



Tucson Community Supported Agriculture

Newsletter 609 ~ October 23, 2017 ~ Online at www.TucsonCSA.org

Fall 2017

Harvest lists are online

The Back Page Recipes

Eggplant Pasta in Yogurt Mint Sauce

Savory Southwest Spaghetti Squash Kugel

Frittata with Spring Greens

Many more recipes on our website

Josh's Lamb Shares

Lamb shares are ready for pickup.

Changing A Subscription

To make changes to your subscription, go to our homepage and click on [Manage Account](#) to access your online CSA account.

Things you can do: changing your pickup day or location; adding or removing shares; placing your subscription on hold.

Notes:

– Pickup day changes can only be made on Thursdays and Fridays.

– Subscription changes can be made from the day after your pickup until midnight Friday.

- You must keep a minimum of 1 produce share or 1 bread share.

- Holds can be placed at any time but must be placed by midnight Friday if one is to take effect the following week.

– You will receive an automatic e-mail confirming your change. Do verify that your change is what you intended.

– Adding a share does not require additional payment: your CSA account will simply run out of funds sooner.

Likewise, if you remove a share, you won't be reimbursed, but your credit will last longer.

Cantaloupes and Community Supported Agriculture



We so often use the acronym C.S.A. what we could be forgiven for forgetting for it actually stands for. It means that we, as a community of members, are with full intent supporting our small, local, organic farms. This notion of “support” has been driven home over the past few weeks, reminding us all of what it means to be a CSA member of a CSA farm.

Over the past month or so Sleeping Frog Farms has suffered a severe infestation of grasshoppers: the voracious critters have destroyed several crops and damaged others. As an organic farm, there isn't much you can do about grasshoppers. You did see some produce that was affected cosmetically: the cantaloupes. While some members rightly commented how ugly the cantaloupes were this year, other members have said that they've never had cantaloupes that tasted so good! A true case of beauty being on the inside!

What happened? The grasshoppers grazed on the outer skin of the cantaloupes, making them really unsightly, but the wonderful thing is that outer damage did not affect their flavor. Other than the cosmetic damage, the only other negative consequence was the cantaloupes had to be harvested earlier to prevent them from drying out, as their thinner skin made them more vulnerable to drying or spoiling. In some cases you had to leave your cantaloupe on your countertop for it to ripen a little bit.

The point to take away from this is that, if Sleeping Frog didn't have a CSA, they would have lost their cantaloupes in addition to some of their other crops. While some crops vanished entirely or were just too damaged, the crop of cantaloupes was still good enough to be eaten, but not good enough to be sold at markets. But because we, CSA members, pledge to support our farm during hard times, we took in those otherwise fine cantaloupes and in doing so helped the farm during an economic downturn. By the same token, we also benefit from bumper crops and good times at the farm, such as in the current abundance of apples.

So, thank you for supporting your farm and helping it through hard times. A CSA, well, a Community Supported Agriculture is a wonderful thing. Isn't it?

A New Pickup Location: Watershed Management Group

This week we are opening a new pickup location: the Watershed Management Group (WMG) on Speedway and Dodge. We have known the good folks at WMG for many, many years and we have decided to join forces and share resources. WMG has operated its own little CSA with Sleeping Frog Farms for a while and it only made sense for us to work together since we both work with Sleeping Frog.

The WMG pickups will be on Wednesday from 4 to 7 pm. Produce shares will be provided by Sleeping Frog Farms and occasionally supplemented with Crooked Sky Farms produce, as in this week's Crooked Sky Farms eggplant and pinto beans which are part of the Wednesday shares.

The WMG pickup will have the same share subscriptions as the Historic Y pickup: produce shares, bread shares, cheese shares and sprouts shares. At this point the WMG pickup will not offer non-subscription goodies such as what is available at the Historic Y store. This may change in the future, but hey, we've got to start somewhere, right?

