



Tucson Community Supported Agriculture

Newsletter 407 ~ September 30, 2013 ~ Online at www.TucsonCSA.org

Fall 2013

Harvest list is online

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Many more recipes on our website

Thanksgiving Turkeys

We are now taking orders for Thanksgiving turkeys. As usual, these are pasture-raised turkeys from Josh. Josh raises his turkeys entirely on pasture, which makes for a high-quality, very tender and flavorful bird. We have had excellent feedback from CSA members who bought them in previous years.

Josh will start to process his turkeys in early November and he will deliver them, frozen, to the CSA the week before Thanksgiving. They typically weigh 16-18 pounds on average, although some weigh as little as 14 pounds and some weigh as much as 22 pounds. They cost \$4.50 per pound (a 16-pound turkey costs \$72).

A \$20 deposit is required to order your turkey. The balance payment will be due on pick-up. The number of turkeys we get is limited, so place your order soon.

Important: we have limited freezer space for all these turkeys so it is important that you pick up yours on your pick-up day the week before Thanksgiving. Make sure you will have room in your freezer or refrigerator to take your turkey home on those days.

THE FARM HAS STARTED PLANTING THEIR WINTER CROPS!

One of the best parts of eating a local, seasonal diet is the real sense of gratitude that comes from getting the first vegetables from a new crop. The first tender lettuces of winter or the first juicy tomatoes of summer are that much more precious if we have mostly gone without them all year long. At the CSA we really come to appreciate the flavor and freshness of eating a vegetable in its season.

Soon we can look forward to greens, roots and winter squash in our shares, all of which are nutritional powerhouses. Most of us in Tucson are ready to say goodbye to summer temperatures and here at the CSA many of us are looking forward to the cooler weather crops that signal the changing seasons.

For now we will continue getting traditional summer crops, so enjoy them while they last! Greens will begin to emerge slowly, with arugula and mustard greens leading the transition, to be followed by a steady stream of both familiar and exotic leafy greens, herbs and root crops. The weight of our shares will decrease while the volume increases. Frilly bunches of greens poking out of CSA bags is a common sight around the Historic Y in the cooler months.

WINTER SQUASH AT THE TUCSON CSA

This week we will be getting spaghetti squash, the first of our winter squash this year. Through the fall and winter season we will get a variety of winter squash, including pumpkins, butternuts, acorns and kabochas. Winter squash, with their tough skin and hard flesh, are a storage crop like potatoes and onions. Harvested at the end of the summer season, the squash will store for several months, actually getting sweeter as time passes. Store your squash in a cool, dry place and once cut open, keep in the refrigerator for up to a week.

All winter squash have edible seeds, like pumpkins, which are tasty when roasted. Winter squash are great vegetables because they are perfect for both sweet and savory recipes. This is true for spaghetti squash, too. If you have not had spaghetti squash sweetened with honey and spiced with cinnamon, then you have to give it a try this year. It makes a really simple and healthy dessert or breakfast.

How To Cook Spaghetti Squash

Baking: Pierce the squash several times with a fork and place in baking dish. Cook it in preheated 375F oven for approximately 1 hour or until flesh is tender. When a fork goes easily into the flesh, the squash is done.

Boiling: Cook it in a large pot of boiling water for 20 to 30 minutes, depending on its size. When a fork goes easily into the flesh, the squash is done.

Once the squash is cooked, let it cool for 10 to 20 minutes so it will be easier to handle, before cutting in half (if it wasn't already) and removing the seeds. Pull a fork lengthwise through the flesh to separate it into long strands. It's really good with a pesto sauce!!!

Spaghetti Squash Soup

Paula Redinger, Tucson CSA

3-4 tablespoons butter
1/2 medium onion, minced
2 (or more) cloves garlic, minced
1/4 cup rice (short grain, but long grain will work)
Chile/Paprika
1 lb cooked/chopped spaghetti squash
6 cups broth of your choice
Parmesan rind (if there's one in your fridge)
2 eggs
1-2 tablespoons lemon juice
1/4-1/2 cup chopped herb of your choice (I used chives)
Salt and pepper
Grated parmesan

Melt 3 tablespoons butter in soup pot and sauté onions until soft. Add garlic, cook for a few seconds, then rice and stir to coat with butter. Stir in chile powder or paprika as desired and cook briefly in butter, stirring. Add spaghetti squash and sauté until excess liquid is reduced – until it begins to stick to pot. Add broth, and parmesan rind if you have one. Bring to a boil, then reduce to a simmer. Simmer uncovered for 20 minutes or so, until rice is cooked.

Beat eggs in a large heat-proof bowl until frothy. Beat in lemon juice. Take one ladle of soup (mostly broth, not too many vegetables) and slowly drizzle into beaten eggs, whisking vigorously while doing so. Repeat once or twice more, then slowly pour the egg/broth mixture back into the soup pot while stirring the soup. The soup should not be boiling vigorously when you do this. (This technique allows the eggs to give body to the soup, without scrambling in the hot broth.)

Correct seasoning with salt, pepper, additional chile, paprika, lemon as needed. Tasting carefully here can make a big difference! Stir in herbs. Stir in an additional lump of butter. Garnish individual servings with grated parmesan.

Quick Tortilla Soup

Sara, Tucson CSA

This recipe is easy and quick, just remember to remove the skins and seeds and veins from the green chiles before using.

6 cups vegetable or chicken broth
2 to 4 roasted chiles, diced
1 to 2 tomatoes, chopped
1 onion, chopped
3 cloves garlic, minced
2 teaspoons ground cumin
1 teaspoon dried oregano
1 tablespoon oil
Salt and pepper to taste

Garnish with tortilla chips and any combination of cheese, avocado, cooked chicken, lime wedges and cilantro.

In a large pot, heat one tablespoon of oil and quickly sauté all ingredients (except broth and garnish) until fragrant. Cover with broth, bring to a boil and cook for 15 minutes. Serve in individual bowls and let each person add their own garnish.

Cucumber-Apple Shake

Jessica Weinberg, Tucson CSA

1/3 cup plain unsweetened soy milk
1 large or 2 medium lemon cucumbers
2 small cored Anna apples, cut up into pieces
8 ounces plain nonfat yogurt (approx.) cube of fresh peeled ginger
1 tablespoon lime juice
1/2 teaspoon orange-flavored liquid
Stevia (herbal sweetener)

Pour soy milk into blender, then add remaining ingredients. Blend until smooth. Makes enough for 1 to 2 people.

Summer Squash with Toasted Garlic and LimeMariquita Farm, Watsonville, CA – www.mariquita.com

1 lb. zucchini or yellow squash, cut in 1/2-inch cubes
1 scant teaspoon salt, plus more to season finished dish
2 tablespoons vegetable broth for sautéing
5 cloves garlic, thinly sliced
1 tablespoon freshly squeezed lime or lemon juice
1/2 teaspoon freshly ground black pepper, or to taste
1/2 teaspoon dried or 2 teaspoons freshly chopped oregano
2 tablespoons chopped flat-leaf parsley

Toss the squash with the salt and let stand in a colander for 30 minutes over a dish or in the sink. Rinse and pat dry. In a large skillet, sauté the garlic in the vegetable broth until soft, about 3 minutes. Remove garlic and set aside. Raise heat to medium-high. Add squash to pan and sauté for 8-10 minutes, until tender but a little crunchy. Stir in lime juice, oregano, parsley, pepper, roasted garlic, and salt to taste. Mix well.