



# Tucson Community Supported Agriculture

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## Fall 2014

### Harvest list is online

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#### Many more recipes on our website

#### CYCLOVIA TUCSON

Sunday, Nov. 2<sup>nd</sup>, 10:00 AM to 3:00 PM.

Hop on your bicycle and join other Tucsonans for a day of fun in car-free streets. The Cyclovia route will pass by The Historic Y where the CSA will have a table with lots of goodies. Do drop by and say hi!



For more info, go to <http://www.cycloviatucson.org>

#### JOSH'S TURKEYS

We will take orders of turkeys until November 12.

Josh's pasture-raised turkeys cost \$4.40 per pound (a reduction from \$4.50 last year) and weigh from 14 to 22 pounds, with the majority of them weighing around 16 pounds (you'll be able to pick one of your choice at pickup time).

Turkeys can be ordered at the front desk with a \$20 deposit per turkey. They will be frozen and available for pickup on Nov. 18 and 19 (week before Thanksgiving).

## LEAF LARD

Lard has made a comeback after studies have shown that it is not as bad as we once believed it was. Home-rendered lard from healthily raised pigs is actually quite healthy and can be used in any recipe that calls for oil or butter. It is mostly monounsaturated fat, is also very heat stable (it won't smoke at high temperatures and thus can be used for frying) and it doesn't turn rancid.

Several of our CSA members like to render their own lard, so a few times a year, we order fresh leaf lard from naturally-raised pigs. There are 3 types of lard: belly fat from the pork belly, back fat from under the skin along the rump and shoulders, and leaf lard from around the kidneys. Leaf lard is the one we get: it is the cleanest, purest fat on the pig and is therefore the crème de la crème of pork fat. It is pure white and almost odorless when rendered. This is the fat our grandmothers used to bake pastries and pie crusts. It can also be used instead of oil or butter in any kind of cooking, and it is great to re-heat tortillas.



**To render leaf lard:** cut it up in small cubes, place it in a pot with ½ cup of water (a crock pot works great!), cover and cook on low heat for 6 to 8 hours, or until it has completely liquified in a clear amber liquid. Strain it to remove the small hardened bits, pour in glass jars, and let cool. Lard can be stored at room temperature, although in our climate we recommend storing it in the refrigerator.

We currently have leaf lard, unrendered, at \$3.00 per pound, in packs of 1 to 3 pounds.

## MEANWHILE, BACK AT THE FARM...



Remember this photo from Crooked Sky Farms in September? As many of you know, the farms's Phoenix fields were flooded then. They got ten inches of rain in thirty days! Each time they replanted the winter crops another flood came to wipe them away. They had to replant three times! That's why we haven't had any greens yet. The last attempt at planting was successful: the greens are now a couple of inches tall but it will still be three to four weeks before we get them in our shares. Except for the radishes: radishes grow very fast and Farmer Frank said they should be ready for harvest next week.

Despite the repeated setbacks there is also good news: Crooked Sky Farms's fields in Duncan did not suffer such heavy rains. Not only that, but the warm weather has allowed the summer crops to persist and supply our shares offsetting the delay of the greens from Phoenix. However, the first frost in Duncan is expected any week now, and that will mean the end of the summer crops (bell peppers, chiles, cucumbers, melons, etc.) Luckily, Farmer Frank has a stock of stored crops to tie us over between the end of the summer crops and the start of the winter crops, if there is a gap between the two. There are potatoes, onions, dry beans, pistachios, squash and other items that can feed us. There may be some redundancies in the produce, but we won't go hungry! Once again, Frank thanks you for your patience, understanding and support.

## **Salsa Verde (Green Salsa)**

This is great as a dip for chips. It can also be cooked and used as a topping over chicken enchiladas, broiled salmon or scrambled eggs.

