



Tucson Community Supported Agriculture

Newsletter 512 ~ November 2, 2015 ~ Online at www.TucsonCSA.org

Fall 2015

Harvest list is online

The Back Page

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**Many more recipes
on our website**

No Bread on Tuesday, Nov. 10

Don Guerra is teaching a class on Tuesday, Nov. 10. There will be bread as usual on Wednesday, Nov. 11.

Help: Manage Your CSA Account

We are happy to answer by e-mail any questions you have about your subscription. But you'll likely get a faster answer on our website. Based on years of experience, we've tried to provide answers there to the questions that are most often asked.

The Manage Account tab includes the following topics:

- How to recharge your CSA account
- How to put your subscription on hold
- How to reactivate an expired subscription
- How to add/remove shares from your subscription
- How to change your pickup day

The FAQ tab includes the following topics:

- What happens if you don't pick up your share
- How do the trading table and surplus bench work

Crooked Sky Farms News

The farm has been struggling to get winter crops ready. Twice, the south Phoenix fields were planted and twice the seedlings were swept away by heavy fall rains. They were planted a third time and they are now well on their way. In fact we can expect the first greens at any time now. This also means that at the moment Farmer Frank is having difficulties filling our weekly shares with fresh crops, as the winter greens are late. Luckily, the frost hasn't yet hit the Duncan fields, so he is still able to send us the last of the chiles, tomatoes, cucumbers and eggplant. He is also relying more on winter squashes, potatoes, sweet potatoes and onions to bridge the gap between the seasons. Greens may be in short supply, but fall crops make still beautiful fall shares!

These are times when the concept of CSA really gets to work. As CSA members, you share the risk of farming with the farmer. When rough weather or other circumstances result in difficult times for the farm, your investment and support help the farm survive.

This is a good time to branch out from your usual recipes repertoire. Instead of sighing at the sight of more green tomatoes and cucumbers, use this opportunity to try out new recipes. For example, use green tomatoes instead of apples when you bake an apple pie. Green tomato pie is excellent and tastes surprisingly like apple pie! You'll be amazed! And try using cucumbers in new ways: braise them, for example, as shown in the recipe on the back page. Or stuff them: lemon cucumbers lend themselves to being stuffed – just adapt your favorite stuffed squash recipe and use cucumbers instead of squash. Or eat them like apple, as Joy was showing me last week: take one small bite first, then sprinkle some salt on where you are going to take your next bite. You might be surprised how good it tastes.

Pumpkins and winter squash? They are especially enjoyable now that the weather has cooled. We have a lot of recipes on our website's recipe page! Look under 'Pumpkin' and you will find Butternut Squash Cupcakes, Caribbean Black Bean Stew, Grilled Pumpkins, Indian Roasted Pumpkin Seeds, Pumpkin and Black Bean Chili, Pumpkin and Red Lentil Curry, Pumpkin Cookies, Pumpkin Ginger Custard, Pumpkin Gratin, Pumpkin Pancakes, Pumpkin Pie, Pumpkin Puree, Pumpkin Risotto, Pumpkin Stew, Pumpkin Strudel, Pumpkin Corn and Chile Soup, Roasted Pumpkin and Apple Soup with Walnut Cilantro Pesto, Roasted Pumpkin Seeds, Squash Soup, Twice Baked Pumpkin Pie...



And don't waste the seeds!

Peanut Butternut Soup

Sara Jones, Tucson CSA

Winter squash makes delicious soup, with all sorts of flavor variations. This is a delicious, if somewhat unusual, soup.

About 3 cups of butternut squash, cut into large chunks
1 bell pepper, diced
1/2 onion, diced
1 inch ginger, grated
1 tablespoon curry powder
Enough water or vegetable broth to cover all ingredients
1 tablespoon oil
1/2 cup chunky peanut butter (not the kind with sugar)
Salt and pepper to taste

Heat the oil in a large soup pot over medium high heat. Stir in onion, ginger, bell pepper and curry. Cook until fragrant. Add squash and cover with water or broth. Bring to a boil and cook for about 30 minutes until squash is tender and falling apart. Remove one cup of soup from the pot and blend together with peanut butter. Return mixture to the pot and mix well. Season with salt and pepper. If you want a creamy soup, blend in batches to desired consistency. Otherwise, smash squash with a potato masher or wooden spoon to thicken broth. Garnish with roasted peanuts, if desired.

Pumpkin (or Winter Squash) Cupcakes

Sara Jones, Tucson CSA

Cooked, puréed butternut squash works well in recipes calling for pumpkin. These cupcakes are typically served with a cream cheese frosting, but they are just as nice plain, or with chocolate chips added to the batter.

1 1/2 cups flour
3/4 teaspoon baking powder
3/4 teaspoon baking soda
1 teaspoon cinnamon
1/2 cup canola oil
3/4 cups sugar
1 cup butternut squash purée
3 eggs

Preheat oven to 325°. Mix together flour, baking powder and soda, and cinnamon. Beat oil, sugar and squash together, then add eggs until well blended. Add flour mixture and stir until combined. Add chocolate chips, if using. Scoop batter into greased cupcake tins or cake pan, filling each container about 1/2 full. If you are using regular sized cupcake tins, cook for about 20 minutes. Check mini cupcakes at about 10 minutes, and a cake pan at about 25 minutes.

Fall Pasta Carbonara

Sara Jones, Tucson CSA

Carbonara is a great way to use green tomatoes. Their bright flavor will lighten up this traditionally heavy dish. The bacon adds a lot of flavor to the recipe, but you can omit it and start the recipe with a tablespoon of olive oil, if preferred. The rest of the recipe is really a formula that can be altered according to how rich you want the dish to be. Some recipes call for 3-4 eggs and over a cup and a half of cheese. This is a bit lighter and could be made lighter still, or richer if you like!

2-4 slices bacon
2-3 medium green tomatoes, diced small
3-4 garlic cloves, minced
About 2 cups diced pumpkin or squash
2 teaspoons oil
2 tablespoons white wine or water
1 package penne pasta
2 eggs, beaten
1/4 cup grated parmesan
1/4 cup crumbled feta or other soft fresh cheese
Salt and lots of freshly ground pepper to taste

Cook bacon in a large skillet until crisp. Remove to a paper towel to cool. Cook garlic and veggies in bacon fat (with a bit of extra oil, if necessary) over medium high heat until fragrant. Add white wine or water, turn down to medium and cover. Cook until vegetables are tender, about 10 minutes. Add more wine or water as necessary to keep from sticking. In the meantime, boil pasta in well-salted water. Stir together cream, eggs and cheese. When vegetables are tender and pasta is al dente, drain pasta (reserving about a 1/2 cup of water) and toss with vegetables in hot skillet. Remove from heat and immediately add egg and cheese mixture and toss well to coat and cook eggs, add some pasta water if needed to make a creamy sauce. Season with salt and pepper to taste and top with crumbled bacon if using.

Braised Cucumbers

Philippe, Tucson CSA

2 medium cucumbers or 1 large one
1 tablespoon butter
1/4 cup vegetable or chicken broth
1 teaspoon lemon juice
1 tablespoon chopped mint or dill
Salt and pepper to taste

Quarter the cucumbers and remove the seeds. Cut the quartered cucumbers in 1-inch segments. Heat butter in a frying pan on medium heat. Add cucumbers and sauté until slightly browned. Add broth, lemon juice, salt, pepper, and mint or dill. Bring back to a sizzle, then cover, and reduce heat to low. Braise for 5 minutes or until cucumbers are tender. Serve warm.