



Tucson Community Supported Agriculture

Newsletter 259 ~ October 4, 2010 ~ Online at www.TucsonCSA.org

Fall 2010 - Week 6 of 13

Harvest list is online

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*Many more recipes on
our online recipe archive*

Green Tomatoes

The second tomato season of the year has started. Many are still green. Take this opportunity to make friend green tomatoes (see recipe on our online archive) or stuffed green tomatoes (see back page)

Spaghetti Squash Ideas

By Leigh Abernathy

For a spaghetti squash lasagna (something of a non sequitur since lasagna refers to the pasta and that's what the squash replaces), layer the cooked squash strands with sauce and cheese, just as you would regular lasagna, and bake for thirty minutes at 350F.

You can also toss the cooked squash with half a cup of orange juice, the same amount of chopped parsley and a little salt or pepper for a warm salad or side dish. Any leftovers can be eaten cold the next day or reheated in the microwave.

Or check the recipe on the back page.



USING YOUR BASIL

Basil often comes in quantities that are too large to eat at once. If you want to keep fresh it for a few days, just stick it in a glass of water on your counter top, like you would for cut flowers, or keep it in your refrigerator wrapped in a damp towel. Don't stick in the fridge as is, or the leaves will blacken. There are

also easy ways to preserve it. My favorite one is to put the basil leaves in a food processor and process it with some olive oil until you obtain a coarse green puree. Scoop the puree in an ice cube tray and freeze it overnight, then place the frozen basil cubes in a freezer Ziplock bag. You can use the basil cubes later to make pesto or just spread on tomatoes and cheese. To use it now, see recipes on the back page or online.

THE SWEETENER YOU LOVE TO HATE—HIGH-FRUCTOSE CORN SYRUP—MIGHT JUST GET A NEW NAME.

According to a story in the *New York Times* (Sept. 23, 2010), the Corn Refiners Association wants to call it "corn sugar." But nutrition experts say that term isn't entirely accurate. High-fructose corn syrup does come from corn, but it undergoes a complex process. Corn is first milled to produce starch then processed into syrup, almost entirely glucose. Enzymes are then added to convert the glucose into fructose.

Food companies have favored high fructose corn syrup over the decades because of its lower freezing point and ability to retain moisture, which means the foods it sweetens can stay soft and chewy (think: granola bars). Also, of course, it's been a good way to use the heavily-subsidized and therefore very cheap U.S. corn surplus. Because of that, high fructose corn syrup is now used tons of foods, from cereal to soft drinks.

The sweetener has gotten a bad rap in recent years, as some scientists and nutritionists have named it as a possible cause of obesity. The verdict is still out on that, but clearly too much high-fructose corn syrup won't do a body good. (Neither will plain old sugar.) This bad rap is why the Corn Refiners Association is looking for a new name, something they say will be more accurate and less confusing.

NYU professor of nutrition Marion Nestle says it should be called "Corn Glucose and Fructose Syrup." Food scholar Michael Pollan suggests "Enzymatically Altered Corn Glucose," which he says reveals its highly-processed nature.

The sweetener is called glucose-fructose syrup in Canada. And Michael Jacobson, executive director of the Center for Science in the Public Interest, suggests "Glucose-Fructose Corn Sweetener."

Tucson's own expert, Dr. Andrew Weil, thinks the name High-Fructose Corn Syrup is fine. He writes: "That's what it is, and I don't agree that it's innocuous. It's a cheap sweetener, a marker of low-quality industrial food and a major promoter of insulin resistance and obesity in our population."

Regardless of what it's called, it's probably best to avoid it. Or eat it in moderation. Just like any sugar. After all, a sweetener by any other name will still be as sweet.