1/2 pound tomatillos, husked, rinsed, and quartered  
2-4 green chiles, roasted, seeds and skin removed  
1/2 to 1 jalapeno (you can omit these if the green chiles are spicy)  
1 onion, quartered  
2 garlic cloves  
1/4 cup fresh cilantro leaves (fresh mint works well too and adds a fresh, clean burst of flavor)  
1 tablespoon fresh lime or lemon juice  
1 tablespoon olive oil  
Salt to taste

You can make this salsa with either raw or roasted tomatillos. Both versions are excellent. The raw version has a fresh, vibrant touch while the roasted one has a more rounded, smoky quality. To roast, simply char tomatillos directly over gas flame or under broiler until slightly blackened on all sides. Let stand 10 minutes. Combine all ingredients in blender. Purée until almost smooth (should be slightly chunky). Add extra salt and lime juice if desired. Can also be cooked for serving on warm dishes (add a scoop of whipping or sour cream and mix well for added creaminess).

## **Minty Squash Pasta Salad**

Sara Jones, Tucson CSA

This is great hot or cold. Try using basil instead of mint and parsley for a nice change.

1 box penne or bowtie pasta  
About 2 teaspoons olive oil  
About 2 medium summer squash, cut into half moons  
2 cloves garlic, minced  
1 handful mint, chopped finely  
1 handful parsley, chopped finely  
Zest of two limes  
Juice of one lime  
2 teaspoons walnut or hazelnut oil (optional)  
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook, stirring occasionally, until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture, herbs, lime zest and juice. Drizzle with nut oil and salt to taste.

## **Zucchini and Olive Breakfast Cake, French-Style**

Lorraine Glazar, Tucson CSA

All cakes don't have to be sweet! Mediterraneans, and the French in particular, have a whole tradition of "gateaux salés" (savory cakes). This one is lovely example.

1/3 cup olive oil, plus more for greasing the pan and drizzling  
1/2 pound zucchini

1 teaspoon salt  
1 large clove garlic, minced  
1 3/4 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon black pepper  
3 large eggs  
1/3 cup milk  
2 ounces goat cheese, crumbled  
1/2 cup Kalamata olives, pitted and sliced  
Kosher salt

Heat the oven to 350°. Lightly grease a 9 by 5 inch loaf pan with olive oil. Grate the zucchini on the coarsest side of a box grater. Place the zucchini in a colander in the sink, and toss with 1 teaspoon of salt. Let drain while preparing the rest of the recipe. In a large bowl, whisk the minced garlic with the flour, baking powder, salt and pepper. In a separate, medium bowl, lightly whisk the eggs, then whisk in the milk and olive oil. Use a rubber spatula to fold the wet ingredients into the dry until barely mixed. Fold in the crumbled goat cheese and the sliced olives. Press firmly on the zucchini in the colander, pressing out as much water as possible. Quickly fold the zucchini into the batter. Spread the batter in the prepared loaf pan, and drizzle lightly with olive oil. Sprinkle the top with kosher salt. Bake loaf for about 45 minutes, or until golden and a knife inserted in center comes out with a few crumbs attached. Transfer to a rack to cool in pan for 5 minutes. Run a knife around edge to release. Turn out loaf onto rack to firm up before slicing, about 30 minutes; using a serrated knife, cut into 3/8-inch slices, then cut into halves or quarters.

## **Caponata**

Sara, Tucson CSA

There are many variations of Caponata, a traditional eggplant and tomato dish. It is often served cold as a topping for crusty bread or as a dip. This recipe is also good hot, served over pasta or a wheat berry or oat pilaf.

1 large or 2-3 small eggplant, diced  
1 onion, diced  
2 tomatoes, diced  
1 tablespoon olive oil  
2 teaspoons crushed cumin seeds  
1 teaspoon crushed coriander seeds  
1 tablespoon balsamic vinegar  
Salt and pepper to taste

Saute onion and spices in oil over medium heat to release fragrance. Add eggplant, cover, and cook for about 5 minutes. Reduce heat to low and stir in tomatoes and vinegar. Cover and cook until everything is tender and smooth. Add salt and pepper to taste. Serve hot or cold.