



# *Tucson Community Supported Agriculture*

Newsletter 566 ~ November 28, 2016 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

**Fall 2016**

**Harvest list is online**

### **The Back Page**

Spaghetti Squash with Pesto Sauce  
Easiest Greens in Tortillas  
Zesty Daikon Salad  
Spaghetti Squash Coleslaw  
Korean Radish Salad

**Many more recipes  
on our website**

### **ANNUAL HOLIDAYS**

We will be closed for the last two weeks of December.

There is no need to put your subscription on Delivery Hold for those 2 weeks.

### **CALL FOR BAGS**

We are low on used bags. Please consider donating your used paper and plastic grocery bags to us. Standard-size, clean grocery store bags only please!

We also take used egg cartons, and most importantly, we would love to have those little green plastic berry baskets back. They cost 10 cents each, so you help the farmers by bringing them back to us and you also keep them out of the trash: they can be re-used many, many times over.



Please place used bags, eggs cartons and baskets in the milk crate by the check-in table.

## **Oranges Are Not What They Seem**



Did you know that oranges are usually green and were not named for their color. So, why are they called orange, why are they green, and what makes them orange?

It is suspected that the orange got its name from the Sanskrit word for fragrant – Naranja. Even though, the flesh of an orange is orange, its skin is green, at least in warm climates.

Unlike many fruits which are harvested unripe/green and left to ripen during storage and transport, oranges are generally harvested when ripe and, yes, green.

Most green oranges are perfectly ripe and need no more ripening. They are green simply because their skin is full of chlorophyll. It is only when the fruit is exposed to cold that the chlorophyll dies off and the orange pigments show. In tropical countries, oranges actually stay green all year round. In the U.S., oranges that are picked during the early spring or in late fall turn orange all on their own. Those that see the hottest parts of summer stay green. There are only two ways to turn a green orange orange: exposed it to cold temperatures or gas it with ethylene (both of which break down chlorophyll), the latter of which is what most orange distributors do.

In Tucson we are lucky: it gets cold enough during winter for oranges to turn orange naturally.

## **The Meyer Lemon**



*Citrus × meyeri*, the Meyer lemon, is a citrus fruit native to China thought to be a cross between a true lemon and either a mandarin or common orange.

The Meyer lemon is commonly grown in China in garden pots as an ornamental tree. It was introduced to the United States in 1908 and by the mid-1940s it was widely grown in California as a food item. At that time it was discovered that the majority of Meyer lemon trees being cloned were symptomless carriers of the *Citrus tristeza* virus, a

virus which had killed millions of citrus trees all over the world and rendered other millions useless for production. After this finding, most of the Meyer lemon trees in the United States were destroyed to save other citrus trees. A virus-free type of Meyer lemon tree was found in the 1950s and was released and distributed as the 'Improved Meyer lemon.'

What made the Meyer lemon the super star it is today was its “rediscovery” by chefs such as Alice Waters at Chez Panisse in the 1990s. Its popularity climbed even further when Martha Stewart began featuring it in her recipes.

The Meyer lemon fruit is yellow and rounder than a true lemon. The skin is fragrant and thin, colored a deep yellow with a slight orange tint when ripe. Meyer lemon fruits have a sweeter, less acidic flavor than the more common lemon varieties. Their pulp is a dark yellow than common lemons.

## Spaghetti Squash with Pesto Sauce

Philippe Waterinckx, Tucson CSA

- 1 spaghetti squash
- 1 bag basil, large stems removed
- 2 cloves garlic
- 1 tablespoon oil
- 1 large handful toasted walnuts, roughly chopped
- Parmesan or Romano cheese, grated (optional)
- 1 package pasta, cooked

Cut squash in half lengthwise and scoop out seeds. Boil or steam for 30 minutes or until tender. Using a fork, scrape pulp out of the shells and break it apart, making it look like spaghetti. Set empty shells aside. Toss basil, garlic, oil and half of walnuts into a food processor and pulse until well blended. Heat a small amount of oil in a skillet over high heat and fry squash until beginning to brown. Toss squash together with pesto, pasta and remaining nuts. Place back in the empty shells. Serve sprinkled with cheese.

## Easiest Greens in Tortillas

Sara Jones, Tucson CSA

An Asian chile paste tastes best with these tacos, but you can use any kind of salsa or hot sauce to spice the greens, too.

- 2 huge handfuls of greens, cleaned and roughly chopped
- 1-2 cloves garlic, minced
- 2 teaspoons oil
- Chile paste, to taste
- 2-3 roasted chiles, peeled, seeded and cut into strips
- Mild, fresh cheese, if desired
- 4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and chiles and sprinkle with cheese if using.

## Zesty Daikon Salad

From Phoenix CSA

- 2 cups peeled and thinly sliced daikon
- 1/2 cup thinly sliced mild onion
- 1 cup peeled and chopped apple
- Juice of half meyer lemon

Mix all ingredients together and enjoy. This is incredibly clean and fresh tasting, and is a great accompaniment to more earthy foods. For a sweeter taste, replace the lime juice with orange juice.

## Spaghetti Squash Coleslaw

Sara Jones, Tucson CSA

How about using leftover, cooked Spaghetti Squash in a salad rather than a cooked dish? Because of its nice shredded texture, it works well in coleslaw recipes. Use it in your favorite coleslaw recipe or try this.

- 2 cups cooked spaghetti squash, strands teased apart
- 2 large handfuls arugula, cleaned and finely chopped
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1/4 cup toasted pecans, chopped
- 1/4 cup dried fruit (preferably cherries or raisins), rehydrated for 15 minutes in warm water
- 1/4 crumbled blue cheese or goat cheese
- Salt and pepper, to taste

Gently toss squash and arugula with oil, vinegar and a bit of salt and pepper. Top individual servings with a sprinkling of nuts, fruit and cheese.

## Korean Radish Salad

Amy Valdez Schwemm, adapted from

<http://www.maangchi.com/recipe/musaengchae>

This recipe works well with large radishes, such as daikon radishes or black Spanish radishes, but small radishes work also.

- 1 pound grated radishes
- 1 teaspoon salt
- 2 cloves garlic, minced
- 1 green onion, chopped
- 1 tablespoon vinegar
- 2 teaspoons chile flakes
- 2 teaspoons sugar
- 1 teaspoon sesame seed

Grate radishes into a bowl (or cut into matchsticks). Add salt and let rest for 5 minutes. Squeeze out excess moisture. Add remaining ingredients and mix well. Delicious served with grilled meat and rice.

Note: it's even better the day after!