, and other specialty varieties of starchy hard-skinned squash. Winter squash need to be cured for a few weeks after they're harvested so that they can be safely stored in the pantry for a few months – if you can resist eating them for that long. We should start to see those by the end of October, when we'll all be craving a comforting bowl of creamy apple-squash soup, or a heavily-spiced curry dotted with big hunks of sweet-fleshed squash.

By November we should start to see the season's earliest greens, like arugula, baby greens, and mizuna, along with root vegetables such as Hakurei turnips and radishes. Just before the start of winter, favorites like collard greens, lacinato kale, tatsoi, romaine, and broccoli should make their first appearances alongside winter herbs like dill and cilantro. Depending on how early we get our first frost, some citrus might even make it into our shares before the winter solstice.

It's been a long, hot summer, but looking forward to fall—its cooler temperatures and tempting produce—gives us hope that relief is coming.

RECIPES

Cucumber-Apple Shake

Jessica Weinberg, Tucson CSA

1/3 cup plain unsweetened soy or oat milk
1 small or ½ large cucumber
2 apples, cored and cut up into pieces
8 ounces plain nonfat yogurt
½ inch of fresh peeled ginger
1 tablespoon lime juice
½ teaspoon orange-flavored liquid Stevia (herbal sweetener)

Pour soy milk into blender, then add remaining ingredients. Blend until smooth. Makes enough for 1-2 people.

Old Fashion Maine Mustard Pickles

Kristin Terpening, Tucson CSA

Here's a super easy recipe for slightly spicy, very crunchy pickles from a gal I worked with at a boatyard in Maine.

2 heaping tablespoons sugar
1 heaping tablespoon canning salt
1 heaping tablespoon dry mustard
apple cide vinegar- enough to fill quart jar packed with cucumbers 2/3 full
cold water- enough to top off quart jar of cucumbers

Cut cukes into quarters, spears, or use small cukes. Pack into quart size jar. Add dry ingredients. Fill jar 2/3 with cider vinegar. Then add cold water to fill the jar to the brim. Shake well, and again shake jars every once in a while for the next 24 hrs or whenever you think of it. (If you keep them somewhere easily visible, just give 'em a shake everytime to pass by.) I also like to add at least a heaping tablespoon of chopped garlic or several individual cloves, and sometimes a red chile or two. Since these aren't cooked or actually canned, it's best to keep them in the fridge for storage.

Apple and Brie Sandwiches

A great sandwich can be as simple as this easy combination. Thinly slice one cored apple and cut thin pieces of brie or camembert cheese. Serve layers of cheese and apples open faced on a single slice of bread topped with chopped pecans. If you eat meat, add any thinly sliced, smoky or salty cut of pork or turkey. This combination is also delicious as a grilled cheese sandwich. Use a smear of Dijon mustard for more flavor if desired.

Baba Ghanoush

Sara Jones, Tucson CSA

This dish, which is reminiscent of hummus, is popular even with those who generally dislike eggplant. Roasting the garlic with the eggplant makes it milder and smoother so don't be afraid to use the full quantity.

3 medium or 1 large eggplant
1/2 head garlic
2 tablespoons tahini
1 tablespoon olive oil
Juice of half of one lemon
Salt to taste
Add to taste any of the following: ground cumin, paprika, red chili, mint.

If using narrow Japanese eggplant, prick in several places with a toothpick. If using round globe eggplant, cut in half, oil cut sides and lay cut side down on baking sheet. Oil garlic, with skin on and place on baking sheet. Cook in a 350-degree oven for 30-45 minutes, until eggplant is meltingly tender. Once cooled, scrape flesh from skin using a spoon. Cut off tops of garlic and squeeze out roasted flesh. Put garlic and eggplant in blender or food processor along with other ingredients and blend until smooth. Serve with raw vegetable slices or pita bread.

Quick Tortilla Soup

Sara, Tucson CSA

This recipe is easy and quick, just remember to remove the skins and seeds and veins from the green chiles before using.

1 ½ quarts broth
3-5 roasted chiles, diced
½ can diced tomatoes
1 onion, chopped
3 cloves garlic, minced
2 teaspoons ground cumin
1 teaspoon dried oregano
1 tablespoon oil
Salt and pepper to taste
Garnish with tortilla chips and any combination of cheese, sour cream, shredded chicken, avocado, lime wedges and cilantro.

In a large pot, heat one tablespoon of oil and quickly sauté all ingredients (except garnish). Stir and cook for a couple minutes until fragrant. Cover with broth, bring to a boil and cook for 15 minutes. Serve in individual bowls and let each person add their own garnish.