



# Tucson Community Supported Agriculture

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**Fall 2015**

**Harvest list is online**

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**Many more recipes  
on our website**

## Chile Basket

They're pretty, but what to do with hot chiles?

Well, you can freeze them, as described on the back page.

We also love them pickled: slice them, pile them into a halfpint mason jar, with a clove of garlic, a sliced onion and a pinch of herbs (e.g. oregano), and a pinch of salt. Fill the jar with a boiling mixture of 50/50 vinegar and water. Let cool. Cap. Keeps in fridge for months.

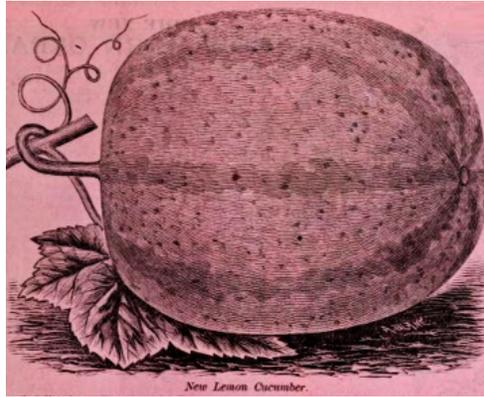
## Rain is not always a farmer's friend!

Crooked Sky Farms' winter greens have suffered some setbacks. Twice the seeds were planted and twice they were washed away by heavy rains. The third attempt seems to be doing well and we should expect our first greens by mid-to late November.

## Your Jack O' Lantern

Your Crooked Sky Farms pumpkin is a delicious heirloom organic pumpkin. You can carve it of course. But you can eat it too - it tastes way better than a commercial pumpkin! You can even do both if you eat it no more than 3-4 days after you carved it.

## Lovely Lemon Cucumbers



It's round like a lemon, the same size as a lemon and yellow like a lemon. But when you slice it up and take a taste, it's not a lemon at all but a fun variety of cucumber that originally hails from Australia. The lemon cucumber first appeared in the U.S. as an exotic heirloom seed variety in the 1894 catalog of Samuel Wilson of Mechanicsville, Pennsylvania (where this image comes from) and get their name from their striking resemblance to the lemon fruit. But don't be fooled, these are

beautiful cucumbers with a crisp, clean taste and are as easy on the stomach as they are on the eyes. Use them as you would any cucumber (*i.e.*, salads!) But did you know you can cook these, too? I used them in the recipe for 'Cucumber Coconut Milk Curry' (see Newsletter 509 or online on our recipe page) and was surprised how well they work - almost like a more tender zucchini.

## Gluten-free comes to our CSA

CSA members were treated to some gluten-free baked goods in the courtyard last week. Here's a message from Rebecca Wicker, owner of Got2B Gluten Free, about her story, her offerings and where you can find more.

"Got2B Gluten Free is happy to be welcomed into your CSA! We came last week and met some lovely people, enjoyed the music and ambiance in the courtyard, and explored the idea of bringing some gluten free options to your weekly offerings. We had a wonderful response and will be in the courtyard again this week, doing a little meet & greet and exploring whether you'd like sweets, breads, or maybe some of both!

Got2B Gluten Free is a local business with a passion for food and a vision of sharing delicious gluten-free (GF) foods to the community at a reasonable price. Many of us, including the owners, are gluten-free and also have other food sensitivity issues, such as dairy, soy, yeast, and more. We know the challenges first hand! When my husband was first diagnosed, we tried many GF foods - most of which were marginally edible. As an avid hobby-baker, I began experimenting and finally developed a flour blend which works cup-for-cup in all my mom's old recipes. Glorious day! It seemed everyone we met knew someone who was also GF and people kept asking me to open a bakery. A few years and a lot of work later, here we are! We have a wonderful, passionate and creative staff, a nice little bakery (complete with espresso) and love bringing safe and delicious food to our fellow GF'ers. You can find our dedicated GF facility at 5407 E Pima St. We are open every day from 7:00am-3:30pm (2:00pm on Sundays).

We couldn't be happier to be part of Tucson CSA and look forward to bringing some great GF products to you every week. Stay tuned as we work on the logistics of offering GF options as part of your subscription and thank you for welcoming us into your lives and allowing us to serve you."

