



Tucson Community Supported Agriculture

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Fall 2012

Harvest list is online

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**Many more recipes in
our online recipe archive**

Lamb shares are ready!

Josh's pasture-raised lamb is ready for pickup. If you ordered a lamb share, you can pick it up at the front desk. We don't have extra shares available.

We will of course keep your lamb share in our freezer if you don't pick it up right away. But if at all possible, pick it up this week, to make room in our freezers for Josh's turkeys, which will be arriving next week.

Josh's Pasture-Raised Turkeys

Those will be ready for pickup next week, i.e. the week before Thanksgiving week. They will come frozen and in a variety of weights, i.e. 12 to 20 lbs. with an average weight of 16 lbs.

While your turkey deposit guarantees you a turkey, it doesn't guarantee you one of a specific weight. They go first come, first served. So, if you want to be sure to get a turkey of your choice, come sooner rather than later to maximize your chances of getting the one you want. Wednesday members can of course pick up their turkeys on Tuesday.

We don't have extra turkeys available.

**GOBBLE
GOBBLE**

MORE YELLOW DOLL WATERMELONS!



The watermelon crop has been very successful this year and we are lucky to get those beauties this late in the season.

Yellow Dolls are available both as hybrids and as heirlooms. The ones Farmer Frank grows and which we get in our shares are heirlooms. They contain seeds but are oh so sweet and juicy. Make sure to keep them refrigerated if you're not eating them right away: unlike other watermelons, Yellow Dolls have a thin skin and rind, and consequently they don't have a very long shelf life.

TOMATILLOS

Their name make them sound like small tomatoes, but don't be fooled. Tomatillos may be similar in shape and size to a small tomato, but they are in fact related to the gooseberry. They have a tangy taste and are a classic in Mexican food, but are excellent in a wide range of dishes. To use your tomatillos, you will first need to remove their papery husks. They also have a sticky residue on their skin that is easily removed by dunking them in water.



Tomatillos are often used in sauces, or salsas, such as the classic *salsa verde* (green salsa). Grilling or skillet roasting whole tomatillos gives a smoky depth to their flavor. Just cook them over medium high heat, turning occasionally, until they are mostly brown (some black charred spots are fine). Grilled tomatillos and green onions make a delicious sauce, blended together with a little salt, pepper, lime juice and cilantro!

SURPLUS BASKETS

At the end of last Tuesday's pickup we ended up with a lot of spaghetti squash at the produce line. Please remember that if you don't want a specific item, you can either trade at the trading table, or if there is nothing on the trading table that takes your fancy (or if the trading table is already full of that item), leave your unwanted item in the surplus baskets on the bench next to the trading table. That way, another member can take it and enjoy it instead of it being left at the produce line and going to charity at the end of the pickup.

Or better, take it home and try preparing it differently! After last Tuesday's abundance of left behind spaghetti squash, we decide for the Wednesday pickup to prepare them differently and we offered samples of *Spaghetti Squash at it's Sweet Best* (from a recipe featured in last week's newsletter). Result: there were hardly any spaghetti squash left at all, and very few ended up in either trading or surplus. It is a very easy recipe: bake your squash, then scoop it out of its shell and mix it with honey and cinnamon. It is very reminiscent of applesauce.

Eggs Florentine

Lorraine Glazar, Tucson CSA

This Italian dish makes greens into a breakfast or brunch dish. This also makes a great light supper.

Per serving

1 bunch CSA greens (depending on bunch size, one might serve two people)

2 eggs

Olive oil or butter

Garlic to taste

1-2 tablespoons Parmesan cheese

Heat an oven to 350 degrees. Prepare the greens. If young and tender just wash and cut into one inch pieces, possibly eliminating stems. If older and spicier, wash, cut out stems, cut into wide ribbons and parboil. Heat olive oil in a sauté pan and brown the garlic. Add the greens, toss to coat with oil, and steam with the lid on. Butter or oil a small oven-safe dish. Place the sautéed greens in the dish. Crack eggs and place atop the greens. Bake for 10 minutes or until the eggs are done to your liking. Top with Parmesan cheese.

Butternut Squash (or Pumpkin) Cupcakes

Sara Jones, Tucson CSA

Cooked, pureed butternut squash works great in any recipes calling for canned pumpkin. You can also use butternut squash in recipes calling for sweet potato, and vice versa. If using homemade pumpkin puree, be sure to drain the puree for a few hours in a lined colander to get rid of excess moisture. 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 1/2 cups flour

3/4 teaspoon baking powder

3/4 teaspoon baking soda

1 teaspoon cinnamon

1/2 cup canola oil

3/4 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 3/4 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

Jalapeño Poppers

6 jalapeños

1/2 cup grated sharp Cheddar cheese

1 tablespoon cream cheese

1/4 teaspoon garlic powder

1 large egg

1/3 cup unflavored dry breadcrumbs

1 pinch salt

Note: cheddar and cream cheese can be substituted by goat cheese

Preheat oven to 325 F. Lightly oil bak-ing sheet and set aside. Remove contents from jalapeños. If too difficult, cut them in half lengthwise and remove seeds and membranes. Place on oiled baking sheet. Mix together the Cheddar and cream cheese and stuff the jalapeños with the mixture. In a bowl, beat the egg until frothy. In another bowl, stir together breadcrumbs and salt. Roll each jalapeño in egg, then in breadcrumbs. Place on a baking sheet. Bake until tender and browned, for about 30 minutes. Serve warm, with sour cream for dipping.

Tomatillo Bread Salad

Sara Jones, Tucson CSA

This recipe is great with grilled butternut squash added in, 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, 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.