



# *Tucson Community Supported Agriculture*

*Newsletter 611 ~ November 6, 2017 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

Fall 2017

**Harvest lists are online**

**The Back Page Recipes**

Miso Sesame Sauce for  
Eggplant or Cold Cucumber  
Salad

Spaghetti Squash at It's Sweet  
Best

Braised Cabbage and Bacon on  
Pasta

Coconut Curried Squash and  
Greens Soup

**Many more recipes  
on our website**

**Thanksgiving Turkeys**

Thanksgiving seems to  
approaching so fast it might get  
here before you it's due!

Josh's Thanksgiving turkeys  
will be available for pickup  
next week: Tuesday, Nov. 14,  
and Wednesday, Nov. 15. If  
you ordered one, you can come  
pick it up on either of those  
days. You can also pick it up  
the week after: we will provide  
instructions for fast thawing!

Josh said that this year's  
turkeys are smaller than their  
last year counterparts. They  
average 16 lbs.

**New Pickup Location**

Our new pickup location at the  
Watershed Management Group  
(WVG) is open on Wednesday,  
from 4 to 7 pm.

Produce shares are provided by  
Sleeping Frog Farms and  
occasionally supplemented with  
Crooked Sky Farms produce.

It has the same share offerings  
as the Historic Y location:  
produce shares, bread shares,  
cheese shares and sprouts  
shares. However, since no store  
is available (yet) at the WVG  
pickup, cheese, eggs and meats  
are not available.

## **Tendergreen Mustards**



They come to us from Japan where they are called Komatsuna. They also go by Japanese Mustard Spinach, and also just tendergreens. You may be tempted to call them tender greens, but they really are tendergreens, in one word. That's right, no space between tender and greens. Instead of the space between tender and greens, imagine the space that would exist between spinach and mustard greens. That space would be filled with tendergreens. And indeed, this amazing mustard greens heirloom variety is more tender than mustard greens and just about as green. And it tastes like spinach, with a mild mustardy finish.

## **Spaghetti Squash: imagine a cinnamon and honey dessert instead of spaghetti!**

While many of us like to use spaghetti squash as a substitute for spaghetti, many don't. I, for example, prefer to use spaghetti squash in totally different ways. *Spaghetti Squash at It's Sweet Best*, is one excellent way to turn spaghetti squash into a really nice dessert. Check out the recipe on the back page!

Another favorite way is to use spaghetti squash to make fritters. Think about it: if you are going to make fritters or latkes, you will have to grate whatever vegetable you are going to make fritters from, be it turnips, summer squash, cabbage or potatoes. Well, with spaghetti squash half the work is already done since they come naturally grated. *Spaghetti Squash Latkes* are awesome. Check out our recipe on our website.

## **Sleeping Frog Farms Grasshoppers**



You may have spotted a small green grasshopper or two in your bag of arugula last Wednesday. There are many, many more of them, and bigger ones, at Sleeping Frog Farms, just in case you were wondering. Luckily there are already a lot fewer than there were initially, and once the night temperatures drop more significantly the grasshopper problem will go away.

*Grasshopper on cantaloupe at Sleeping Frog Farms - Image courtesy of Arizona daily Star*

Although there never is a good time to be plagued by grasshoppers, these came at a particularly vulnerable time for the farm, when the winter crops had recently been planted and were young and tender. Farmer Clay indicated that the grasshopper invasion set them back by over a month.

While Sleeping Frog farms deals with grasshoppers and the loss of crops, Crooked Sky Farms has pitched by providing some share items for the Wednesday pickup. This week they plan to provide winter squash, eggplant, winter greens and cucumbers to the Wednesday shares.

## Miso Sesame Sauce for Eggplant or Cold Cucumber Salad

Sara Jones, Tucson CSA

This miso dressing is versatile, but especially good with cucumbers or eggplant. This recipe is enough for about 2 medium cucumber or 2 medium eggplant. If you use eggplant for this recipe, dice them into medium size squares, for cucumbers, slice into coins or half moons.

2 teaspoons miso paste  
1 tablespoon rice wine vinegar  
1 teaspoon soy sauce  
1 teaspoon toasted sesame oil  
2 teaspoons honey (optional, especially tasty with eggplant!)  
Freshly grated ginger, minced garlic and red chile flakes to taste

Mix the sauce ingredients together, thinning with a bit of water if needed to make a thin dressing. Set aside. If you are cooking eggplant heat a generous splash of oil in a skillet over medium high heat. Add eggplant and stir to coat with oil. Cook for about 5 minutes, stirring once or twice. 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. Serve the eggplant over soba noodles and sprinkle with sesame seeds for the best presentation.

For a cucumber salad, pour about half the sauce over sliced cucumbers and toss well to coat. Taste for seasoning and add more sauce if needed. Garnish with sesame seeds before serving.

## Spaghetti Squash at It's Sweet Best

Ms. Dallas Scott, Tucson CSA

Spaghetti squash is more versatile than just a spaghetti substitute! Here it becomes a nice dessert or breakfast item.

1 spaghetti squash  
A few tablespoons butter, or coconut oil  
Cinnamon and/or ginger and nutmeg  
Agave nectar or honey  
Water

Halve your spaghetti squash and steam or bake for about 45 minutes, or until a fork can easily pierce the flesh and the insides come out easily. They should be tender, but still hold their snap when you bite 'em. Use a fork to scrape out strands of squash and toss immediately with butter, spices and sweetener. Serve warm.



## Braised Cabbage and Bacon on Pasta

This is a great way to use a whole bunch of greens or even two in one easy dish. You don't have to stick to just cabbage: you can use any leafy greens with this recipe. It works well with any mild, bitter or spicy greens, and you can use lots of them. Several slices bacon, chopped

1-2 bunches greens, cleaned and shredded  
Salt and Pepper  
1 pound of dry pasta  
Grated Parmesan

In a large skillet, sauté the bacon on medium heat until it begins to get crispy. Add the shredded greens. Toss until well mixed. Cover and braise for 15 minutes or so, stirring occasionally. Add salt and pepper to taste. Turn heat down to low once the greens are wilted. Meanwhile, cook pasta according to instruction on packets. Drain. Mix with greens. Serve in individual bowls and sprinkle with grated Parmesan.

Note: instead of bacon, you can use Italian, breakfast or plain ground pork sausage. If using plain ground pork, just season it a little more with your favorite spices and/or herbs.

## Coconut Curried Squash and Greens Soup

Sara Jones, Tucson CSA

Traditional Indians seasonings go especially well with winter squash. Use any curry mix you like for this recipe, or for a sweeter flavor use a garam masala, which uses spices like cinnamon and clove. I usually use a pre-mixed curry powder and then adjust it to my taste by adding more of the spices that I like best.

1 medium size winter squash, peeled and chopped into large chunks  
1 bunch cooking greens, chopped finely  
½ large onion, chopped  
¾ cup dry pink lentils  
2 tablespoons oil  
Garlic to taste  
About 1 tablespoon grated fresh ginger  
Curry spices; adjusted to your taste  
1 can coconut milk  
Salt and pepper to taste

In a large stock pan, heat oil and sauté onion, garlic and ginger for about 5 minutes, stirring frequently. Stir in chunks of squash with curry spices and lentils then cook for a few more minutes. Add about 2 quarts of water, bring to a boil. Cook over a medium low heat for about 15 minutes then add greens. Cook until lentils and squash are soft, about 10-15 more minutes. Add coconut milk and salt and pepper and cook for 5 more minutes. At this point you can either puree the soup and make it creamy and smooth, or leave it chunky.