



# Tucson Community Supported Agriculture

Newsletter 251 ~ August 09, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '10 - Week 11 of 13

Harvest list is online

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Many more recipes on  
our online recipe archive

### Now Open For Fall Subscriptions

**Contract forms** are available at the CSA, or online under *Join > Subscriptions & Cost*. You can place your subscription (contract + payment) in our drop-box at the CSA during pickup hours, or slip it under our door whenever the courtyard is accessible but the CSA is closed, or just mail it to us. We will e-mail you a confirmation after processing your subscription.

**Current Members:** Registration is from August 1 to August 28 (or until we fill up, whichever comes first), with priority registration for current members until August 15. We recommend that current members re-subscribe before August 15 when we open registration to former and new members.

**Former and New Members:** Registration is from August 15 to 28 (or until we fill up, whichever comes first). New and former members may submit their registrations starting August 1; they will be processed starting August 15, in the order received.

### Unclaimed Cheese Shares!!!

Next week will be the last cheese share pickup and we now have quite a few unclaimed cheese shares in our freezer. If you forgot to pick up previous cheese shares, just ask for them at the front desk: we have kept them frozen for you.

All unclaimed cheese will be donated to charity after the last pickup of the session (August 25).

### Newsletter Editor(s)

Philippe Waterinckx and Kimi Eisele

## BUTTERNUT SQUASH



Imagine a nice chilly evening, rain falling, leaves changing colors. Sounds like a perfect time for a butternut squash soup. Um, wait. This is Tucson in August not New England in September. So what's with the butternut squash?

Butternut squash is often known as a "winter squash," which just means it keeps well into the long colder months of winter. In our climate, however, butternut squash comes early because it

is also planted early, right after the danger of frost has passed. It is harvested in early summer and then left for a few weeks to mature and develop sweetness. Butternut squash and other winter squash, such as acorn squash, store well so we receive them in our shares for an extended period of time.

Winter squash varieties come in various shapes and sizes, their "fruit" can be golden-yellow to bright orange, and generally they take longer to mature than summer squash. The butternut is a pear-shaped squash with bright orange flesh. Its taste is often sweet, not unlike pumpkin or sweet potato. It is rich in riboflavin, magnesium, potassium, and iron, and an excellent source of vitamins A precursor and vitamin C.

Some people have an allergic reaction when their skin comes in contact with the outer part of the squash. Wearing rubber gloves while cutting or preparing the squash will prevent this reaction.

Prepare butternut squash by peeling it, then cutting into pieces or squares, and steaming or boiling it. If you can stand the heat, you can also roast butternut squash by slicing it length-wise, brushing it lightly with oil, and then placing it flesh-side down on a cookie sheet.

For the dog days of August, try a \*cold\* butternut squash soup, thick and creamy, flavored with cinnamon served dollop of yogurt on top.



## HOW MUCH MEAT IS SOLD AT THE CSA?

We sometimes receive comments from members saying that they regret that the Tucson CSA sells meats. We understand and respect their point of view. We also know that some of our members do eat meat. To those, mostly as a convenience, we offer meats that are locally, naturally, sustainably and humanely raised.

Sometimes it seems like the Tucson CSA is selling a lot of meat. Actually, it is not selling much at all, certainly compared to the produce sold. Here is a rough breakdown of our sales. The meats constitute four percent of our total sales. Our various off-the-shelf retail items constitute one percent. The cheese shares constitute five percent. And the produce shares constitute a whopping ninety percent. Now you know.

### **Zucchini Brownies-new**

Rachel and Kelly, The Organic Kitchen

These brownies were featured in last week's cooking demo. Melt extra chocolate chips to spread on top for extra decadent brownies.

1 3/4 cup whole wheat pastry flour  
1/3 cup cocoa  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 egg  
1 1/2 cups coconut palm sugar (Sweet Tree brand)--available at the co-op or whole foods  
1/2 cup yogurt (we like Strauss)  
1/2 cup melted butter  
2 teaspoons vanilla  
2 cups zucchini, shredded fine  
1/2 cup chocolate chips

Mix first 4 ingredients. Separately mix wet ingredients. Combine the two and add the zucchini and chocolate chips. Mix well. Pour into a well-greased 9x13 inch pan. Bake at 350 for 25 minutes. It is ready when a toothpick comes out clean.

### **Briam**

Lorraine Glazar, Tucson CSA

1 small or three baby or Japanese eggplants, chopped into one inch cubes  
1 bell pepper, green or red, cored, seeded and cut into one-inch pieces (substitute roasted chile from the freezer)  
1 pound potatoes, cut into one-inch cubes, peeled if needed (not generally needed for our CSA potatoes)  
1 pound zucchini or other summer squash, cut into one-inch cubes  
1 large red or yellow onion, cut into one-inch cubes  
1 pound tomatoes, chopped, or one 15 ounce can diced tomatoes, undrained  
1/2 teaspoon ground nutmeg  
1 bay leaf  
1/4 cup chopped fresh oregano, or 1 and 1/2 teaspoons dried  
2 tablespoons olive oil  
Kosher salt and fresh ground black pepper

Preheat oven to 375 degrees. Mix all the ingredients together in a large mixing bowl. Put into a large non-reactive (i.e., not metal) baking dish. Bake, uncovered, stirring occasionally, 1 1/4 hours until vegetables are very tender and a sauce forms in the pan. This is even better the next day.

### **Yogurt Slaw**

Sara Jones, Tucson CSA

Kohlrabi has a flavor similar to broccoli stems, and mixed together with the earthy sweetness of beets it makes an incredible slaw. Use this recipe, or grate these veggies

together and follow your own favorite recipe for coleslaw, swapping the cabbage for kohlrabi and beets.

1 bunch beets, roasted and sliced, or raw and grated  
1 bunch kohlrabi, peeled and grated  
1/2 cup plain yogurt  
2 cloves garlic, minced  
1/2 bunch dill, chopped fine  
Juice from 1/2 lime or lemon  
Salt and pepper to taste  
Handful walnuts, chopped fine, to garnish

Mix together yogurt, dill, garlic, lemon juice and salt and pepper. Pour over veggies, mix gently and garnish with nuts and extra dill.

### **Easy Way To Cook Butternut Squash**

Lela Aldrich, CSA Member

*Editor's Note: Butternut squash can be intimidating to cut and peel for cooking. Also, many recipes call for already cooked squash. Here is an easy solution for cooking hard squash.*

I found this easy way to cook butternut squash in the Bentley Farms Cookbook. Put the whole squash in a little water and steam until the narrow end is easily pierced with a fork. I cooked the one I had for 35 minutes, about what it would take to cook one in the oven. You don't have to cut the squash, which is always a hassle for me; I never get it cut straight and you don't have to fiddle with the oven heating up the house. The BFC says to then peel the squash, cube it and then reheat with butter, etc. I just cut it in two, took out the seeds and put it on the plates. Worked just fine for us.

### **Kohlrabi Fritters**

Tina Hansleben, Tucson CSA

3 medium kohlrabi bulbs, peeled (I have substituted many different root vegetables such as carrot, beet, potato, and rutabaga.)  
1/4 cup flour of choice (I have used many different kinds of wheat free flours with success.)  
1 egg  
1 tablespoon dried dill, or more if fresh  
juice of one lemon  
peel of one lemon  
1/2 teaspoon salt  
Sugar, to taste  
Chèvre (fresh goat cheese), to garnish

Shred kohlrabi into a large bowl. Add egg, dill, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet, you want the kohlrabi to stick together. Heat a pan to medium with oil. Scoop out the mixture in a 1/4 cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table. Top the fritters with chèvre.