



Tucson Community Supported Agriculture

Newsletter 651 ~ September 17, 2018 ~ Online at www.TucsonCSA.org

Summer 2018

Harvest lists are online.

Back Page Recipes

- Old Fashion Maine Mustard Pickles
- Tzatziki
- Green Chile Soup
- Apple Amaranth Parfait (New!)
- Sliced Cucumbers with Manchego

Find many more recipes on our website.

Pre-Order Your Thanksgiving Turkey!

We are starting to take orders for Josh's Thanksgiving turkeys. Like his beef, lamb, pork and chickens, Josh's turkeys are 100% pasture-raised. They feed mostly on grass but they also get supplemental local non-GMO grains. Being raised naturally, they are leaner and a more flavorful than the supermarket varieties. These are turkeys you can really feel good about serving to your family this holiday season.

Josh's turkeys cost \$4.50 per pound and typically weigh between 14 and 20 pounds, with a few outliers. Most of them weigh around 16 pounds. They are delivered frozen.

To reserve your turkey, pay a \$20 deposit (per bird) at the front desk. The remaining balance will be due when you pick up your turkey the week prior to Thanksgiving. We'll cap orders at 60 turkeys, after which we'll have a waitlist.

Happy Hens

Written by Shelby Thompson

"Come on, girls," Josh Koehn says tenderly as he coaxes his flock of heritage breed hens across a vast expanse of green pasture at the base of the Chiricahua Mountains. A son of farmers, Josh has been raising hens in Willcox since the age of 10, when he began caring for the family flock. "I've just always loved chickens," he says with a shrug. Ten years ago, after realizing that the cost of land and equipment would prohibit him from farming crops the way his parents did, Josh started Josh's Foraging Fowls, a small company that sells pastured eggs laid in Arizona.



The pastured (not to be confused with pasteurized) eggs from Josh's Foraging Fowls that we sell at Tucson CSA are some of the best eggs you can buy. Imagine the ideal of an egg: one laid from a hen that's lived her entire life grazing on open pasture, with a strong, light brown shell and a yolk as bright as a summer marigold. It's likely that many have never eaten an egg like

this because the majority of the eggs sold at grocery stores (even Whole Foods) are one of three kinds: conventional (laid from hens in stacked cages fed grain and GMO corn), cage-free (laid from hens living in compact hen houses fed grain and GMO corn), or organic (laid from caged or cage-free hens fed organic grain and corn). However, Josh's love for chickens has led him away from the methods used by conventional chicken farmers.

Josh's chicks arrive at his farm from a hatchery when they're one-day old. The chicks, of a French variety that grow slowly and thrive on pasture, are protected in an outdoor pen for the first two months of their life. From there, the hens are moved to pasture—acres of open land on which Josh grows seasonal oats, rye, turnips, and clover for his 1,200 hens to forage. Their diet is supplemented by non-GMO corn grown down the road by Josh's cousin. It isn't the vast views of the Chiricahua Mountains that make the hens so happy. "They just love to be out on pasture ... that's how you make the highest quality product and the chickens love it," Josh says. Both health and taste-wise, these eggs are superior to those laid by hens not raised on pasture. "Most of the benefits in grass-fed meats and eggs are in the fat," Josh says. Because of the diet and exercise that the birds receive, their eggs are higher in healthy fats like Omega-3s and conjugated linoleic acids. The eggs, with a deep-orange colored yolk, also taste richer than the conventional variety. To prepare the eggs for market, Josh washes them in a natural vinegar solution rather than the more traditional chlorine bath that most egg producers use.

Josh's farming practices necessitate higher prices than most people are accustomed to paying for eggs. "We as Americans spend less of our disposable income on food than probably any other culture ... and it comes at a cost," Josh explains. Spending the extra money to buy eggs from Josh's Foraging Fowls is to invest in a local company that's changing the way that eggs are produced. You can buy Josh's eggs at Tucson CSA every Tuesday and Wednesday.

Old Fashion Maine Mustard Pickles

Kristin Terpening, Tucson CSA

Here's a super easy recipe for slightly spicy, very crunchy pickles from a gal I worked with at a boatyard in Maine.

