



# *Tucson Community Supported Agriculture*

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**Fall 2016**

**Harvest list is online**

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**Many more recipes  
on our website**

### **Last Cheese Shares**

It is the end of the cheese shares for this year. Most of the goat milk will soon go to the baby goats who are about to be born.

We will still get some cheese from Black Mesa Ranch, but not cheese shares.

Cheese shares will resume in the Spring.

### **Happy Holidays!**

Reminder! We will be closed during the last two weeks of December. This week is the last pickup week of 2016. Pickups will resume on January 3<sup>rd</sup> and 4<sup>th</sup>.

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

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May your holidays be filled with joy and wonderful foods!

## **Lil' Pump-Ke-Mon Pumpkins**



As many of you know, Farmer Frank from Crooked Sky Farms loves to experiment with unusual and interesting vegetables. This year he grew these cute lil' pump-ke-mon pumpkins. They're a hybrid, not an heirloom pumpkin, but they're so much fun! And they are so pretty that you can actually have your pumpkins and eat them too. With their white-beige skin, orange stripes and mottled green specks, they are perfect for holiday decorations. But they are also

very edible: you can bake them, steam them, purée them and basically prepare them like any other pumpkin or winter squash. They're not particularly sweet though, unlike pie pumpkins, so they are best used in savory recipes.

Another thing you can do is to turn them into serving vessels: cut around the stem as if you were preparing a jack-o-lantern, scoop out the seed cavity, and use the hollow interior as a soup bowl or as a container for dip.

One of our favorite ways to prepare them is stuff them. Cut out the top and scoop out the seed cavity as above, stuff them with the stuffing of your choice (we like a nicely seasoned ground pork or rice with winter greens mix) and bake them! They make nice individual servings.

## **Jerusalem Artichokes, aka Sunchoke**



Sleeping Frog Farms successfully grew Jerusalem artichokes this season and we are happy for it because we have not had them very often over the years.

The Jerusalem artichoke (*Helianthus tuberosus*), also called sunchoke, is a species of sunflower native to –no no, not Israel, but eastern North America. It is cultivated for its tuber, which is used as a root vegetable.

Despite its name, the Jerusalem artichoke has no connection to Jerusalem and almost no connection to artichokes (they are only distantly related as members of the daisy family). The origin of the "Jerusalem" part of the name is uncertain, but the most accepted theory is that Italian settlers in the United States called the plant girasole, the Italian word for sunflower, because of its resemblance to the garden variety of sunflower of which it is a close relative. Over time, the name girasole (pronounced DJEE-rah-SO-lay in Italian) may have been corrupted into Jerusalem. The artichoke part of the name comes from the taste of its edible tuber: the French explorer Samuel de Champlain sent the first samples of the plant to France, noting that its taste was somewhat similar to that of an artichoke heart.

They are very easy to cultivate and are sometimes used as a substitute for potatoes: they have a similar texture, but a sweeter, nuttier flavor. Raw and sliced thinly, they have a fresh, crisp texture and are fit for a salad. They have a tendency to become soft and mushy if boiled, but they retain their texture better when steamed or roasted. They do not need to be peeled: a gentle scrubbing under water will do.

**Risotto with Greens**

Philippe, Tucson CSA

Any leafy greens would do well in this recipe, with slight flavor differences with each. Some people stir-fry or boil the greens separately. I like to add them directly to the rice to preserve their full flavor.

1 bunch (or bag) greens, finely chopped  
1 cup arborio rice  
1 cup dry mushrooms  
1 onion, finely chopped  
2 cloves garlic, minced  
2 tablespoons olive oil  
2 cups vegetable or chicken stock, heated  
1 teaspoon thyme  
1/2 cup grated Parmesan  
Salt and pepper (or dried chile flakes) to taste

Serves 2

Place dried mushrooms in a bowl, cover them with 1 cup of boiling water and soak for 5 minutes. Drain but reserve the drained water. In a skillet, heat oil to medium hot and sauté mushrooms and onions until onions are translucent, about 5 minutes. Add rice and stir. When rice is hot, add 1/4 cup reserved mushroom water. Add thyme and garlic. Stir gently and continuously until liquid is almost absorbed. Repeat the process, 1/4 cup at a time, with the rest of the mushroom water and heated stock, stirring the rice continuously. The rice should be kept at a mild simmer throughout this process which will take about 20 minutes. Add more stock if necessary. Never let the rice dry entirely, nor make it swim in stock. When the rice is almost cooked (it should still be al dente), fold the greens into the rice. Add a little more stock if the mixture becomes too dry. Continue to stir until the greens are cooked (another 5 to 10 minutes, depending on the greens). At that point, the rice should be soft and ready. Add grated Parmesan and salt and pepper to taste.

**Sunchoke Purée -new**

Sara Jones, Tucson CSA

This purée can be served with a number of grilled or roasted fish or meat dishes. Garnish with fresh herbs for brightness.

1 pound sunchokes, scrubbed clean and chopped into 1" pieces  
2 cloves garlic  
½ cup heavy cream  
¾ -1 cup vegetable or chicken broth  
Salt and freshly ground pepper, to taste

In a heavy saucepan bring ¾ cup broth and ½ cup heavy cream to a low simmer. Add sunchokes and garlic, cover and cook for about 30 minutes until sunchokes are tender throughout. Cool slightly and add ingredients to a blender or food processor, adding additional broth if needed to get desired consistency. Season with salt and pepper.

**Italian Greens**

Sara Jones, Tucson CSA

½ yellow onion, chopped  
1 bell pepper, chopped  
½ can stewed tomatoes  
3 cloves garlic  
1 bunch greens, washed and roughly chopped  
¼ cup chopped olives and/or capers  
2 or more tablespoons goat cheese  
Red pepper flakes, to taste  
1 tablespoon olive oil  
Salt and pepper to taste  
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and pepper and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or cooked wheat berries.

**Stuffed Mini-Pumpkins -new**

Philippe, Tucson CSA

4 mini-pumpkins, preferably the white varieties  
2 tablespoons oil or butter  
1 onion, chopped  
2 garlic cloves, minced  
1 bunch winter greens, finely chopped  
1 cup cooked rice  
⅔ cups shredded Cheddar cheese  
¼ cup pine nuts, toasted  
¼ teaspoon ground nutmeg  
¼ teaspoon red pepper flakes  
¼ cup heavy cream  
Salt and pepper to taste

Pre-heat oven to 350°.

Cut out the top of each pumpkin and scoop out the seed cavity. In a medium hot frying pan, sauté onions in oil or butter until translucent. Add the garlic and sauté for another minute. Add the greens and cook until they start to wilt, about 3 or 4 minutes. Remove from heat. Add the lemon juice, rice, cheese, pine nuts, nutmeg, red pepper flakes, and salt and pepper. Mix well, then stir in the cream.

Divide the filling among the pumpkins and replace the tops. Place them in an oiled baking dish and bake for 1 hour. Make sure the tops don't get brown (if the tops do get brown, remove them). After 1 hour, test the pumpkins with a toothpick. If the skin doesn't pierce easily, remove the tops and bake for another 15 to 20 minutes. Replace the tops and serve hot.