**Summer 2017**

**Harvest lists are online**

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on our website**

**Josh Beef Shares Are Ready**

Josh's grass-fed and grass-finished beef shares are ready!

It turned out to be a fairly large steer, so we were able to make a few extra shares out of it, which are up for grabs.

We are also selling beef bones at $1 per pound. They are great for dog treats and for making beef stock.

**Roasted Green Chiles in Bulk**

From Crooked Sky Farms! They are freshly roasted just before they get here.

You can chose Mild or Medium spiciness.

Available from mid September until about mid October. However, we never know how long we will have them because it very much depends on the weather. So the earlier you order them, the better.

Organic roasted chiles typically sell for $4 to $5 per pound. Farmer Frank is giving CSA members a special bulk deal:

**$50 per 25 pound bag ($2/lb)**

To order, come to the front desk. All orders are prepaid.

Notes: weight listed is fresh weight, i.e. before roasting. There is 15-20% weight loss during roasting.

## Meanwhile, Back At Josh's Farm

Many of you know or have met Josh. Josh supplies us with his amazing eggs. Josh started raising hens for their eggs when he was a young boy and he has gradually expanded his operation to include pasture-raised beef, pork, lamb, and meat birds (chickens and turkeys). Josh raises his animals in humane and sustainable ways.

We drive to Josh's farms in Cochise County every other week to get over 2,000 eggs. Although it is a 200-mile round-trip, it doesn't use fossil fuels, because we use our electric car who is powered by our solar panels. Every time we see Josh's farm we are amazed by how healthy and happy his animals are. His are eggs from hens that live in ideal conditions: free roaming on irrigated pastures, benefitting from a perfect diet of fresh grasses, greens and bugs, plus a balanced mix of locally-grown GMO-free grains. Those of you who have tasted those eggs know that once you are used to Josh'eggs there is no going back to store-bought eggs.

Josh's hens live in mobile 1/3 acre fenced pastures. The fence is moved every week to a new spot, so the chickens always have access to fresh greens and bugs. In the fenced pasture is a chicken tractor, i.e. a mobile shaded structure on wheels which houses the feed troughs and the nest boxes (where the hens lay their eggs). The hens like to spend a lot of their time under the shade structure because it provides, well, shade, and so it is moved every day to a different location within the fenced pasture, so that the hens are always surrounded with fresh grasses. The fences are electrified to ward off predators.

The turkeys are raised in the same conditions. Next week, we will start taking orders for Josh's Thanksgiving turkeys. If you want to see the turkeys in motion, check out our 13-second video on our our page on Facebook. The video and these pictures were taken on our trip to Josh's farm on August 15.

Here is an excerpt from Josh's website, Chiricahua Pasture-Raised Meats, www.cprmeats.com:

Chiricahua Pasture Raised Meats is located in Kansas Settlement, Arizona in the Sulphur Springs Valley along the western edge of the Chiricahua Mountains. This is a high desert habitat with an elevation of approximately 4200 feet. We enjoy four distinct seasons here with temperatures topping out around 105 degrees in the summer and falling to the low 20s in the winter.

Our theme is to produce high quality meat and eggs in an ecologically sound, healthy, sustainable manner. Our beef and lamb is grass fed to finish and our chickens, turkeys, and pigs are raised on irrigated pasture and also fed non-GMO grain.

## Agua Fresca de Sandia (Watermelon drink)
Philippe, Tucson CSA

1/4 large watermelon
1/4 cup mint or basil leaves (optional)
1 cup water
the juice from 2 limes or lemons
up to 1/2 cup simple syrup (2 tablespoons sugar dissolved in 1/2 cup of hot water) optional

Note: instead of fresh citrus juice and simple syrup, you can use ¼ cup frozen juice concentrate (such as Minute Maid) dissolved in 1 cup of water.

Remove rind and cut watermelon flesh into cubes. Place watermelon cubes and mint in a blender with 1 cup of water and blend until the seeds have broken down. Note: you can remove the seeds beforehand if you prefer, but blending the seeds with the flesh gives the drink a pleasant slightly creamy texture. Pour the obtained juice into a pitcher, through a strainer. Add citrus juice, simple syrup, and stir. Chill in the refrigerator for 1 hour before serving in glasses with some ice cubes.

Note: the pulp will separate and sink to the bottom after a while; that's ok, most people prefer to drink the clear liquid only. Best if consumed within 2 days.

## Pear Clafouti
Ina Gartner, Barefoot in Paris

1 tablespoon unsalted butter, at room temperature
1/3 cup plus 1 tablespoon granulated sugar
3 extra-large eggs, at room temperature
6 tablespoons all-purpose flour
1 1/2 cups heavy cream
2 teaspoons pure vanilla extract
1 teaspoon grated lemon zest (2 lemons)
1/4 teaspoon kosher salt
2 tablespoons pear brandy (recommended: PoireWilliam)
2 to 3 firm but ripe Bartlett pears
Confectioners' sugar

Preheat the oven to 375º F. Butter a 10 by 3 by 1 1/2-inch round baking dish and sprinkle the bottom and sides with 1 tablespoon of the granulated sugar. Beat the eggs and the 1/3 cup of granulated sugar in the bowl of an electric mixer fitted with the paddle attachment on medium high speed until light and fluffy, about 3 minutes. On low speed, mix in the flour, cream, vanilla extract, lemon zest, salt, and pear brandy. Set aside for 10 minutes. Meanwhile, peel, quarter, core, and slice the pears. slightly fanned out, in the baking dish. Pour the batter over the pears and bake until the top is golden brown and the custard is firm, 35 to 40 minutes. Serve warm or at room temperature, sprinkled with confectioners' sugar, and creme fraiche.

## Roasted Chile & Cumin Cornbread
Ms. Dallas Scott, Tucson CSA

In a large bowl mix together:
6 eggs
1/2 cup melted butter, ghee (a nice nutty flavor), earth balance or oil
1/3 cup agave or honey
3, or about 1/2 cup roasted chiles, skinned (the black parts and skin should slip right off), seeded and diced
1 teaspoon vanilla
1 teaspoon toasted cumin seed (place in a sauté pan, shake the pan back and forth keeping the seeds moving until it their aroma begins to come out)

In another bowl whisk together:
1/3 cup cornflour & polenta -mixed 50/50
1/4 cup coconut flour or regular flour
3/4 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon xanthan gum (omit if using regular flour)

Whisk dry mixture into the wet mixture until there are no lumps remaining. Butter a square 8X8" pan. Bake at 400°F for 15-20 minutes or until a light golden color. Let cool 5 minutes before cutting.

## Miso Sesame Eggplant Pasta
Sara Jones, Tucson CSA

Dice large eggplant into medium size squares, or cut long, skinny eggplant into coins. Add grated ginger and/or chili flakes
if you like.

1 onion sliced thinly
2 medium or 1 large eggplant
1 tablespoon neutral oil
1 tablespoon miso
2 tablespoons rice wine vinegar
1 dash soy sauce
1 teaspoon toasted sesame oil
1 teaspoon sugar or honey (optional)
1 package soba or spaghetti noodles

For eggplant: Heat 2 oil in a skillet over medium high heat. Add onion and eggplant and stir to coat with oil. Cook for about 5 minutes, stirring occasionally until eggplant is browned in spots. Mix vinegar, miso, soy sauce, sesame oil and sugar together, thinning with about 1 tablespoon water. Pour sauce over vegetables, reduce heat to medium low, cover pan and cook until tender. Add water as needed to keep vegetables from drying out or sticking. When eggplant is tender toss together with noodles and garnish with sesame seeds to serve.