



# *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**

### Safe Methods for Thawing a Turkey

Take your frozen turkey home and store it in the freezer. Then plan ahead to figure out how long to thaw it based upon your thawing method and the weight of the bird.

#### **Refrigerator Thawing**

Allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40 °F or below. Place the turkey in a container to prevent the juices from dripping on other foods.

A thawed turkey can remain in the refrigerator for a couple days or so before cooking.

#### **Cold Water Thawing**

Allow about 30 minutes per pound. First be sure the turkey is in a leak-proof plastic bag to prevent cross-contamination and to prevent the turkey from absorbing water, resulting in a watery product. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes until the turkey is thawed. Cook the turkey immediately after it is thawed.

## **GREEN TOMATOES**



The smaller Green Zebra tomatoes we have been getting in our shares are green and yellow striped when ripe (as in the picture). However, they've been coming to us unripe and are better to eat in their 'green' state, as they don't ripen on the countertop as well as traditional red tomatoes.

If you have traditional red tomatoes and they have even a hint of a pinkish blush, they are good candidates for ripening on the countertop (to speed up the process you can put them in a paper bag with an apple for a day or two). Even though green tomatoes are much sturdier than ripe tomatoes, handle them gently to avoid bruises, which may cause them to rot as they ripen.

Why do we get green tomatoes, anyway? It's because tomatoes won't ripen on the vine if the temperatures are too cool. Once we reach that time in the fall, Farmer Frank harvests them in their green condition.

Rather than think of green tomatoes as sub-par tomatoes, take advantage of their unique characteristics when you cook with them. Their tart flavors enhance a variety of both sweet and savory recipes. Use them as you would use tomatillos in salsas and soups (the CSA website has a few Salsa Verde recipes as well as a great Tomatillo Soup). Grilled or fried green tomatoes add a delicious tang to a regular BLT sandwich. Green tomatoes make a great pickle, too. Or use green tomatoes and lots of spices in sweet or savory chutneys and jams. Green tomatoes are also commonly used in mincemeat and apple pies. Just substitute diced green tomatoes for half of the apples in a recipe. (If you have enough tomatoes, you can find pie recipes calling for only green tomatoes, too.)

## **HOLIDAYS**

To plan for Thanksgiving and the year-end set of holidays referred to by various names including Christmas, Hanukkah and New Years, it's helpful to remember that the CSA approaches them differently—we *don't take a break for Thanksgiving*, but we do take a break (two weeks!) at the end of the year.

What does this mean? If you won't be picking up your share during the week of Thanksgiving, you need to plan ahead to put a delivery hold in place. Personally, I never like to plan ahead unless I have to, but in this case, it's necessary because ***delivery holds must be in place by midnight Friday to be effective for the following week***. So, if you'll miss your pickup next week, you'll need to take action this week.

To place a delivery hold on your share, go to the CSA home page, click on "Manage Your Account", click on the "Delivery Hold" tab, and put in the beginning and ending dates of your absence. Use whatever dates you want, but make sure the CSA pickup day you'll miss is included within the range. Or, for more thorough instructions, click on "Help: Manage Account" in the green bar near the top of the CSA home page, then choose "Help: Place your subscription on hold" in the drop-down box that appears.

At year-end, the CSA will be on break from December 20th through January 6th. That means there will be ***no pickups on December 25th & 26th and on January 1st & 2nd***. There is no need to place your subscription on hold for those two weeks as it will be done automatically from our end.

## **CSA Greens and Tomato Quiche**

Anu Gupta, Tucson CSA

During the fall and winter CSA seasons when we get lots of greens, I usually make a quiche every week to use up any unusual greens or greens that look a little past their prime. Quiche is a great way to use up different CSA veggies. If you have green tomatoes that aren't ripening, they will be delicious in this dish.

1 prepared, unbaked 9" pie shell, or use your own favorite recipe  
1 tablespoon olive oil  
1 small or 1/2 large onion, chopped  
2-3 cloves minced garlic  
1 teaspoon dry thyme or 1 tablespoon fresh  
1 bunch of any CSA greens, washed and coarsely chopped  
2 tomatoes, sliced about 1/4 inch thick  
3/4 cup grated cheddar cheese or crumbled goat cheese  
1 1/4 cups buttermilk  
4 eggs  
Salt and pepper to taste

Preheat oven to 375 degrees. Sauté onion and garlic in olive oil until onions are soft and translucent. Add thyme and chopped washed greens. Add a little salt. Sauté mixture until the greens have wilted and the mixture looks mostly dry. Spread grated cheddar or crumbled goat cheese on the crust. Next layer on the greens mixture, then the sliced tomatoes in an attractive pattern. Whisk the eggs, buttermilk, salt and pepper together and pour into quiche. Sprinkle with a dash of paprika if desired. Bake at 375 until set. This takes 40 minutes in my convection toaster oven and 1 hour in my regular oven. Let sit for 15 minutes before slicing.

## **Squash and Grain Fritters**

Sara Jones, Tucson CSA

Serve these together with a green tomato salsa (just substitute green tomatoes for tomatillos in a salsa verde recipe) as a farewell to summer.

2 cups grated summer squash  
About 1-1 1/2 cups leftover cooked grains, preferably quinoa or white rice  
1/2 small sweet onion, sliced thinly  
1 egg  
1 tablespoon flour  
Salt and pepper to taste  
Any herbs, finely chopped, if desired

Drain squash in a colander for 30 minutes. After draining squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour, salt and pepper and herbs, if using. Mix again, adding more flour if mixture seems very loose. Heat a large skillet over medium heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture a bit. Cover fritters and cook until golden brown underneath, about

4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

## **Cucumber Coconut Milk Curry (from Bangladesh)**

Tony, Tucson CSA

1/2 teaspoon whole cumin seeds  
1 teaspoon ground turmeric  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
1 teaspoon chile powder  
1 tablespoon ghee or butter  
1 onion, chopped  
1 or 2 cucumbers, seeds removed, and scooped out in little balls (or cubed)  
1 16-ounce can coconut milk  
1 cardamom pod  
1 1-inch cinnamon segment  
1 bay leaf  
2 cups water  
Salt

Heat ghee or butter in large skillet and sauté cumin seeds and onion in it until onion is slightly caramelized. Make a curry powder by mixing together the ground spices (turmeric, coriander, cumin and chile powder) and add to the onion mix. Fry the curry powder in the onion mix for 5 minutes or so. Add 1 cup of water. Reduce until mixture develops a pasty texture. Add cucumber and sauté for 5 more minutes. Add the coconut milk, 1 cup of water, the cardamom, cinnamon segment and bay leaf. Reduce further until the mixture thickens to creamy consistency (10 to 20 minutes). Add salt to taste. Serve with rice.

## **Beet and Walnut Dip**

Sara Jones, Tucson CSA

This is a great dip or spread for bread or pita. Top with fresh herbs and chopped olives, if you like.

1 bunch beets, roasted, peeled and roughly chopped  
3 cloves garlic  
1 cup walnuts  
2 tablespoons olive oil  
1/4 cup plain yogurt or sour cream  
Salt to taste

Process garlic and walnuts in a food processor or blender until finely ground. Add beets and olive oil and process until smooth. In a medium bowl, combine beet mixture with yogurt or sour cream. Salt to taste. Store in refrigerator covered with a layer of oil for up to one week.