



Tucson Community Supported Agriculture

Newsletter 459 ~ October 13, 2014 ~ Online at www.TucsonCSA.org

Fall 2014

Harvest list is online

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DOWNTOWN LECTURE SERIES ON FOOD



Last year the University of Arizona's College of Social and

Behavioral Sciences (SBS) launched its first annual Downtown Lecture Series focusing on "happiness." Due to the immense interest demonstrated by the public, the series has returned this fall spotlighting "food" and how it shapes our lives, our community and our environment.

The free lectures (but a ticket is required, see below) take place at 6:30 p.m. every Wednesday evening beginning October 15th at the Fox Tucson Theatre.

Tickets can be picked up at the Fox Theatre box office starting at 4 p.m. the day of each lecture.

By holding this event downtown, the College of SBS is supporting and promoting Tucson's urban core as a vibrant and intellectually engaging place to live, work, play and learn.

Details at: <http://downtownlectures.arizona.edu/>

DELICATA SQUASH



Most of you are familiar with the acorn squash and butternut squash we start getting in our shares at this time of year. This season, Farmer Frank is offering us a new variety: the Delicata Squash, also known as the peanut squash, the Bohemian squash or the sweet potato squash. It is an oblong squash,

with dark green stripes on a creamy or yellow background, and with a sweet, orange-yellow flesh.

Delicata squash is most commonly baked, but can also be microwaved, sautéed or steamed. It may be stuffed with meat or vegetable mixtures. The seeds of the squash are also eaten, usually after being toasted.

A Delicata squash does not store particularly well, so eat it soon!

SHISHITO PEPPERS

We've had those amazing peppers several times over the summer. For those of you who are new to our CSA, know that this Japanese pepper is a true gem. Although it looks spicy, it is not, and it packs all the flavor of green chiles without the heat (although one in twenty is moderately spicy).



In our opinion, the best way to enjoy them is as an appetizer: sauté them in a frying pan with a little bit of oil. Just sauté them on high heat for a few

minutes, tossing the pan a few times, until the peppers start to blister, then sprinkle some sea salt on them and pop them in your mouth, not including the tail. They are truly delicious!

GRILLED OKRA



Our latest favorite is grilled okra. Run skewers through okra pods, brush with olive oil and sprinkle with Cajun or mole spices and some salt. Grill on high heat for a few minutes on each side, until okra is crispy and slightly charred. Delish!

Tip: use 2 bamboo skewers an inch or so apart, so that the okra stays in place as you turn them.

Jhatpat Bhindi (traditional Indian okra dish)

2 tablespoons oil
4 green chiles, sliced
1 tablespoon ginger, finely chopped
4 small onions, finely sliced
1/2 teaspoon turmeric powder
1/2 pound okra wiped off but not washed!
Salt to taste

Heat the oil in a heavy-base pan and fry the green chiles and ginger briefly until the ginger turns brown. Add the onion slices and sauté on medium heat for about 3 minutes or until the onions are translucent (do not brown). Add the turmeric powder and mix well. Mix in the finely sliced okra stirring gently and briefly on high heat until it is well coated with the oil and looks glossy. Mix in the salt, cover and cook on low for about 12 minutes or until the okra is tender and well cooked. Remove cover, and sauté briefly and gently until the okra is well fried and starts sticking to the bottom of the pan.

Okra Creole

Gina, Tucson CSA From Mary Emmerling's *American Country Cooking*

.....add some shrimp or chicken to this classic Creole dish and serve it over rice for Sunday night supper (I served it over brown rice).

1 pound fresh okra
2 Tablespoons oil (*I used canola*)
2 celery stalks, finely chopped
1 small onion, chopped
2 medium tomatoes, peeled, seeded and coarsely chopped
1/2 green pepper, finely diced
1 teaspoon sugar (*could use another sweetener*)
1/2 teaspoon salt
Freshly ground black pepper to taste.
If using fresh okra, wash and trim the okra and slice it into medium-thin rounds.

In a large skillet, heat the oil over moderately high heat. Add the okra and cook until it is slightly softened. Add the remaining ingredients and cook, stirring for 5 minutes. If the vegetable mixture seems too dry, add about 1/3 cup water. Turn the heat to very low and simmer for about 1 hour, until all of the liquid has been absorbed (I put a lid on the pan and then removed it at the end to lessen the liquid a little but still leave a little moisture). Serve hot.

Summer and Winter Squash with Toasted Garlic and Lime

Mariquita Farm, Watsonville, CA – www.mariquita.com

Try this recipe with a mix of winter and summer squash for a special treat. Just cook the winter squash about 5 minutes before you add the summer squash and they should both get tender around the same time.

1 medium summer squash, cut in 1/2-inch cubes
1 small or 1/2 medium winter squash, seeds removed, diced into 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
1/4 cup toasted pumpkin or sunflower seeds

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 and add winter squash, cover and cook for about 5 minutes then add summer squash to pan and sauté for 8-10 minutes, until tender. Add additional water or broth if needed to keep from sticking. Stir in lime juice, oregano, parsley, pepper, roasted garlic, and salt to taste. Mix well. Top with seeds before serving.

Fresh Chile Lunch Pockets

Inspired by Marit Alanen, Tucson CSA Member

The mild fresh chiles in this week's share make excellent packages for a variety of fillings. Simply cut off the stem end and scrape away the white ribbing inside the pepper. Stuff with something simple like cheddar cheese or leftover rice. Eat cold, as a refreshing, less heavy version of the typical chile relleno. This makes a quick and easy snack or light lunch.

Butternut Squash, Chiles and Potatoes

Weslyn Hoekstra, Tucson CSA

Here is a recipe using unroasted green chiles that we enjoy at our house. You can leave the skin on your delicata squash, once cooked it will be tender enough to eat.

2 tablespoons oil
1 delicata squash, diced
1 clove garlic, crushed
5 potatoes, diced
1/2 onion, diced
2 green chiles, diced
1 cup water
Salt and pepper to taste

Heat the oil in a large pan. Add the garlic and squash and cook until lightly browned. Add the remaining ingredients and cook until the potatoes are done.