## **Green Tomato Soup**

Sara, Tucson CSA

2-3 medium potatoes, chopped  
3 tomatoes, peeled and cleaned, chopped  
2 green chiles, preferably roasted, chopped  
3 cloves garlic  
1 teaspoon cumin  
5 cups broth or water  
Salt and pepper to taste  
2 tablespoons cream, if desired  
1 bell pepper, chopped finely

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatoes. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Garnish each bowl with the chopped bell pepper and serve hot or cold.

## **Bess Dewing's Sweet/Hot Pickle Relish**

Lorraine Glazar, Tucson CSA. From *Preserving Today* by Jeanne Lesem, copyright 1992; permission to reprint granted by Alfred A. Knopf.

You can use a combo of peeled sliced pumpkin and green tomatoes for this recipe to use more of what is in the share this week, or use more chile peppers and onions. Either way, it will make an excellent chutney (perfect for Thanksgiving leftovers).

1 pound pumpkin or green tomatoes  
2 green chile peppers, each about 5 to 6 inches long  
2-5 hot chile peppers  
3/4 pound onions  
2 pounds cucumbers  
3 tablespoons kosher salt or 2 tablespoons non iodized table salt or pickling salt  
3 cups cider vinegar  
1 cups sugar  
1 1/2 teaspoons mustard seed  
3/4 teaspoon ground turmeric  
1 tablespoon each of whole cloves and broken stick cinnamon  
1 1/2 teaspoons whole allspice  
1/4 teaspoon cracked nutmeg (wrap in a clean dishtowel and whack with a hammer)

Stem and seed the chiles, and peel the onions. Pulse/chop the peppers, chiles, onions and cucumbers to a coarse texture in a food processor. You should have about 8 cups. Transfer the vegetables to a 3 quart or larger bowl, stir in the salt, and weight with a plate to keep vegetables from floating as the brine forms. Let stand 12 hours or overnight.

Then drain and rinse the vegetables, and drain well again. Transfer them to a 4 quart saucepan; add the vinegar, sugar, mustard seeds and turmeric. Place the cloves, cinnamon, allspice and nutmeg in a tea ball or tie with cheesecloth into a small bag. Add the spice bag to the pan, simmer uncovered for 1 hour, stirring occasionally. Ladle ingredients into clean jars and let cool on counter. Cover and store in fridge for up to 3 months.

## **Freezing Jalapeños, Gueros, Habañeros**

Philippe, Tucson CSA

If you can't immediately use all the jalapeños in your CSA share on a given week, use the technique below to preserve them for future use. Go local! Jalapeños and gueros are a great substitute for black pepper if you wish to give a dish a Southwestern accent. Put gloves on! Remove stem from chiles. Quarter each chile and remove seeds and membranes with a spoon (if you like it spicy, leave seeds and membranes – most of the “heat” comes from them). Place quartered chiles on a cookie sheet or plate and put in freezer for one hour. Put frozen chiles in a ziplock bag and return to freezer. Take quarters out one at a time when needed in recipes.

## **Tzatziki (Greek Yogurt Dip)**

Philippe, Tucson CSA

2 cups Greek yogurt  
1 cucumber (approx. 1/2 lb), peeled, seeded and grated (or finely cut)  
1 clove garlic, pressed  
1 tablespoon olive oil  
1 tablespoon fresh dill or mint, finely chopped  
Salt and pepper to taste

Mix all ingredients together and refrigerate. Serve cool. Use as a dip with pita bread or as a side dish with grilled meats and vegetables.

## **Coconut Curried Squash Soup**

Sara Jones, Tucson CSA

About 3 cups peeled and seeded squash or pumpkin  
1 red or green bell pepper, chopped  
1/2 large onion, chopped  
1/2 cup dry pink lentils  
2 tablespoons oil  
Garlic to taste  
About 1 tablespoon grated fresh ginger  
Curry spice  
1 teaspoon cumin  
1 teaspoon coriander  
1 can coconut milk  
Salt and pepper to taste

In a large stock pan, heat oil and sauté onion, pepper, garlic and ginger for about 5 minutes, stirring frequently. Stir in chunks of squash with curry spices and lentils then cook for a few more minutes. Add about a quart and a half of water, bring to a boil. Simmer over a medium low heat until lentils and squash are soft, about 35 minutes. Add coconut milk and salt and pepper and cook for 5 more minutes. At this point you can either puree the soup and make it creamy and smooth, or leave it chunky.