2 heaping tablespoons sugar
1 heaping tablespoon canning salt
1 heaping tablespoon dry mustard
apple cider vinegar- enough to fill quart jar packed with cucumbers 2/3 full
cold water- enough to top off quart jar of cucumbers
I also like to add at least a heaping tablespoon of chopped garlic or several individual cloves, and sometimes a red chile or two

Cut cukes into spears or thick hamburger chips. Pack into quart size jar. Add dry ingredients. Fill jar 2/3 with cider vinegar. Then add cold water to fill the jar to the brim. Shake well, and again shake jars every once in a while for the next 24 hrs or whenever you think of it. (If you keep them somewhere easily visible, just give 'em a shake everytime to pass by.) Since these aren't cooked or actually canned, it's best to keep them in the fridge for storage.

Tzatziki (Greek Yogurt Dip)

Philippe, Tucson CSA

2 cups Greek yogurt
1 small cucumber (approx. 1/2 lb), peeled, seeded and grated (or finely cut)
1 clove garlic, pressed
1 tablespoon olive oil
1 tablespoon fresh dill or mint, finely chopped
Optional – 1 cup verdolagas (chopped)
Salt and pepper to taste

Mix all ingredients together and refrigerate. Serve cool. Use as a dip with pita bread or as a side dish with grilled meats and vegetables.

Green Chile Soup

Submitted by Paula Redinger, Tucson CSA member
Adapted from *Southwest: The Beautiful Cookbook*

1 boned, skinned chicken breast cut into 1/2 inch cubes
1 boneless pork chop, cut into 1/2 inch cubes
cooking fat (olive oil, butter, lard)
1 finely chopped onion
1/3 cup flour
1 teaspoon ground cumin
1 garlic clove, minced
6 cups chicken stock (homemade, boxed, canned, or cubes, depending on your inclination!)
6 roasted green chilies, diced
1 red bell pepper, roasted and diced
additional "hot" pepper as desired (jalepeno, chiles de arbol (toasted and crushed), etc)
2 large ripe tomatoes, diced, or used canned tomatoes
Minced fresh cilantro

salt and pepper
grated cheese
Brown meat in the cooking fat. Drain and reserve.

Saute onion until soft. Stir in flour and cook 2-3 minutes, stirring constantly. Add garlic and cumin, and crushed dried pepper if using. Cook and stir another minute. Stir in chicken stock and whisk until thickened and smooth. Add reserved meat and all remaining ingredients except cheese and simmer 10 minutes or so. Serve with cheese on the side.

Apple Amaranth Parfait - New!

Sara Jones, Tucson CSA

If you haven't tried popping amaranth before we encourage you to try! The little seeds pop like popcorn and have a great taste and texture. It is best to use a heavy bottomed pan with sides at least a couple inches tall to keep seeds from escaping. You need to get the pan pretty hot, work in batches and keep the seeds moving once they hit the pan. Some seeds won't pop, but if your pan is the right temperature most will open before they begin to burn.

1/4 cup amaranth seeds
3 apples, peeled, cored and diced
1/2 cup yogurt, thinned slightly
1/4 cup sesame or pistachio halva, crumbled

Heat a heavy bottom pan at just under high heat until a drop of water sizzles off immediately. Add half the amaranth to the pan and stir continuously for about 30 seconds until most of the seeds are popped and before any seeds start to burn. Pour onto a plate to cool and pop the second batch. Assemble parfaits in individual bowls, layering apples and yogurt and topping with a sprinkle of popped amaranth and crumbled halva. If you don't have halva use a drizzle of tahini for similar results. Serve immediately.

Sliced Cucumbers with Manchego

Sara Jones, Tucson CSA

Salted cucumbers are a great, quick snack, but if you substitute a salty, hard cheese for the salt it tastes even better. You can use any hard aged cheese, like Parmesan, Romano, or Manchego.

2 cucumbers, thinly sliced
About 2 teaspoons white wine vinegar
Several tablespoons grated hard cheese

Toss cucumbers with vinegar. Lay out in a single layer on a platter and sprinkle all over with cheese.