



# *Tucson Community Supported Agriculture*

*Newsletter 655 ~ October 15, 2018 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

## **Fall 2018**

*Harvest lists are online.*

### **Back Page Recipes**

Twice-Baked Spaghetti Squash  
Coconut Curried Squash Soup  
Tzatziki (Greek Yogurt Dip)  
Quick Okra and Bell Peppers Stew

*Find many more recipes on our website.*

### **Mushroom shares?**



We plan to start offering oyster mushroom shares in November. We're very excited about it and we hope you will be too.

A mushroom share will consist of a clamshell containing 4oz of oyster mushrooms, to be delivered every other week. It will cost \$6 per delivery or \$18 over a 6-week subscription.

Stay tuned to our next newsletter where we will provide a lot more info.

### **Pre-Order Your Thanksgiving Turkey!**

Thanksgiving will be here before you know it!

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 only have 60 turkeys, so please order yours soon.

## **Versatile Meals for Every Season, Part I**

*Written by Shelby Thompson*

The age-old question "What's for dinner?" can be even more challenging to answer as a CSA member. Luckily, these ten versatile recipes can be used as a basis for dinner every night of the week – no matter what season it is!

### **Curry**

Curry—yellow, green, and every color in between—tastes great with produce from fall, winter, spring, and summer. With its fragrant and spicy coconut broth, curry serves as a blank canvas for whatever seasonal produce you have on hand. To make it, start by sautéing one diced onion, about two tablespoons of finely minced ginger, and two cloves of minced garlic. Once the onion is translucent, add four cups of whatever seasonal vegetables you have on hand and sauté them for a few more minutes. Stir in two tablespoons of curry powder or paste, a few heavy sprinkles of salt, and a can of coconut milk, then simmer everything together until the vegetables are tender and your house smells like an exotic restaurant. Serve it all over a bed of cooked rice for a hearty and satisfying meal.

**Base Curry Recipe:** 1 onion, 2 tablespoons fresh ginger, 2 cloves garlic, 2 tablespoons curry powder/paste, 1 can coconut milk, 4 cups chopped seasonal vegetables.

**Fall Curry:** Yellow curry with winter squash, green beans, and green chiles.

**Winter Curry:** Indian-spiced curry with Swiss chard, cauliflower, and sweet potatoes.

**Spring Curry:** Thai green curry with carrots, leeks, and cabbage.

**Summer Curry:** Red curry with new potatoes, summer squash, and corn.

### **Frittata**

Frittatas are fantastic because they marry well with so many flavors and are delicious at almost any temperature: eat a slice at room temperature for breakfast, right out of the fridge as a snack, and heated at dinner. Any way you have it, you'll get your fix of seasonal veggies bundled together by eggs (use pastured eggs from Josh's Foraging Fowls for the best taste and nutrients), whole milk, herbs, and cheese. To make it, preheat the oven to 425°. Heat a few tablespoons of oil in a large sauté pan over medium-low heat and cook four cups of chopped vegetables until they're tender and slightly caramelized (wait to add any greens until the last two minutes). While the vegetables are cooking, whisk together a dozen eggs, 2 tablespoons of fresh chopped herbs, ½ cup whole milk, sea salt, and freshly ground pepper. Pour another healthy glug of olive oil into the sauté pan and swirl it around so that it coats the bottom and sides of the pan. Ensure that the veggies are spread evenly across the bottom of the pan before pouring in the egg mixture. Sprinkle ½ cup of diced or shredded cheese over the top. Allow the bottom of the frittata to set over the flame, without stirring, for two minutes. Turn off the stove and place the pan in the pre-heated oven. Bake the frittata for 10-15 minutes, or until the frittata has set. Allow it to cool to room temperature before cutting and serving it.

**Base Frittata Recipe:** 4 cups seasonal veggies, 12 eggs, ½ cup whole milk, 2 tablespoons fresh herbs, ½ cup cheese.

**Fall Frittata:** Butternut Squash, caramelized onion, and kale frittata with feta and sage.

**Winter Frittata:** Broccoli and potato frittata with dill and Parmesan.

**Spring Frittata:** Spinach, leek, and squash blossom frittata with parsley and goat cheese chèvre.

**Summer Frittata:** Zucchini, bell pepper, and onion frittata with basil and Gruyere.

## Twice-Baked Spaghetti Squash

Adapted from completelydelicious.com

1 spaghetti squash, cut in half lengthwise and seeds removed  
2 tablespoons butter  
1 onion, finely chopped  
1 tablespoons all-purpose flour  
1 teaspoon mustard powder  
1 cup milk  
2 cups sharp cheddar cheese, shredded  
1/2 teaspoon salt  
1/4 teaspoon ground pepper  
1/2 cup bread crumbs

Preheat oven to 375 degrees F. Line a sheet pan with parchment paper. Place spaghetti squash on parchment, cut side-up and sprinkle with salt. Cover with foil and bake until fork tender, about 1 hour. Let spaghetti squash sit a few minutes until cool enough to handle, then shred flesh with a fork. Transfer squash flesh to a large bowl and set aside. Reduce oven temperature to 350 degrees F. In a large skillet, melt 1 tablespoon of the butter. Add the onion and cool until translucent, about 5 minutes. Add flour and mustard powder and stir with a whisk until it makes a thick paste. Slowly pour the milk into the pan while whisking constantly. Bring to a boil, then cook for a few minutes until thickened, stirring frequently. Add the cheddar cheese, salt and pepper and stir until smooth. Pour the cheese mixture into the large bowl with the spaghetti squash and toss until combined. Divide evenly into the 2 empty squash halves. Melt the remaining butter. Add the bread crumbs and stir until all the bread crumbs are moistened. Sprinkle on top of the spaghetti squash. Bake until filling is bubbling and topping is browned, about 30 minutes. Serve immediately.

## Coconut Curried Squash Soup

Sara Jones, Tucson CSA

Indian curry spices 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. I use pink lentils in here because the color goes best with the squash, but use whatever you have on hand.

1 medium size winter squash, peeled, seeded and chopped into large chunks  
1 red or green bell pepper, finely chopped  
1 bunch cooking greens, cut into shreds  
1/2 large onion, chopped  
3/4 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, pepper, 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 1 1/2 quarts of water, bring to a boil and add greens. Cook over a medium low heat until lentils and squash are soft, about 35 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.

## 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  
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.

## Quick Okra and Bell Peppers Stew

Philippe, Tucson CSA

1 onion, chopped  
1 clove of garlic, minced  
1/2 lb okra (or 1 CSA share) – sliced in segments, or whole with just the stem chopped off  
2 bell peppers, seeded and diced  
2-3 tablespoons olive oil  
1 pint tomato sauce, or 2-3 tomatoes, quartered  
1/2 table spoon thyme, oregano, or any herb mix  
1 teaspoon cumin  
Salt and pepper to taste

Heat oil in a skillet on medium-high heat. Sauté onions and bell peppers until tender, about 5 minutes. Add garlic and okra, sauté for another 2-3 minutes. Add tomatoes, herbs and cumin. Reduce heat to medium. Stir gently. Simmer until okra is tender but not overcooked, about 5 minutes.. Serve with rice. Meat option: add 1/2 pound sliced Italian sausage or bratwurst when sautéing the onions and bell peppers.