



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.

Food Justice Book Club

Our Food Justice Book Club starts in January, and we'd love for you to join us! This diverse three-book series will help us to better understand the roles that race, social revolution, food sovereignty, and food justice play in our food system.

Please see Newsletter 754 for more information, including how to register, and feel free to email us with any questions you have.

Pre-Order Your Pasture-Raised Turkey

Next week is the last week 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.

Tomayto, Tomahto

Exploring the differences between red and green tomatoes

Editor's note: This was originally published in the TCSA newsletter on November 7, 2016. It seemed fitting to republish it this week not only because we're getting green tomatoes in our CSA shares, but because 11/7/16 was the week of the 2016 presidential election. Enjoy, and make Sara's new recipe, Green Tomato and Delicata Polenta Bowls, for comfort.



We'll have both red and green tomatoes in our shares in the coming weeks so here's a little breakdown about the difference between these.

First of all, the difference between them is mainly maturity. Green tomatoes are simply younger fruits that haven't spent enough time on the vine to ripen fully. This gives them a tarter taste and firmer texture. These qualities help make them ideal candidates for frying - hence the quintessential Southern treat: fried green tomatoes. Green tomatoes crop up in dinners and BBQs in rural areas especially because, when that first frost comes along, there's often a lot of unripe tomatoes left on the tomato plants. Instead of letting them go to waste, folks know it's much better to 'make lemonade out of lemons' by frying them up into a tasty treat!

Red tomatoes, of course, are the belle of the nightshade ball with their deep color and juicy texture. What's interesting is that even though you would think its richer color would indicate higher levels of certain nutrients (many times a vegetable or fruit's color results from high amounts of certain antioxidants or phytochemicals), in this case there are only a few nutritional differences between them.

One surprising similarity is the level of beta-carotene. This antioxidant is visually obvious in the rich redness of ripe tomatoes, but it turns out green tomatoes have similar levels. Researchers believe that it is the heightened amount of chlorophyll in the younger fruit which obscures the color of the beta-carotene.

An interesting difference in the nutritional content of the two is that green tomatoes have almost *three times* the calcium of red ones. On the other hand, reds have more folate than their green counterparts. But overall when it comes to nutritional differences between the two, it's a case of you say "tomato" and I say "tom-ah-to" (honestly, does anybody every *really* say "tom-ah-to"? But I digress...)

By the way, there are ways to make your green tomatoes continue their growth process enough to change color even after you get them home. Leave them in a paper bag on the counter. The fruits produce a gas called ethylene and when contained in a paper bag, the gas gets trapped and infuses the inside of the tomato itself which triggers various reactions and will make your green tomatoes red pretty soon. Go ahead and throw in any unripe apples, pears or bananas if they need a little "growth spurt"!

In the end, especially during this election season, let's just embrace all the colors of our produce - for they all have their roles to play in our kitchens!

RECIPES

Green Tomato and Delicata Polenta Bowl - *New!*

Sara Jones, Tucson CSA

Sautéed green tomatoes and delicata squash are delicious served over a bowl of creamy polenta. Add a fried egg or sausage to each serving to make a complete meal.

About 3 cups cooked polenta
¼ cup parmesan cheese
1 tablespoon butter or sour cream
1 tablespoon oil
2 green tomatoes, cut into large dice
1 delicata squash, ends and seeds removed, sliced into ¼" thick rings
2 cloves garlic, minced or about ½ teaspoon garlic powder
Salt and pepper to taste

While polenta is cooking, heat oil in a large skillet over medium high heat and saute squash in a single layer for about 5 minutes each side. Once squash rings are golden brown and tender, remove from pan and sprinkle with salt and pepper. Add a bit more oil to pan if needed and fry tomatoes, garlic and a pinch of salt together, stirring occasionally, for about 5 minutes. Once polenta is done cooking, stir in parmesan, butter, salt and pepper. Add a scoop of polenta to each bowl and top with the two vegetables and a fried egg or sliced sausage. Sprinkle with additional cheese if desired!

Thai Melon Salad

Sara Jones, Tucson CSA

This salad takes its inspiration from the classic Thai Green Papaya salad. It is usually a really spicy dish; use less chile if you want it milder.

1 melon (and/or cucumber), peeled, seeded, julienned or cut into thin strips
1 tablespoon dried chile flakes
3-4 cloves garlic
1 tablespoon fish sauce (or soy sauce)
2-3 limes
1 handful mint, finely chopped
1/2 cup roasted peanuts, chopped
Crush chile flakes and garlic together into a paste. Mix paste with fish sauce and the juice from two limes. Pour mixture over melon and stir well to combine. Sprinkle with mint, peanuts and thinly sliced limes to serve.

Stuffed Winter Squash

Lorraine Glazar, Tucson CSA

You can use butternut or acorn squash for this recipe but the delicate squash in this week's share would be perfect, since you can eat them skin and all.

1-2 delicata squash
½ cup walnut halves
Olive oil
½ medium onion, chopped (optional)
½ teaspoon cumin (optional)
Salt (optional) to taste
1 cup grated Swiss or Gruyere cheese (divided use)
1 bunch CSA greens, washed, chopped

Split the winter squash in half, scoop out seeds and microwave or roast in a 425 degree oven until it is tender when pierced with a fork. While the squash is cooking, prep the filling. Saute the walnut halves in a frying pan on top of the stove until they looked golden and smell toasted. Allow them to cool. Saute the onions until they begin to soften, then add the chopped greens and cook until wilted. Combine in a mixing bowl with ½ cup of the cheese and the toasted walnuts. Add the salt after tasting (the cheese may be salty enough on its own to sufficiently flavor the dish). Stuff into the squash halves, top with remaining cheese, and bake until cheese melts and browns.

Green Chile Omelet

Green chile, cheese and eggs have a natural affinity. Goat cheese isn't just a stylish conceit either here or in the taco recipe above: it was once a very common cheese, for goat thrives more cheaply and easily than does a cow.

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.