



Tucson Community Supported Agriculture

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Fall 2016

Harvest list is online

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Thanksgiving Turkeys

This week is the last week for ordering a Thanksgiving turkey. They are \$4.50 per pound. A \$20 deposit is required.

Turkey sizes will be back to normal this year (between 14 and 20 lbs, with maybe a few outliers). Last year they were small overall because they all turned out to be hens. This year Josh has a mix of hens and toms again. Toms are usually about 5 lbs heavier than hens.

Turkeys will be ready for pickup next week (Nov. 15 & 16). They will be frozen and include giblets.

Wednesday Harvest List

We did not get the Sleeping Frog Farms' harvest list in time for the production of week's newsletter. Cell phone coverage at the farm is very spotty and can result in us not getting their harvest list in time. Luckily some of the recipes apply to both pickup days.

Red and Green

(And no, we're not talking about Christmas!)

We'll have both red and green tomatoes in our shares in the coming weeks so here's a little breakdown about the difference between these.

First of all, the difference between them is mainly maturity. Green tomatoes are simply younger fruits that haven't spent enough time on the vine to ripen fully. This gives them a more tart taste and firmer texture. These

qualities help make them ideal candidates for frying - hence the quintessential Southern treat: fried green tomatoes. Green tomatoes crop up in dinners and BBQs in rural areas especially because, when that first frost comes along, there's often a lot of unripe tomatoes left on the tomato plants. Instead of letting them go to waste, folks know it's much better to 'make lemonade out of lemons' by frying them up into a tasty treat!



Red tomatoes of course are the belle of the nightshade ball with their deep color and juicy texture. What's interesting is that even though you would think its richer color would indicate higher levels of certain nutrients (many times a vegetable or fruit's color results from high amounts of certain antioxidants or phytochemicals), in this case there are only a few nutritional differences between them.

One surprising similarity is the level of beta-carotene. This antioxidant is visually obvious in the rich redness of ripe tomatoes, but it turns out green tomatoes have similar levels. Researchers believe that it is the heightened amount of chlorophyll in the younger fruit which obscures the color of the beta-carotene.

An interesting difference in the nutritional content of the two is that green tomatoes have almost THREE times the calcium of red ones. On the other hand, reds have more folate than their green counterparts. But overall when it comes to nutrition it's a case of you say "tomato" and I say "tom-ah-to" (honestly, does anybody every *really* say "tom-ah-to"? But I digress...)

By the way, there are ways to make your green tomatoes continue their growth process enough to change color even after you get them home. Leave it in a paper bag on the counter. The fruits produce a gas called ethylene and when contained in a paper bag, the gas is trapped and infuses the inside of the tomato itself which triggers various reactions and will make your green tomatoes red pretty soon. Go ahead and throw in any unripe apples, pears or bananas if they need a little "growth spurt"!

In the end, especially during this election season, let's just embrace all the colors of our produce - for they all have their roles to play in our kitchens!

Linguine with Arugula, Pine Nuts and Parmesan Cheese

Phoenix SW Valley CSA

1 pound linguine
1/2 cup olive oil
1 share arugula, trimmed (or Asian greens)
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
Additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately.

Bulgur and Chickpeas with Greek Vegetable Trio

Paula Redinger, Tucson CSA

Whole grains, legumes, and a large proportion of veggies make a healthy tasty meal!

For each serving:

1 cup cooked bulgur wheat
1/2 cup cooked chickpeas
1-2 cups "Greek Vegetable Trio" (mix of roughly chopped tomato, cucumber, onion)
Fresh herb of your choice (parsley, mint, cilantro, oregano...)
Feta cheese (optional)

Briefly warm the bulgur and chickpeas in the microwave, or serve at room temperature. Combine all the ingredients with the dressing below, or combine bulgur, chickpeas and dressing, then top with veggies, feta and herbs.

Dressing – mix together the following according to your taste:

Olive oil
Lemon juice – or vinegar if no lemons are handy
Chickpea cooking liquid, unless you have used canned chickpeas
Tahini – just a touch, or omit if you do not have any on hand
Garlic – minced then mashed
Salt
Pepper
Chile flakes

Panzanella

Sara Jones, Tucson CSA

You can use a variety of different summer vegetables in this dish but tomatoes are essential! Add melon and or tomatillo to the mix for more color and flavor.

2 to 3 mixed red and green tomatoes, cut into wedges
1 medium cucumber, cut into half moons
2-3 green onions, roughly chopped
2 to 3 cloves garlic, minced

3 slices stale bread, cut into cubes
1 teaspoon paprika
1 teaspoon ground oregano
1 teaspoon thyme
2 tablespoon olive oil
1 tablespoon vinegar or lemon juice
Salt and pepper to taste

Mix vegetables together, drizzle with the vinegar, one tablespoon of the oil and a pinch of salt and pepper. Heat the remaining one tablespoon of oil in a large skillet over medium high heat. Add bread cubes to skillet and stir to coat with oil. Sprinkle bread with herbs and spices, and cook, stirring occasionally until crispy and beginning to brown. Add hot bread directly to vegetables and toss to combine. Serve at room temperature.

Piperade and Eggs Piperade - New

Philippe, Tucson CSA

A great way to use fresh Anaheims and green chiles. With a bit of luck you still have some in your refrigerator. This traditional Basque dish also calls for "piment d'Espelette" (a local Basque pepper) to spice it up, but you can use any spicy local chile such as as Jalapeño or Serrano, or even Habañero if you like it hot. However, if the green chiles are spicy to begin with, you can omit the extra spicy chile.

Basque Country is a region that straddles France and Spain across the western Pyrenees mountains along the Bay of Biscay. It is reputed for its language which is unrelated to any other known language.

5 green chiles or 3 green bell peppers (or a combination), seeds removed, chopped
2 tomatoes, diced
1 onion, chopped
2 cloves garlic, minced
1 Jalapeño or Serrano chile, finely chopped (or 2 teaspoons of dry chile flakes)
2 tablespoon olive oil
Salt

Heat oil in a skillet over medium high heat. Add green chiles or belle beppers and onions. Sauté for about 5 minutes until onions are translucent. Add garlic and Jalapeño and sauté for another minute. Add tomatoes. Add salt to taste. Reduce heat to medium and cover. Cook for another 10 minutes. Serve with a baguette. Piperade is often served with scrambled eggs.

Eggs can also be included in it as in the following recipe.

Eggs Piperade

Instead of having the eggs on the side as above, one variation is to include the eggs in the piperade, as in the style of a Spanish tortilla. Once the piperade is cooked, compact it with a spatula and pour 4 beaten eggs evenly over it. Cover, and cook for another 5-10 minutes or until the beaten eggs have set. Cut in wedges and serve with sliced baguette. It can be served hot or cold. It makes a great picnic dish.