



Tucson Community Supported Agriculture

Newsletter 415 ~ November 25, 2013 ~ Online at www.TucsonCSA.org

Fall 2013

Harvest list is online

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**Many more recipes on
our website**

Giving Thanks!

We give thanks for Farmer Frank and his crew who work hard, in weather conditions most of us would be unwilling to work in, to give us access to fresh, organic vegetables and fruit. We also give thanks to all the other producers and artisans we work with: Josh from Chiricahua Pasture-Raised Meats and his amazing chickens, eggs, beef, lamb and turkeys; Don from Barrio Bread with his truly body- and soul-feeding bread; Michael from Future Sprouts with the delicious sprouts he grows for us; David from Black Mesa Ranch and his beloved goats, goat cheeses and chocolate candies; Amy from Mano Y Metate, who makes the best mole spice mixes we've ever tasted and who also volunteers at the CSA; Dereka, from Café Para La Vida Digna, who, against all odds, continues to bring us truly fair-trade and organic coffee from Zapatista producers in Chiapas, Mexico.

And of course we give thanks to our CSA members, who form a inspiring community we are proud and delighted to serve.

**Happy Thanksgiving everyone,
from all the CSA volunteers!**

How to safely thaw your turkey!

Instructions on how to thaw a turkey are in last week's newsletter.

AS GREEN AS AN ORANGE...



Orange trees are the most cultivated fruit trees in the world. But did you know that the orange (*Citrus sinensis*) is not a naturally occurring fruit, but is believed to be a hybrid of the mandarin (*Citrus reticulata*) and the pomelo (*Citrus maxima*)? Oranges are believed to have been cultivated in China as far back as 2500 B.C. From there, they slowly spread eastward and were eventually brought to Europe by the crusaders in the 11th century. Spaniards introduced them to the Americas in the 16th century. Today, Brazil is the largest producer of oranges

with 18 million tons per year, followed by the United States with 7.5 million tons per year.

The origin of the term orange is presumably the Sanskrit word for orange tree (*nāraṅga*), whose form has changed over time, after passing through numerous intermediate languages. The fruit is still known as "Chinese apple" in several modern languages, such as *sinaasappel* (literally, "China's apple") and *appelsien* in Dutch or *apfelsine* in Low German.

At this time of year, the oranges from Crooked Sky Farms that we get in our shares are navel oranges, characterized by the growth of a small second fruit at the apex, which protrudes slightly and resembles a human navel. Navel oranges are popular because of their thick skin, which makes them easy to peel, and they have a very long growing season (November to April in the U.S.) However, they tend to be less juicy than some other varieties, and are therefore less suitable for juicing.

Later in the season we will also get Valencia oranges, a late-season fruit, and therefore a popular variety when navel oranges are out of season. Valencia oranges are smaller, juicier, and their flesh has a brighter orange color than navel oranges.

An orange looks the most appealing when it has a deep, vibrant orange color. So, why are our oranges green? In hot climates, a mature orange is usually green-skinned. It will turn orange only if the cold temperatures destroy the green chlorophyll pigments, allowing the yellow carotenoids underneath to show through. In the U.S., oranges are usually green when they are picked in the fall before the first cold snap or if they are picked early in the spring when the trees are flooded with chlorophyll to nourish the coming new growth. Green oranges will also change color if they are exposed to ethylene gas, which, like the cold, breaks down the chlorophyll in the skin. Commercially grown oranges are often gassed with ethylene to attain the orange color that consumers demand: this process is known as degreening, gassing, sweating, or curing. At the CSA, we get our oranges as they come: green, orange, or in between, depending on the temperature.

If an orange is unpicked, it can stay on the tree until the next season, during which time fluctuations in temperature can make it turn from green to orange and back to green again without the quality or flavor being affected.



Butternut or Pumpkin Polenta

Sara Jones, Tucson CSA

This recipe uses the regular long-cooking polenta. If you want to use quick polenta, follow the recipe on the package, cutting out one-quarter of the liquid and replacing it with twice as much cooked, mashed squash. Make this into a tasty desert by stirring in a bit of sugar and pumpkin pie spice, then serving with vanilla ice cream.

