



# Tucson Community Supported Agriculture

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## Fall 2018

Harvest lists are online.

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Find many more recipes on our website.

### Out of town at the last minute?

If you know ahead of time that you will miss your pickup, you can place your subscription on delivery hold via your online CSA account. But remember, you must do so before midnight Friday, because we send the share orders to the field on Saturday.

Still, missing a pickup happens to all of us: a last minute trip out of town, an emergency, having to work late, an unplanned event we must attend... In such a case, when it is too late to set a delivery hold on your subscription, why not send a friend to pick up your share? *Anybody can pick up your share: all they have to do is say your name.* It's an honor system. You don't even have to let us know. Plus, sending someone to pick up your share, or even gifting it to them, is like spreading the good word about CSA.

But if that doesn't work and nobody picks up your share, know that it won't to waste: it always goes to a good cause.

### Mushroom shares are coming soon!!!



Starting November 13th, we will add oyster mushroom shares to our shares selection. Mushroom shares will be a share option like our sprouts and cheese share and will be available at both Historic Y and WMG locations.

We will work with Sonoran Mushroom Co., a local family owned farm committed to supplying fresh gourmet oyster mushrooms. Their mushrooms are pampered: they are grown in a controlled environment, given the moisture levels, light, and temperature they need to

succeed. Great attention is paid to hygiene, sanitization and access to the grow rooms to protect the safety and quality of the mushrooms.

Oyster mushrooms are packed with flavor. They can be used and cooked just like any other mushrooms. You can add them to pizza, salads, stews where they add depth, richness and nutritional density. They also shine by themselves in a stir fry or just cooked in butter with a bit of pepper and lemon juice. And they are beautiful! Their shapes and many color varieties make any dish special.



### Shares

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

You can sign up for a mushroom share simply by adding it to your subscription, via your online CSA account. No payment is required when you add a mushroom share: its cost will simply be deducted from your CSA account balance. You can remove the share at any time, just like you can remove any other shares, as long as you keep either a produce share or a bread share. If you need more than one share on a given week for extra guests or for a dinner party, just add an extra mushroom share or two.

*Note: mushroom shares, just like any other shares, can be added or removed only on certain days: between the day after your pickup day and midnight Friday.*

Sign up as soon as you can, to help us get an idea of the numbers we might expect.



Aaron from Sonoran Mushroom Co. will be in The Historic Y courtyard on Tuesday, Oct. 30<sup>th</sup>, to showcase his mushrooms.

## Spaghetti Squash Latkes

Sara Jones, Tucson CSA

The strands of spaghetti squash are a lot like grated potatoes, and their texture holds up nicely in these potato pancakes. Add a bit of finely chopped greens to the mix, if you like.

1/2 spaghetti squash, seeds removed and roasted  
3 green onions or 1/2 yellow onion, chopped  
1/2 cup finely chopped winter greens (optional)  
2 eggs  
1/4 cup flour  
Salt and pepper to taste  
Oil for pan frying

With a fork, scrape strands out of a cooked spaghetti squash into a medium bowl. Mix with other vegetables. Stir in the two eggs, then add the flour. Add a pinch of salt and pepper, to taste. To cook, heat skillet over medium high heat and add enough oil to coat bottom. When oil is hot, drop spoonfuls of mixture onto skillet and press lightly to flatten. Cook for about three to four minutes on each side, until golden brown. Remove to drain on paper towel or newspaper and continue frying, adding more oil as necessary, until finished. Top with your favorite garnish.

## Roasted Pumpkin or Squash Seeds

Yaron Hadad, Tucson CSA

You can use this recipe for roasting your Halloween pumpkin seeds and it also works for other winter squash seeds as well.

1 cup of pumpkin seeds  
1 tablespoon salt  
2 cups water  
1 tablespoon olive oil

After you scraped the insides of a pumpkin and scooped out the seeds, rinse the seeds in a colander. Try to separate them from all the strings. Cook the seeds with the water and salt. Simply boil for 5-10 minutes. In the meantime, preheat the oven to 400°F. Drain the seeds, and mix with the oil. Here you can also add some spices to spice-up your life (I made two batches, one with gram masala and one plain, but you should be adventurous...). Spread the seeds over a roasting pan to form a single uniform layer. Bake for 20 minutes, shaking and stirring the pan halfway through. Easy!

## Balsamic Lemon Greens

1 bunch greens, thick stems removed  
2 teaspoons oil  
1 squeeze of lemon juice  
dash balsamic vinegar to taste  
dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

## Roasted Squash and Garlic Enchiladas

Sara Jones, Tucson CSA

This is the easiest and tastiest enchilada filling ever! You can use this filling in any number of ways. It is great as a layer in a lasagna, or stuffed in a filo dough pie. You could add cheese but it is incredibly rich as it is. Also, the mashed squash, diluted with water or wine, makes an excellent pasta or pizza sauce!

1 medium winter squash  
1 whole head garlic  
Salt and pepper to taste

Cut squash in half and scoop out seeds. Oil a baking pan well then coat inside of squash and entire bulb of garlic with plenty of oil. Lay squash cut side down in pan with garlic and bake for about 40 minutes at 350 degrees. When flesh is tender, remove it from the skin by scraping out with a spoon, and place in a bowl. Cut the top off of the bulb of garlic and squeeze insides into bowl. Add oil and salt and pepper and mix well. Roll filling in hot corn tortillas and lay in single layer in a baking dish. Top with red enchilada sauce, green tomatillo salsa or a mole. Sprinkle with cheese if using and bake for 20 minutes or cover and freeze for an easy dinner in the future.

## Bruised Raw Greens Salad with Apples

Sara Jones, Tucson CSA

Rachel made this for her cooking demo last month. You can use any type of kale, or collards in this recipe. Bruising the greens is a technique that will give the raw greens a better taste and texture for salads. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers.

1 bunch kale or collards, sliced fine  
1/2 teaspoon salt, for bruising greens, then add to taste to finished salad  
Drizzle olive or nut oil  
1 teaspoon smoked paprika  
2 apples, cored and sliced into cubes or slivers  
2 teaspoon apple cider vinegar  
1/4 cup roasted walnuts or pecans, chopped

Place cut greens in a large bowl and dress with a drizzle of oil, a pinch of salt and the smoked paprika. Gently but firmly massage oil into greens, squeezing and rubbing to ensure that each piece is well coated. Set aside and let rest for 30 minutes. To serve, toss apple slices into vinegar and toss together with greens. Taste for salt and add more if necessary. