



# Tucson Community Supported Agriculture

Newsletter 199 ~ July 27, 2009 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '09 Week 9 of 13

Harvest list is online

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More recipes online

### Food, Inc. – will run at least through August 6<sup>th</sup>

If you haven't had a chance to see Food, Inc. yet, you still can. This acclaimed documentary exposes the highly mechanized and hidden underbelly of a food system controlled by powerful corporations that don't want you to see, think about or criticize how our food is made. Food, Inc. also reminds us that despite what appears to be at times a hopeless situation, each of us still has the ability to vote on this issue three times a day – at breakfast, lunch and dinner.

For more info, see:

<http://www.loftcinema.com/node/1056>

[www.foodincmovie.com/](http://www.foodincmovie.com/)

Where: The Loft Cinema

When: Through August 6<sup>th</sup>

### CSA Bulletin Board

As our members' bulletin board above the trading table gets more used, the time has come to organize it a little better.

To help keep ads current and to give them all a chance to have their place in the sun, may we ask that, when posting one, you write the posting date on it. Ads will be removed after one month.

### Newsletter Editor

Philippe Waterinckx

## FALL SESSION SUBSCRIPTIONS - September, October and November



Fall session registration for current and former members is from August 1 to August 31 (or until we fill up, whichever comes first). Contract forms are available at the CSA, or online under [Join > Subscriptions & Cost](#).

To avoid lines at the front desk, you can either place your completed contract and payment in our drop-box at the CSA pick-up, or mail them to us. We will e-mail you a confirmation when we process your subscription.

We recommend that current and former members register before we open registration to the waitlist on August 16. The later you subscribe after August 16, the greater the chance that either or both pick-up days may fill up.

Produce shares are \$247. Cheese shares are \$30. Cheese pick-up will be every other week (weeks 2, 4, 6, 8, 10 and 12).

To get an idea of what's in store for us this fall, go online to our *Harvests* link and scroll down to previous fall harvests.



### BEAUREGARD SWEET POTATOES

Sweet potatoes (*Ipomoea batatas*) are perennial dicots in the morning glory family (*Convolvulaceae*) which are cropped as annuals. Sweet potatoes likely originated in Central or South America and are now grown in many tropical, subtropical, and temperate regions. Skin color ranges from white to brown to red-orange and flesh color can be red-orange, orange, yellow or white.

Sweet potatoes should not be confused with yams which are monocots in the family *Dioscoreaceae*. Yams are grown as a staple in many tropical countries, but are seldom grown in the continental U.S. However, back in the 1950s, in an effort to distinguish their creamy sweet potatoes from other, drier varieties of sweet potatoes, Louisiana growers started calling their sweet potatoes "yams." It was a marketing gimmick, but the name stuck. Today, the names yam and sweet potato are more or less interchangeable in the U.S.

The Beauregard sweet potato, also known as the Louisiana Sweet Potato, was developed by Louisiana State university and was named after the prominent French-Louisiana Confederate General Pierre Gustave Toutant Beauregard. It is now commonly found in grocery stores. The Beauregard has a coppery skin with a moderately deep orange-colored flesh.

The Beauregard sweet potato is flavorful, creamy and subtly sweet. Lower in sugar than, for example, the Red Garnet yam, it almost tastes like a cross between a sweet potato and an Idaho spud – which is fine if you're eating baked sweet potatoes with your pork roast. But for sweet potato pie, candied sweet potatoes and other traditional recipes, the Beauregard may not be quite sweet enough.

For fun, you can grow a Beauregard sweet potato indoors. It is a vine with glossy dark green leaves and it will grow several feet long. Just plant it in a pot with good potting soil and place it in a hanging basket.

### **Butternut Squash Cupcakes**

Sara Jones, Tucson CSA

Cooked, pureed butternut squash works well in any recipes calling for pumpkin. You can also use butternut squash in recipes calling for sweet potato, and vice versa. These cupcakes are typically served with a cream cheese frosting, but they are just as nice plain, or with chocolate chips added to the batter.

