



Tucson Community Supported Agriculture

Newsletter 506 ~ September 21, 2015 ~ Online at www.TucsonCSA.org

Fall 2015

Harvest list is online

The Back Page

Tomatillo and or Apple Crisp-new
Bell Pepper and Watermelon
Salad
Waterlemon Shake
Sesame Shishito Peppers
Rosemary-Sweet Potato Pizza
Sliced Cucumbers with Manchego

**Many more recipes
on our website**

Barrio Bread Shares Capped

Don Guerra has reached the maximum number of bread shares he will bake for us. Because Don bakes his bread in batches of 30 loaves and because he can only bake so many batches, making more batches of share bread would mean reducing the variety of extra bread of available.

If you are currently subscribed to a bread share and keep it, you won't lose it. However, bread shares may not be available to new subscribers, to members who wish to add a bread share, and to members who re-open an expired subscription.

Don said his baking capacity will increase sometime after the New Year. Until bread shares become available again, Don will make sure he continues to send us extra bread that can be purchased first come, first served.

Between now and then, if any bread shares become available through natural membership attrition, we will post the info on the blackboard near the check-in.



Cooking with Onions and with Onions

In last week's newsletter, we explained why veggies from a small organic farm are not the same as the veggies from a large supermarket. For example, a tomato that grows out of doors in southern Arizona, through sizzling heat and torrential rainstorms, can't aim for the aesthetic perfection of a sheltered and pampered greenhouse tomato. But it will taste really, really good!

Another aspect of small farms and CSAs is the seasonal abundance of some veggies. If you're a gardener who grows veggies, you know that there are times when you get a lot of zucchini, chiles or cucumbers. Harvests might be modest at first but may then grow too bountiful for daily consumption, and you must find ways to preserve them or else they'll spoil in your refrigerator or on your counter top.

Take onions for example. The onions we have been getting all summer were harvested in early summer and kept in farm storerooms for distribution throughout the summer. (Like potatoes, onions are harvested only two or three times per year.) They are now nearing the end of their shelf life and we must eat them before they go south. But they're still great even if they look beat up. You may have to trim bits and pieces from them. In addition to trimming them, you must also eat a lot of them, or preserve them for short term posterity. So, chop, caramelize and freeze them. And if you don't want to do that, just eat them: you can always double or triple the amounts of onions used in any recipe – we found that it's difficult to use too many onions. And, on a rainy day like we had this past Monday, make French onion soup!

Thanksgiving Turkeys

Every year at about this time, we take orders for Josh's Thanksgiving turkeys. Like the eggs, beef, lamb and chickens, the turkeys are 100% pasture-raised on his farm near Willcox. This makes them a bit leaner and much more flavorful than the supermarket variety. Josh's turkeys cost \$4.50 per pound and typically weigh between from 14 to 20 pounds, with the majority weighing around 16 pounds.

To order one, pay a \$20 deposit per bird at the front desk. You will pay the remaining balance when you pick up the turkey the week prior to Thanksgiving week.

If you have very specific requirements for the size of your turkey, or don't want to be limited to just a few choices, you should come early when you pick up that week for maximum selection.



Josh's turkeys

Tomatillo and or Apple Crisp-new

Rachel Yaseen, The Organic Kitchen

What a great surprise that you can use tomatillos in a sweet crisp! This is the recipe that Rachel used for the CSA cooking demo last week. Of course it would be fantastic with apples instead, or if you have some tomatillos left, use a combination of both. You can also use green tomatoes for this recipe!

Tomatillos and/or apples diced-- enough to cover bottom of oven pan

1/4 cup coconut sugar
1 1/4 cup dried coconut flakes
1 1/4 cup oats
1 cup coconut sugar
1 stick butter, cold, cut into 8 pieces
1/2 teaspoon cinnamon
1/2 teaspoon salt

Preheat oven to 350 °. Mix tomatillos and apples with 1/4 cup sugar and spread over bottom of 9x14 inch pan. Mix oats, coconut, coconut sugar, salt, and cinnamon in a separate bowl. With your fingers or the back of a spoon, smooch the butter into the dry mixture until it blends in. Sprinkle on top of the tomatillo mixture. Bake 45 minutes. Serve warm or room temperature

Bell Pepper and (Water)melon Salad

Rachel Yaseen, The Organic Kitchen

Watermelon and melons make great savory salads. Add some finely diced hot peppers to this dish for even more zip.

1 cup bell pepper, diced small
3 cup watermelon or melon, diced
2 teaspoons ginger, peeled and grated
Juice from 1-2 limes
1/2 of a small blueberry container
Salt to taste

Mix together in a beautiful bowl. Season to taste with salt. Serve chilled.

Melon or Watermelon Shake

Rachel Yaseen, The Organic Kitchen

5 cups watermelon (or other type of melon)
Small knob of ginger, peeled (add more if needed)
1 cup ice

Process in food processor or Vitamix until smooth. Serve immediately.

Delicious with a little tequila, rum, or vodka.

Sesame Shishito Peppers

Sara Jones, Tucson CSA

Shishitos are mild and super flavorful. They are great simply sautéed in olive oil until slightly charred all over. But here they are just a touch more dressed up. This should only take about 5-6 minutes, just enough time to get the peppers blistered and taking on a nice roasted flavor. Eat these as an appetizer as is. Or you can serve them together with tuna, sardines or anchovies on toast, crackers or rice.

1 basket whole shishito peppers, cleaned and dried
2 teaspoons oil
1/2 teaspoon toasted sesame oil
1 teaspoon grated or finely chopped fresh ginger
1 teaspoon soy sauce
1 tablespoon sesame seeds

Heat a glug of oil in a skillet over medium high to high heat. Add peppers and toss gently to coat in oil. Let sit for a couple minutes until starting to blister on bottoms. Meanwhile, mix together sesame oil, ginger and soy sauce. Stir and shake peppers, let sit over heat an additional couple minutes, then add liquid and toss to coat. Remove from heat and serve as is, or pinch off stems and serve over rice or toast.

Rosemary-Sweet Potato Pizza

Claire Zugmeyer, Tucson CSA

The following is a recipe I modified from my mom. Very tasty! Make dough with your own recipe or grab a premade pizza dough from the grocery store.

Peel and thinly slice 2 sweet potatoes; mix with 2 tablespoons olive oil, 2 cloves minced garlic, and 1-2 branches chopped rosemary. Roll your dough and brush lightly with a bit of olive oil. Spread sweet potato mixture in a single layer over the dough. Season well with salt and pepper. Sprinkle with 1/2 cup grated mozzarella or hard cheese. Bake at 450° for 15 min.

Sliced Cucumbers with Manchego

Sara Jones, Tucson CSA

Plain salted cucumbers are a great, quick snack, but if you substitute a salty, hard cheese for the salt it tastes even better. You can use any hard, aged cheese, like Parmesan, Romano or Manchego.

2 cucumbers, sliced
1-3 teaspoons white wine vinegar
Several tablespoons freshly grated hard cheese

Toss cucumbers with vinegar. Lay out in a single layer on a platter and sprinkle all over with cheese.