3 1/2 cups of water
1/2 teaspoon salt
1 cup polenta
2 tablespoons oil or butter
1 handful grated cheese (if desired)
1 cup cooked, puréed winter squash

Bring half of the water to a boil in a medium saucepan. Whisk the other half with cornmeal. Slowly pour cornmeal mixture into boiling water, stirring well. Turn heat to low, and cook, stirring occasionally, for about 30 minutes. At this point the mixture should be fairly thick. Stir in the puréed squash and cook about 10 more minutes. Add butter (and cheese, if using). Serve soft in bowls or spread in a greased pan and cool until firm. Cut into squares or triangles and sauté or broil until slightly brown and crispy.

Radish and Yogurt Spread

Philippe, Tucson CSA

1/2 bunch radishes, grated or cut in thin slices
1 cup Greek yogurt
A few stalks of green onions or chives, chopped
Salt and pepper
Sliced bread

Mix radishes and yogurt and a generous dose of salt and pepper. Spread on bread slices. Garnish with green onions.

Citrus Vinaigrette

Rachel Yaseen, The Organic Kitchen

Use this vinaigrette for any salad, but it is especially nice over an endive salad. You can use leftovers to drizzle over roasted veggies, too.

1/4 cup orange juice (or half orange, half grapefruit)
1/8 cup lemon juice and 1/8 cup lime juice
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil
2 tablespoon agave nectar
1 tablespoon chives, chopped
1/4 cup parsley, chopped
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.

Pumpkin Pie (Butternut Squash Pie)

Butternut squash purée will work great for a 'Pumpkin' pie. Of course, there will be less pumpkin-y flavor, but the butternut is sweet and delicious. For a richer tasting purée, roast inch-thick slices of pumpkin or squash (rub down baking sheet and squash with oil) rather than steaming or roasting whole. Once tender, slip skins off and purée.

1 1/4 cups winter squash purée
1/2 cup maple syrup
1/2 cup brown sugar
1/2 teaspoons salt
1/2 teaspoon ground ginger
1/4 teaspoon nutmeg
2 teaspoons ground cinnamon
3 eggs, lightly beaten
1 tablespoon flour
1 cup evaporated milk, undiluted
1/2 teaspoon vanilla extract
9-inch pie crust, unbaked

Preheat oven to 425°. In mixing bowl, combine pumpkin purée, sugar, maple syrup, salt, ginger, cinnamon, nutmeg and flour. Add eggs; mix well. Add evaporated milk, and vanilla; mix well. Pour pumpkin pie mixture into a 9-inch pastry crust. Bake at 425° for 15 minutes. Reduce heat to 350° and bake pumpkin pie for about 35 minutes longer, until filling is set. Insert toothpick (or chopstick) in center; if it comes out clean, it's done. Let cool for a while. Filling will settle down somewhat.

Ginger Mashed Potatoes with Yogurt

Rachel Yaseen, The Organic Kitchen

1 1/2 lbs. potatoes
1 cup plain yogurt (I like Strauss)
1/4 cup cilantro, finely chopped
1 tablespoon finely chopped fresh mint
1-3 fresh chile peppers, minced
2 cloves garlic, chopped very fine
1 teaspoon salt
2 tablespoons oil (I like coconut oil or olive oil)
1/2 teaspoon cardamom
1 cinnamon stick, broken into pieces
1 teaspoon cumin seeds
1/2 teaspoon ground black pepper
2 tablespoons peeled minced fresh ginger
2 tablespoons finely chopped chives (optional)

Boil potatoes in water until tender. Drain, peel, coarsely mash. With fork, lightly mix in yogurt, cilantro, mint, chilepeppers, garlic, and salt. Heat oil and add cardamom, cinnamon, cumin, and black pepper. Stir 1 minute, add ginger and cook another minute. Pour over potatoes and garnish with chives.