1 ½ cups flour  
¾ teaspoon baking powder  
¾ teaspoon baking soda  
1 teaspoon cinnamon  
½ cup canola oil  
¾ cups sugar  
1 cup butternut squash puree  
3 eggs

Preheat oven to 325 degrees. Mix together flour, baking powder and soda, and cinnamon. Beat oil, sugar and squash together, then add eggs until well blended. Add flour mixture and stir until combined. Add chocolate chips, if using. Scoop batter into greased cupcake tins or cake pan, filling each container about ¾ full. If you are using regular sized cupcake tins, cook for about 20 minutes. Check mini cupcakes at about 10 minutes, and a cake pan at about 25 minutes.

### **Eggplant Pasta in Yogurt Mint Sauce**

Sara Jones, Tucson CSA

This recipe is adapted from a simple Turkish dish of grilled eggplant topped with yogurt sauce. If you can, try grilling the eggplant for a richer, smoky flavor. Many recipes also add ground beef or lamb to the dish.

1 large or 2-3 medium eggplant  
1 teaspoon balsamic vinegar  
1 tablespoon oil  
1 ¼ cups plain yogurt  
Juice from one lemon  
2 cloves garlic, minced  
1 tablespoon fresh mint, chopped  
1 teaspoon chile flakes, optional  
1 package pasta, cooked and drained  
Salt and Pepper to taste

Prepare the yogurt sauce first, up to a day ahead of time. Stir together yogurt, lemon juice, garlic, about half the mint, and chile flakes if using. Set aside. While pasta is boiling, prepare eggplant. If you are going to grill the eggplant, slice it in lengthwise strips and marinate briefly in oil, vinegar and salt and pepper. Grill over hot coals until browned on both sides. Chop into bite size pieces and proceed with recipe. To cook on the stovetop, heat oil in a large skillet and add chopped eggplant. Stir to coat in oil, then cover and cook, stirring occasionally, until beginning to soften and brown. Mix vinegar with about 1 tablespoon of water and pour over eggplant. Cover and let steam until completely cooked through. In a large bowl toss together cooked pasta, eggplant and yogurt sauce. Serve sprinkled with remaining mint.

### **Barbecued Okra**

(foodnetwork.com)

1 teaspoon salt  
1 teaspoon paprika  
1 teaspoon sugar  
1 teaspoon ground coriander  
½ teaspoon freshly ground black pepper  
½ teaspoon cayenne pepper  
¼ teaspoon celery seed  
1 pound fresh okra  
1 tablespoon unsalted butter, melted, or olive oil

Preheat the grill to high. Place the salt, paprika, sugar, coriander, black pepper, cayenne, and celery seed in a small bowl and stir to mix. Rinse the okra under cold running water and blot dry with paper towels. Trim the tips off the stem ends of the okra but do not cut into the pods. Place the okra in a large mixing bowl, add the butter and toss to coat. Add the rub mixture and toss to coat. When ready to cook, arrange the okra on the hot grate so that they are perpendicular to the bars or you may wish to skewer 4 or 5 pods side by side with bamboo skewers (that have been soaked in water) to keep any stray okra from falling through the grates and into the fire. Grill the okra until nicely browned, about 2 to 4 minutes per side, turning with tongs as needed. Transfer the grilled okra to a platter or plates and serve immediately.

### **Tomatillo Bread Salad**

Sara Jones, Tucson CSA

For the demo, I also added grilled butternut squash to this dish, but it works just as well without it. You really want to grill or broil your tomatillos for this recipe to get the right flavor.

3 slices stale bread, cubed  
1 teaspoon cumin  
1 teaspoon cayenne  
1 teaspoon ground oregano  
1 basket tomatillos, husk removed, cleaned and grilled  
2 small onions, thinly sliced  
1 cup beans, preferably black beans, rinsed  
1 tablespoon olive oil  
Juice from one lime  
Salt and pepper to taste  
Cilantro, optional

Toss bread cubes with herbs and spices and oil. Toast in a 400 degree oven for about 8 minutes, stirring occasionally to brown evenly. Roughly chop roasted tomatillos, reserving any juice that they release. Toss together tomatillos, onions, croutons and beans. Drizzle with tomatillo juice and lime juice, season with salt and pepper and serve at room temperature, garnished with cilantro.