



Tucson Community Supported Agriculture

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Winter 08-09

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Naturally-raised pork

We're now taking deposits for an order of naturally-raised pork from Guzman's. We don't call it grass-fed since pigs do not eat grass (they are not ruminants, unlike cows, sheep or goats). We'll get the orders in early February – it will be announced in our weekly e-mails.

It will be sold in packs as usual. A pack will typically include pork chops, regular and shoulder bacon (no nitrates), ground pork, breakfast or Italian sausage, and red chile chorizo. A \$10 deposit will hold a pack for you. We'll also have some one-pound packs of breakfast and Italian sausage.

Philippe still out of the country

As some of you know, Philippe (Tucson CSA coordinator) had to travel to Belgium in early November to take care of his ailing parents after his Dad broke his leg. He had initially planned to be back in late December but has had to extend his stay as his parents have not yet regained their autonomy. He doesn't know when he will be back but hopefully it won't be too long.

Many thanks to Paul and Sara who have been managing the CSA in Philippe's absence. Paul is managing the front desk and the memberships while Sara is coordinating the pick-ups and managing orders and deliveries.

Newsletter Editor

Paul Durham

CC THE COURTYARD CAT HAS A NEW HOME



Some of you may know CC, the little Courtyard Cat who moved into the CSA courtyard last session. We took good care of her and she endeared more than one CSA member with her friendliness and charm. A relative of a CSA member has now adopted CC, and the picture here shows CC in her new digs. We agreed with CC's new adoptive parents that the adoption would be conditioned on CC adapting happily to

her new home (where she'll be an indoor cat) and her compatibility with an older cat in the family who was adopted from the Humane Society. So far, it seems to be working out. We hear that she sleeps a lot during the daytime and tears around the house at night (no doubt her schedule as a semi-wild cat, as cats are naturally nocturnal), and that she has been determined to climb the Christmas tree. We miss her, but believe that it's best for her to have a real home.

FARM NEWS AND THE PLANTING BOOK

Crooked Sky Farms has been busy lately replanting various cool weather crops, like the greens and other items we've been receiving lately. Frank also reports that there's broccoli in field that's almost ready to harvest, so we should get some next week.

In the last farm news article (December 22), we mentioned that Frank had covered the eggplant with frost cloth, but the warm days and frost-free nights we're expecting this week will permit him to remove it and harvest some eggplant for us in the next few days. The frost cloth gives about 4 to 5 degrees of protection, but you can't harvest with it on, and it takes a couple people the better part of a day to install over a significant area, so it's not economical to put it on and take it off frequently. It's unusual to get local eggplant at this time of year, but Frank's extra work with the frost cloth, combined with the location of his field near the airport and a freeway (the large expanses of concrete increase nighttime temperatures in the vicinity) permits a long harvest season for this crop.

Frank described an interesting practice of his that helps him schedule his planting activities and increase the variety of items we receive. He keeps a planting book, which is like a daily journal describing the weather and what is being planted and harvested each day. Frank explained that if you don't lose a few plants because of conditions at the beginning or end of their growing season, then you haven't fully exploited the season. So in planting a given crop, he'll start slowly by planting a smaller amount perhaps a bit too early, and taper off near the end of the planting window for that crop with a smaller amount as well. This increases the variety of items we receive by creating overlapping harvest times for various crops without risking large amounts of a given crop to losses near the beginning or end of its growing season.

In a week or two, we'll talk about how Frank plants tomatoes – but it's just information. We don't usually receive the first tomatoes until May-June.



Miso Sesame Eggplant Pasta

Sara Jones, Tucson CSA

Dice large eggplant into medium size squares, or cut long, skinny eggplant into coins. Add grated ginger and/or chili flakes to your taste.

