



Tucson Community Supported Agriculture

Newsletter 560 ~ October 17, 2016 ~ Online at www.TucsonCSA.org

Fall 2016

Harvest list is online

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**Many more recipes
on our website**

Lamb Shares and Turkeys

We're taking deposits for lamb shares until Oct. 19 and Thanksgiving turkeys until Nov. 9.

Black Mesa Ranch Candies

Coming mid-November, Black Mesa Ranch's line of seasonal candies will be available at the CSA in time for Thanksgiving. They will include their Chocolate Truffles, Vanilla Bean Caramels, Barks, Rubbles, Toffees, Fudge, Cajeta (Dulce de Leche) and more!

Black Mesa Ranch is shooting for availability in the second week of November but it depends on whether the weather cooperates—it must cool off enough to temper and ship the chocolate.

We will carry BMR's candies until Valentine's Day.

How to Pickle Cucumbers

It takes less than 30 minutes. You can also use this recipe as a template for pickling other vegetables such as okra, green beans and even carrots.

1 pound pickling cucumbers
2 garlic cloves, peeled and smashed
1 teaspoon dill seed
1/4 teaspoon red pepper flakes, optional
1/2 cup cider vinegar
1/2 cup water
1 tablespoon pickling salt or kosher salt

Prepare the cucumbers: Wash and dry the cucumbers. Trim away the blossom end of the cucumber, which contains enzymes that can lead to limp pickles. Leave the pickles whole, cut them into spears, or slice them into coins, as preferred.

Add the spices to a clean pint jar.

Pack the pickles into the jar: Trim the ends as needed so that there is at least a 1/2 inch space from the top of the cucumber to the top of the jar. Pack them in as tightly as you can without smashing them.

Bring the pickling brine to a boil: Combine the vinegar, water and salt in a small saucepan over high heat. Bring to a rolling boil. Pour the brine over the pickles, filling the jar to within 1/2-inch of the top. You might not use all the brine.

Remove air bubbles: Gently tap the jars against the counter a few times to remove all the air bubbles. Top off with more pickling brine if necessary.

Tighten the lids: Place the lids over the jars and screw on the rings until tight.

Cool and refrigerate: Let the jars cool to room temperature. Store the pickles in the fridge. The pickles will improve with flavor as they age — try to wait at least 48 hours before cracking them open.

Apples

Apple season is coming to an end at Sleeping Frog Farms and they are sending us a double share again this Wednesday. You might get:



Sweet Red Delicious, Granny Smith, Golden Delicious or Golden Blush (as shown above in the same order).

Braised Mustards and Garlic

Grill these tomatoes together with onions for a tasty burger topping. Or try them on a sandwich, together with the grilled pumpkin (with some goat cheese maybe!) for a vegetarian option.

2 large green tomatoes, sliced 1/2" thick

Any dark green, leafy vegetable will work with this basic preparation. We are using mustard greens here.

1 bunch mustard greens
1/2 tablespoon olive oil
1-3 cloves garlic, minced
Salt to taste
Lemon wedges

Wash greens thoroughly. Drain. Chop greens into 3-inch pieces. Heat oil in a large skillet. Sauté garlic for 2 minutes. Add greens to skillet.

Cover and cook over medium heat for 10 minutes (2-3 minutes only when greens if greens are young and tender), stirring once in a while to coat all the greens with garlic and oil. Sprinkle with salt. Serve with lemon wedges.

Okra and Roasted Green Chiles

Philippe, Tucson CSA

1/4 lb fresh okra
Olive oil
1 small onion, coarsely chopped
1 clove garlic, crushed
1 tomato, quartered
2 roasted green chiles, peeled, seeded and cut into half-inch segments
1 pinch salt
1/2 jalapeno, finely chopped, or a pinch of black pepper

Rinse okra in cold water and, important, dry it. Cut off stems without cutting into the pods.

Sauté onion in oil in a skillet over moderately high heat until golden, about 3 minutes.

Add other ingredients and cover. Simmer, stirring occasionally for about 10 minutes.

Serve with rice or noodles.

Tarte Tatin – As French as Apple Pie

Adapted from The New York Times

If you haven't had it, you're in for a treat! A French classic, Tarte Tatin is an upside-down apple pie, in which the apples are caramelized in butter and sugar before the tart is baked with the crust on top. It is particularly suited for apples that hold their shape while cooking, like Golden Delicious and Granny Smith apples. Legend has it that Tarte Tatin was created accidentally by restaurant owners sisters Tatin who tried to salvage a failed apple pie: their guests adored it and the rest is history.

With just four ingredients, Tarte Tatin all about the apples: the lovely taste and shape of the fruit are preserved by sugar and heat, with a buttery-salty crust underneath. It is typically made with puff pastry, but you can make with standard pastry also.

6 to 8 apples
6 tablespoons of butter (soft)
2/3 cup of granulated or light brown sugar
1 sheet of either standard pie crust or all-butter puff pastry crust (store-bought is fine)

Peel and quarter the apples.

Heat oven to 375°. Thickly coat the bottom of a 10-inch heavy ovenproof skillet, preferably nonstick metal, with butter. Sprinkle sugar evenly on top of the butter.

Arrange 2 quarters of apple in a circle at the center of the skillet to serve as the "button." Arrange the remaining apple quarters, in concentric circles around the button. Keep the pieces close together so that they support one another. They will look like the petals of a flower.

On a floured surface, roll out the pastry about 1/8-inch thick. Place an upside-down bowl or pan on the pastry and use the tip of a sharp knife to cut out a circle about the same size as the top of your skillet. Lift out the circle and drape gently over the apples. Use your fingers to tuck the pastry around the apple pieces, hugging them together firmly.

Place the skillet on the stovetop over medium heat until golden-brown juice begins to bubble around the edges, 3 minutes (if the juices keep rising, spoon out as needed to remain level with pastry). If necessary, raise the heat so that the juices are at a boil. Keep cooking until the juices are turning darker brown and smell caramelized, no longer than 10 minutes more.

Transfer skillet to the oven and bake 45 to 50 minutes, until puff pastry is browned and firm.

Let cool 5 minutes, then carefully turn out onto a round serving plate. (Or, if not serving immediately, let cool completely in the pan; when ready to serve, rewarm for 15 minutes in a 350° oven before turning out.) If any apples remain stuck in the pan, gently use your fingers or a spatula to retrieve them, and rearrange on the pastry shell. Cut in wedges and serve warm with heavy cream, crème fraîche or vanilla ice cream.

