



# *Tucson Community Supported Agriculture*

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## Summer 2016

### **Harvest list is online**

Green Chile Enchilada Sauce  
Rice Pilaf with Amaranth Greens  
Sautéed Squash Blossoms  
Braised Black Eyed Pea Pods  
Roasted Squash Salad with Nuts

**Many more recipes and ideas on our website and on our page on Facebook**

### **Tuesdays vs. Wednesdays**

As many of you may have noticed, the produce shares for our two pickup days are supplied by different farms: Crooked Sky Farms still supplies the Tuesday pickup as they have for the past 12 years. And, since last April, our Wednesday produce shares have been supplied by Sleeping Frog Farms.

This setup is here to stay. The benefit of having two farms is that we have different produce on each day and members can switch days when they want a change. Right now, members have moved in each direction equally, but if the moves become too one-sided, resulting in too large fluctuations, we may have to introduce a waitlist. Hopefully it won't come to that.

Something which a few members are doing is to subscribe to both pickup days. Unfortunately, Farmigo doesn't allow a member to subscribe to both days, but there is a work-around. Two members of a household may each subscribe to a different day, or one person may subscribe to both days using different e-mail addresses.

## **Josh's Eggs and the Nature of Local, Seasonal Production**

At the grocery stores, we can buy as many eggs as many times as we want. Globalization and industrial food production have eliminated seasonality and natural production cycles. But at the CSA we are subject to egg shortages for several months every year: that's because egg production is highest when demand is lowest, lowest when demand is highest, and there isn't much that can be done about it.

Why, do you ask, are hens stubbornly refusing to cooperate when it comes to adjusting their egg production to egg demand? Well, this is not the hens' fault. It's ours. Think about it: we consume more eggs when temperatures are cold and days are short, when we like to bake house- and heartwarming dishes. During summer, not so much. And by a wicked twist of nature, the cold months are when hens lay fewer eggs. This is because egg laying is directly related to the length of the days: the shorter the days, the less hens lay. Some hens even stop laying eggs altogether for a while.

Mass-production egg factories get around this problem by concentrating hens in large hangars where lighting is controlled artificially and hens are forced to lay at full capacity all the time. Not Josh: he favors natural cycles. Besides, his hens live out in open fields, not tightly packed in overcrowded hangars. One thing Josh does to mitigate this demand and supply issue is to purchase his annual batch of new chicks in late winter so that they start laying eggs in late summer to early fall when demand starts to increase. This is why we get pullet eggs at this time of year (pullet eggs are smaller eggs produced by hens less than a year old). Another thing he does is to cull his older hens at the start of the summer when demand drops and sell them as stewing chickens. Buying new chicks and culling old ones are practices any egg producer must do, and Josh times them to best follow demand and supply, to adapt to our eating habits.

However his practices only go so far toward compensating for the annual egg shortage and I am writing this because we are now just starting one. Although Josh's egg production has not slowed down yet, many CSA members have returned from their summer holidays and egg demand has increased. As days get shorter, egg production will slow down also, especially after the fall equinox. That's also when demand will increase even more because of our baking needs.

So, be prepared, and please be understanding. There will be times when we will limit egg purchases to one dozen per account. This is to allow more members to get eggs. Even that will not prevent us from running out of eggs from time to time.

## **Cooking Amaranth Greens with Pasta: Ridiculously Easy!**

The Wednesday members had kale for much of the summer. The Tuesday members had amaranth greens, which seemed to be less popular: we are often perplexed by how quickly the trading baskets fill with those delicious bunches of amaranth greens. We can only imagine that it is due to a lack of familiarity with them.

So, here is yet another tip on how to use them: after rinsing your greens, cut off and discard the bottom one inch or so of the bunch, then roughly chop the rest of the bunch in ½-inch segments. Throw them in a pot of boiling pasta for the last 2 minutes of the pasta's boiling time, gently stirring to avoid clumping. Drain, then serve with your favorite sauce on top of the pasta and wilted greens.

### Green Chile Enchilada Sauce

Sara Jones, Tucson CSA

6 large chiles, roasted, skin and seeds removed, chopped  
1 share tomatillos, cleaned and chopped  
1/2 cup veggie stock  
2 teaspoons toasted cumin seeds  
2 teaspoons dried oregano  
2 tablespoons oil  
3 cloves garlic, minced  
1 onion, diced  
Salt to taste

In a medium-size pot, heat oil over medium heat. Sauté garlic, onion, tomatillos and cumin. Add the rest of the ingredients and cook over medium heat for about 20 minutes. Cool and then blend mixture in food processor or blender, adding additional stock or water to desired consistency. Season to taste with salt.

### Rice Pilaf with Amaranth Greens

Philippe Waterinckx, Tucson CSA

1 bunch amaranth greens, chopped  
1 or more onions, chopped (this dish benefits from a lot of onions – you can add up to 3 onions if you have them).  
Optional: you can add other vegetables such as chopped chiles, peas, green beans, thinly sliced carrots, etc.  
1 garlic clove, minced  
1 cup basmati rice, uncooked  
2 cups vegetable or chicken broth  
2 tablespoons olive oil  
1 teaspoon ground pepper or chili flakes

Heat olive oil over medium heat in skillet. Add onions and garlic (and other chopped vegetables if using) and sauté until onions are soft. Add rice, black pepper and broth. Bring back to a boil, reduce heat to low, cover and simmer. After 10 minutes, turn off heat and let stand, covered, for another 5 minutes. Meanwhile, chop off and discard the bottom inch of the amaranth greens. Roughly chop them and fold them into the cooked rice. They will wilt instantly in the residual heat and steam. Let rest for another 5 minutes before serving.

### Sautéed Squash Blossoms

2 teaspoons olive oil  
2 cloves garlic, minced  
A handful of squash blossoms  
Salt and pepper

Heat oil to medium high in a skillet. Add garlic and sauté until fragrant. Add squash blossoms and sauté until wilted. Season to taste with salt and pepper.  
Serve immediately on top of pasta, rice or pizza.

### Braised Black Eyed Pea Pods

Sara Jones, Tucson CSA

Fresh black eyed peas can be eaten in the pod, but they will need to be cooked longer than green beans.

1 share black eyed pea pods, cut into 1” pieces  
2-3 slices bacon  
1-2 tomatillos, diced  
1/2 onion, diced  
1 clove garlic, minced  
1/2 cup broth or water  
1 teaspoon vinegar

Fry bacon until crispy, then set aside. Sauté onion, tomatillos and garlic in bacon fat until fragrant, add beans, tomatillos and broth. Cover and cook over low heat for 45 minutes, until tender. Stir in vinegar and serve sprinkled with crumbled bacon.

### Roasted Squash Salad with Nuts

Sara Jones, Tucson CSA

This salad can take two different directions. Tossed together with warm wheat berries or any other cooked grain it can be a hearty main dish. Or lay the cold squash on top of a bed of lettuce for a lighter, more refreshing dish. It looks stunning either way!

2 small or 1 medium squash, seeds removed, cut into wedges lengthwise between ridges  
1 apple, diced and tossed with lemon juice  
1/4 cup pomegranate seeds, if available  
About 1/3 cup chopped pistachios or pecans  
1 tablespoon olive oil  
About 2 teaspoons balsamic vinegar  
Salt and pepper to taste

Preheat oven to 375°. Toss squash together with olive oil and spread on a baking sheet. Roast until squash are tender and browning. Toss squash together with vinegar, salt and pepper, nuts, apples and pomegranate seeds.