1 onion sliced thinly
2 medium or 1 large eggplant
1 tablespoon miso
2 tablespoons rice wine vinegar
1 dash soy sauce
1 tablespoon toasted sesame oil
½ tablespoon sugar or honey (optional)
½ tablespoon sesame seeds
1 package soba or spaghetti noodles

Heat 2 teaspoons oil in a skillet over medium high heat. Add onion and eggplant and stir to coat with oil. Cook for about 2 minutes then pour miso, rice wine vinegar, soy sauce and honey over vegetables, reduce heat to medium low, cover skillet and cook until tender.

Add water as needed to keep vegetables from drying out or sticking. When eggplant is tender, toss together with noodles and garnish with sesame seeds to serve.

Spaghetti Squash

Philippe, TCSA, adapted from Cooks.com

1 medium spaghetti squash (about 2-3 lb.)
2 tablespoon butter
2 garlic cloves, crushed
1/2 cup grated Parmesan (optional)
1 teaspoon chopped fresh basil (or 1/2 teaspoon dried)
Salt and pepper to taste

Cut squash in half lengthwise and scoop out seeds. Place half the butter and garlic in each squash half and set in a pan with 1/2 inch of water.

Cover and cook for 30-45 minutes or until flesh is tender. Using a fork, scrape pulp out of the shells and break it apart, making it look like spaghetti. Set empty shells aside.

Leaving squash in skillet, add cheese, basil, salt and pepper. Toss and serve inside its shell.

Spaghetti squash can also be served with a red spaghetti sauce or an arugula pesto topping.

Stir Fried Bok Choi

Lorraine Glazar, Tucson CSA

1 and ½ teaspoon oil (canola or peanut)
Few drops toasted sesame oil
1 quarter-sized piece fresh ginger, cut into julienne sticks
1 clove fresh garlic peeled and cut into thin slices or julienne sticks
1 bunch or bag Bok Choi leaves, or Pak Choi on the stem base, cut lengthwise into four to six pieces each
½ teaspoon rice wine vinegar
Drizzle of tamari or soy sauce, to taste

Heat oils over medium heat in a 10-inch frying pan or wok until it is very hot, about 2-3 minutes. Put in ginger, garlic and Bok Choi and stir vigorously with a wooden spoon or paddle to circulate the greens. When the greens are cooked through but the stalks are still crispy, add the rice wine vinegar and the tamari or soy sauce. Cook for one more minute and serve.

Basic Enchilada Sauce-new

Sara Jones, Tucson CSA

We get the basic Anaheim-type dried chiles at the CSA, which are a great base for enchilada sauce. If you have them around, feel free to supplement or substitute other dried chiles for a more complex flavor.

4-6 dried red chiles, rinsed clean
½ onion, minced
½ teaspoon ground cumin
½ teaspoon dried oregano
1 tablespoon oil
1 teaspoon white vinegar

To re-hydrate chiles, leave them submerged overnight in warm water. You can also pour boiling water over chiles and leave them to re-hydrate for about 45 minutes.

Once pliable and moist, remove stem and seeds from each pod and place in a blender, with about ¾ cup of the soaking liquid. Blend well.

In a large skillet, heat oil over medium high heat. Add onion and cumin and stir until fragrant. Pour in chile mixture and oregano.

Be CAREFUL, the steam the chiles will release is spicy – don't lean directly over the skillet!

Cook, stirring continuously, for about 3 minutes. Remove from heat and add vinegar and a bit of salt to taste.

Easy Tuscan Kale

Crooked Sky Farm

The greens in this recipe are cooked quickly, until just barely wilted. Wrap them up in corn tortillas and top with fresh enchilada sauce, if you like.

1 bunch kale, cleaned, tough stems removed and chopped
2-3 cloves garlic, minced
2 teaspoons olive oil
Lemon juice to taste
Salt

Heat oil in heavy skillet and add garlic, stir quickly then add kale. Cook, stirring often for about two minutes, until kale is slightly wilted. Drizzle with fresh lemon juice and a pinch of salt, stir to coat, and serve hot.