



# *Tucson Community Supported Agriculture*

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**Fall 2015**

**Harvest list is online**

## **The Back Page**

Quick Tortilla Soup  
Sweet Potato or Winter Squash Hash  
Cushaw Squash (or Pumpkin) Flan  
Roasted Winter Squash and Apple Soup

**Many more recipes  
on our website**

## **Josh's Beef Shares**

Josh's Grass-Fed beef shares will be ready for pickup next week for those who signed up for one.

We are sold out of beef shares. We buy one whole animal and the number of shares it makes can vary.

If you missed out on a beef share, you can also buy individual cuts directly from Josh directly through his website:

<http://cprmeats.com>

Josh comes to Tucson once every 6 weeks or so and you can pick up your order from him then.

## **Thanksgiving Turkeys**

We will be taking turkey orders until mid-November. More info at the front desk.

## **Managing your CSA account**

Remember that you can add and remove shares from your subscription. You can place your subscription on hold. For more info on how to manage your CSA account and subscription, go to our home page and check our help tabs.

## **The Cushaw Squash**

While we are anxiously waiting for the arrival of the winter greens, we are starting to enjoy the first of the winter squash big and small. These include cushaw squash, spaghetti squash, banana squash, butternut and acorn squash, and some more unusual varieties such as kuri and festival squash.



The cushaw squash may pop into our shares from time to time. It is an old heirloom variety of crookneck squash. It's just a very large one. It is typically light in color with green or tan stripes on a creamy background and it can weigh up to 20 pounds. It consists of a roundish main body where the seed cavity is located, and a thick elongated and curved neck. The cushaw squash is believed to have been domesticated in central America between 7000 and 3000 B.C. It is now commonly used in the southeastern U.S. In Tennessee, cushaw butter is a popular spread,

and in Appalachia many use cushaws instead of pumpkin in pies.

Because it is adapted to warm and dry climates, it is also grown in the desert southwest by native peoples, especially the Akimiel O'odham and Tohono O'odham, where it is especially prized when immature and harvested in spring as a summer squash. The plant may own its popularity not only because of its ability to survive in our Southwest heat but also because of its resistance to the squash vine borer, which can easily kill other organically grown squashes.

Did you know that a lot of commercial pumpkin products are made not with traditional pumpkins, but with cushaw squash? Cushaw squash apparently tastes more like pumpkin than a pumpkin itself! The cushaw's light-yellow flesh is mild and sweet and can be used in both savory and sweet dishes.

Perhaps you'll try a cushaw pie, too! See the delicious cushaw flan recipe on the back page. You can of course also use cushaws in recipes calling for Jack o' Lantern pumpkins or pie pumpkins.

If you don't feel like using your cushaw squash right away, don't worry. It will keep for a couple of months if stored in a cool, dry place.

## **The Spaghetti Squash**

Whatever you do with your spaghetti squash, don't make the mistake of using it as spaghetti noodles. Not only does it not taste anything like spaghetti, but the strands tend to be watery and bland and will not be improved by the addition of liquid sauces. Instead, treat it as a carb and use it in drier preparations. For example, use it as you would grated potatoes, or rice, or grated regular squash. Spaghetti squash is great with cheese: mix it with grated cheese and bake until crisp. Or add flour, eggs, cheese and spices and make fritters. Spaghetti is also very tasty with a basil pesto sauce. For an easy dessert, mix it with honey and cinnamon, and eat it as is or as a pie filling.

## Quick Tortilla Soup

Sara, Tucson CSA

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

4 cups broth  
3-5 roasted chiles, diced  
2-3 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, lime wedges and cilantro.

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

## Sweet Potato or Winter Squash Hash

Lorraine Glazar, Tucson CSA

This is a lovely side dish for breakfast, great with beans in a burrito, or a main dish served over rice or beans. Serves four as a side dish, two as a main. Use sweet potatoes or winter squash, or a combination of both.

2 sweet potatoes, peeled and diced  
1 tablespoon oil of your choice  
1/2 cup to 2/3 cup diced onion  
1 clove garlic, minced (optional)  
4 roasted green chiles, diced  
1 teaspoon powdered cumin  
Salt and pepper to taste  
1 teaspoon red chile flakes (optional)  
1-2 tablespoons chopped fresh green herb: cilantro, parsley, dill, chives, or scallions (optional)

Boil, steam or microwave the sweet potatoes or squash until almost tender. Heat the oil in a frying pan until it shimmers, then add onion and garlic, if using. Sauté until clear and tender. Add the potatoes, green chiles and cumin. Cook for about ten minutes, adding a tablespoon or two of water if it seems to get dry (this will vary with the time of year and thus the age of the sweet potatoes). Remove from heat, top with the fresh herbs, and serve.

## Cushaw Squash (or Pumpkin) Flan

Adapted from Gourmet Sleuth.com

1/4 cup and 2 tablespoons sugar  
2 cups sweetened condensed milk  
2 cups cushaw squash (or pumpkin) puree  
1/2 cup half-and-half  
2 eggs  
2 egg yolks  
1/2 teaspoon brandy flavoring  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
Pecan halves, toasted

Sprinkle sugar into a 1 quart flan pan; place pan over medium heat. Using oven mitts, caramelize sugar by shaking pan occasionally until sugar melts and turns light brown; cool. (Sugar may crack as it cools.) Process condensed milk and next 8 ingredients in a blender or food processor until smooth, stopping to scrape down sides. Pour over caramelized sugar in flan pan. Place flan pan in a large shallow pan. Pour hot water into large pan to a depth of 1 inch or 1/2 way up the side of the flan pan. Bake at 350° for 40 minutes or until a knife inserted in center comes out clean. Remove the flan pan from water; cool on a wire rack 25 minutes. Cover and chill 8 hours. Loosen edges of flan with a spatula, and invert onto a serving plate. Dip tops of pecan halves in caramel mixture left in pan; arrange, coated side up, around edge of flan.

## Roasted Winter Squash and Apple Soup

Adapted from The Healthy Kitchen by Andrew Weil and Rosie Dale

1 large winter squash (Cushaw, Hopi) or pumpkin, cut in half, seeds removed  
2 onions, chopped  
2 apples, cored and quartered  
3 garlic cloves, peeled  
2 tablespoons ginger, minced  
2 tablespoons olive oil  
Salt to taste  
2 tablespoons red chili powder, or 2 jalapenos, chopped  
4 vegetable bouillon cubes

Preheat oven at 400°. Toss all ingredients in the squash halves. Place the halves in a baking tray filled with 1 inch of water and bake for 1.5 hours. Scoop out contents of the squash halves, down to the skin, and blend. Add water or stock to desired consistency (1-2 cups).