



Tucson Community Supported Agriculture

Newsletter 307 ~ September 26, 2011 ~ Online at www.TucsonCSA.org

Fall 2011

Harvest list is online

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our online recipe archive**

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Just remember the basic rule that at midnight on any given Friday you must have enough money in your account to cover the cost of the following week's pickup, or your subscription will be deactivated.

More Melons?!

We're getting quite a few melons these days – in keeping with the CSA philosophy, we're sharing the bounty of our farmer's bumper crop. (See the Sept. 12 newsletter for more melon info.) Enjoy them while they last!

Roasted Green Chiles In Bulk!

Order Crooked Sky Farms roasted green chiles in bulk.

They are the same as Hatch chiles. You can order them mild, medium or spicy. They come in batches of 20 pounds (that's 20 pounds fresh weight – it loses 3-4 pounds after roasting).

Price: \$30 pre-paid at the front desk for delivery the following week.

The offer will last as long as there are enough green chiles in the field (until approximately mid-October).

GRASS-FED MEAT SHARE ORDERS

Sometimes it seems like we are moving a lot of meats through the Tucson CSA. Yet meats represent only about 5% of what we do. We are lucky to work with ranchers whom we really trust to raise livestock with respect for the animals and for the environment. This Fall we are taking orders for grass-fed beef, grass-fed lamb and pasture-raised turkeys, all of which come from Josh Koehn's farm south of Willcox. Josh is a remarkable young man who has chosen to raise animals according to the same principles as Joel Salatin from Polyface Farm, who was made famous through Michael Pollan's book *The Omnivore's Dilemma*. In Salatin's words, sustainable ranchers actually are in the business of growing healthy grass, with chickens and livestock being by-products.

Josh takes extremely good care of his animals. He is also of course the provider of the Tucson CSA eggs, which, as many of you know, no other eggs can compare to.

How it works: Members place a \$20 deposit per meat share and pay the balance upon picking up their shares a few weeks later. Meat shares are limited in numbers and they go first-come, first-served. All meats shares come frozen. Unlike produce shares, which are delivered weekly, meat shares come in a single delivery.

Beef shares weigh 8-9 pounds, cost \$6.50 per pound and typically include 2 steaks, a 2-3 lb. roast, 2 lbs. ground beef and 1 lb. of a miscellaneous cut (BBQ ribs, short ribs, stew meat, or soup bones). Will be available for pickup at the end of October.

Lamb shares weigh 8-9 pounds, cost \$9.00 per pound and typically include 1 lb. ground, 1 lb. chorizo, 2-3 lbs. roast, 2 lbs. chops, 1 lb. riblets. Will be available for pickup early October.

Turkeys weigh 14-18 pounds each and cost \$4.50 per pound. Will be available the week before Thanksgiving.

Because we only just finished distributing pork shares, the next round of pork shares will not be until in December. We will, however, sell a limited selection of pork in individual pieces. Pasture-raised chickens are not available through shares but can be purchased individually at the front desk.



Josh's turkeys

Cucumber and Dill Pasta Salad

Philippe Waterinckx, Tucson CSA

A most refreshing summer dish!

1 pound pasta (rotelle, shells or bowties), cooked
1 cucumber, cut in half and sliced

Dressing: combine

2 cups yogurt (Greek yogurt is best)
1 cup milk
1/4 to 1/2 cup chopped fresh dill or 1 scant tablespoon dried dill
1 onion, chopped
2 cloves garlic, minced
1-2 teaspoons salt
1-2 teaspoons ground black pepper
1/4 cup vinegar or lemon juice

Mix pasta, cucumber and dressing. Serve cool.

Melon and Serrano Ham

Sara Jones, Tucson CSA

Serrano ham and melon is a classic Spanish combination. The salty richness of the ham is a great contrast for the cool, sweet melon. Use whatever salty cured pork you can find easily. Or use a firm, salty cheese, like manchego, in place of the ham. This dish could be as simple as chunks of melon served alongside thin slivers of ham or cheese. Make it fancier by pureeing the melon with olive oil and sherry vinegar to make a gazpacho, then garnish each bowl with strips of ham or cheese.

1 small or 1/2 large melon, cut into pieces
Drizzle of sherry vinegar, to taste
Drizzle of good olive oil, to taste
3-4 long slices of ham or cheese, cut into pieces

Toss melon with oil and vinegar. Serve on a plate beside the ham or cheese.

Squash Mint Dip

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. You can also use eggplant instead of squash.

1 large squash, diced
1 clove garlic, minced
2 tablespoons olive oil
1 tablespoon crushed dry mint
Red pepper flakes, to taste
1/2 to 3/4 cup greek yogurt or labneh
Salt to taste
Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste. To serve, heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes and stir well. Put squash mixture into a medium size bowl and pour oil mixture over the top. Sprinkle with chopped walnuts and serve with pita or baguette for dipping.

Chiles Rellenos with Cheese

10 whole green chiles
1 cup shredded Monterey Jack cheese
1 cup shredded Cheddar cheese
4 eggs, beaten
1 cup milk
1/4 teaspoon salt
1/4 teaspoon pepper
dash ground red pepper

Rinse chile peppers and gently remove seeds. Set aside. Combine cheeses. Stuff each chile with 3 tablespoons cheese. Arrange chiles in a greased 12x7x2-inch baking dish. Sprinkle remaining cheese over chiles. Combine eggs and remaining ingredients, mixing well. Pour over chiles. Bake at 350° for 30 minutes, until set.

Summer Squash and Spicy Citrus Pesto Salad

Kumi Rao, Tucson CSA

1 large or a few small to medium summer squash
2 loose cups of basil
1 jalapeno lightly chopped
1/3-1/2 cup of chopped walnuts or whole pine nuts
3 cloves of garlic (roughly chopped)
1 teaspoon sea salt and
Black pepper to taste
1/3 cup extra virgin olive oil
Zest of one lemon, juice from half the lemon

Blend basil, jalapeno, garlic, 1/4 cup nuts, 1 teaspoon of salt and 1/3 cup of olive oil in a food processor or blender until it becomes a fine paste. Thinly slice the summer squash into ribbons. Toss summer squash with about 1/2 cup of the pesto or to taste. Add lemon zest and juice to the salad. Add remaining nuts and toss. Check seasonings to taste. If this makes more pesto than you can use for the squash, it will easily keep for at least a week in the fridge. Use it on pasta, rice, or other dishes.