Eggplant Pasta in Yogurt Mint Sauce

Sara Jones, Tucson CSA

This recipe is adapted from a simple Turkish dish of grilled eggplant topped with yogurt sauce. If you can, try grilling the eggplant for a richer, smoky flavor. Many recipes also add ground beef or lamb to the dish, or you could add garbanzo beans to add protein.

1 large or 2-3 medium eggplant
1 teaspoon balsamic vinegar
1 tablespoon oil
1 cups plain yogurt
Juice from one lemon
2 cloves garlic, minced
1 tablespoon fresh mint, chopped
1 teaspoon chile flakes, optional
1 package pasta, cooked and drained
Salt and pepper to taste

Prepare the yogurt sauce first, up to a day ahead of time. Stir together yogurt, lemon juice, garlic, and about half the mint, and chile flakes if using. Set aside. While pasta is boiling, prepare eggplant. If you are going to grill the eggplant, slice it in lengthwise strips and marinate briefly in oil, vinegar and salt and pepper. Grill over hot coals until browned on both sides. Chop into bite size pieces and proceed with recipe. To cook on the stovetop, heat oil in a large skillet and add chopped eggplant. Stir to coat in oil, then cover and cook, stirring occasionally, until beginning to soften and brown. Mix vinegar with about 1 tablespoon of water and pour over eggplant. Cover and let steam until completely cooked through. In a large bowl toss together cooked pasta, eggplant and yogurt sauce. Serve sprinkled with remaining mint.

Frittata with Spring Greens

Sara Jones, Tucson CSA

Frittatas are endlessly adaptable and are perfect for using up random greens.

5 eggs
1/4 cup milk
2 tablespoons flour
1/4 onion, thinly sliced
3-4 chard stems, diced
1 large handful chard or other greens, roughly chopped
About 1 tablespoon olive oil
Salt and pepper to taste

Heat oil in a large skillet over medium high heat. Add onions and chard stems. Cook about 5 minutes, then add greens. Continue cooking, briefly, until greens are wilted. Remove from heat. In a medium size bowl, whisk together eggs, flour and milk. Stir cooked vegetables into mixture and season with salt and pepper. Pour mixture into well greased pie pan and bake in a 350 degree oven for about 15-20 minutes, until eggs are set.

Savory Southwest Spaghetti Squash Kugel

Amanda Shauger, Tucson CSA

The beautiful pump-ke-mons in our Tuesday share this week have a spaghetti squash like texture inside. There are actually a number of spaghetti squash recipes on line, but many are dessert recipes where spaghetti squash takes the place of noodles. I decided to adapt a parve potato kugel recipe. Latkes are made with a lot of oil to celebrate the miracle of the oil that kept the lamps fueled for 8 days. Kugel is delicious when made with lots of schmaltz (chicken fat), melted butter or oil.

1 pump-ke-mon squash, cut in half, de-seeded and roasted cut side down in olive oil
9 Local organic free range eggs
4 roasted green chiles, peeled and de-seeded and chopped
1 large onion, chopped and sautéed in olive oil
1/2 cup olive oil- seriously
1/4 cup flour (I used wheat but you could use any flour. Potato flour keeps it kosher for passover and gluten free.)
2 teaspoons aluminum free baking powder (Optional. This is a modern adaptation so the kugel is lighter and rises more.)
1 teaspoons of salt

In a separate bowl, whisk eggs, oil and salt together. Set aside.

When cool enough to handle, gently tease out the spaghetti squash fibers from the shell of the squash and place in large bowl. Combine squash with onions, chiles, flour and baking powder. Don't mangle the spaghetti squash too much. Thoroughly incorporate the egg mixture with the squash mixture. Place in a greased 9" x 13" pan and bake in a pre-heated oven at 325 degrees for about an hour or until the top and sides are nice and golden brown and the inside is soft and moist. Enjoy while steamy warm on a wintry night. Reheat a bit for hearty breakfast.