You can cast your vote for the new name here:

<http://well.blogs.nytimes.com/2010/09/23/help-rename-high-fructose-corn-syrup/>

Spaghetti Squash with Pesto Sauce

Philippe Waterinckx, Tucson CSA

1 spaghetti squash
1 bag basil, large stems removed
2 cloves garlic
1 tablespoon oil
1 large handful toasted walnuts, roughly chopped
Parmesan or Romano cheese, grated (optional)
1 package pasta, cooked

Cut squash in half lengthwise and scoop out seeds. Boil or steam for 30 minutes or until tender. Using a fork, scrape pulp out of the shells and break it apart, making it look like spaghetti. Set empty shells aside. Toss basil, garlic, oil and half of walnuts into a food processor and pulse until well blended. Heat a small amount of oil in a skillet over high heat and fry squash until beginning to brown. Toss squash together with pesto, pasta and remaining nuts. Place back in the empty shells. Serve sprinkled with cheese.

Chile and Green Tomato Soup

Sara Jones, Tucson CSA

2 tablespoons oil
1 onion, diced
4 cloves garlic, minced
1 teaspoon ground cumin
7-10 freshly roasted green chilies
2-3 green tomatoes, diced
4 medium potatoes, peeled and cut into 1-inch cubes
1 quart water
Shredded cheddar cheese and sour cream, to garnish
Salt, to taste

In a large soup pot, sauté onions, garlic and cumin over medium heat. When onions are soft, add green chilies and tomatoes.

Simmer 10 minutes, stirring every minute or so. Add potatoes and water. Cook over medium heat until potatoes are done, 10 to 20 minutes. Add salt to taste. Puree soup or leave chunky, as desired. Garnish individual bowls with cheese and sour cream.

Stuffed Green Tomatoes

Sara Jones, Tucson CSA

If you have a favorite stuffing that you use for filling peppers or other vegetables, why not try it inside green tomatoes? Baking the tomatoes helps to mellow their tanginess.

3-4 medium green tomatoes
3/4 cup diced, stale bread
2 tablespoons cornmeal
1 teaspoon ground cumin
1 teaspoon ground dried oregano
2 tablespoons melted butter or oil

1/4 cup broth
1/4 cup shredded cheddar cheese
2 roasted green chiles, peeled, seeded and chopped
Salt and pepper to taste

Using a paring knife, core the tomatoes. Use a teaspoon to scrape out remaining seeds and juice from inside of tomatoes. Sprinkle inside of tomatoes with salt and pepper. Place tomatoes open side up on a glass baking dish. Mix together diced bread, cornmeal and spices. Drizzle mixture with melted butter and broth, adding more broth or water as necessary to moisten mixture well. Combine mixture with shredded cheese and green chiles, then spoon into hollowed out tomatoes. Bake in a 375° oven for about 20 minutes, until filling is browned on top.

Basil Simple Syrup

Sara, Tucson CSA

Basil is delicious for making an herb infused simple syrup. Use this syrup to dress up iced teas, fruit juice, club soda or cocktails.

1 cup water
1 cup sugar
1 handful herbs, chopped

Heat all three ingredients over medium heat in a heavy bottomed pan. Bring to a boil, stirring occasionally, to make sure that all sugar is dissolved. Let boil for two minutes then remove from heat. Let cool completely before straining out herbs. Stores well in a jar in the refrigerator for a long time.

Asian Flavored Pesto-new

Sara Jones, Tucson CSA

We tend to think of basil as an Italian herb, but it is widely used throughout Asia as well. This is a take on a basic pesto, substituting peanuts or sesame seeds for the traditional Italian pine nuts. It will make a great sauce for noodles. You can also make it without any nuts, to use as an addition to soups. It should freeze just as well as regular pesto, so make extra to freeze into ice cubes that will add some excitement to your wintertime produce.

2 large handfuls basil
1 tablespoon fresh ginger and/or lemongrass
Fresh chile or jalapeno, to taste
1 clove garlic
1/4 peanuts or sesame seeds
2 tablespoons sesame oil
Dash of soy sauce, to taste

Pulse nuts in food processor or blender, until well ground. Add garlic and fresh chile pepper and pulse again to incorporate. Finish by adding the rest of the ingredients and puree until smooth. Taste, and add more soy sauce, as necessary.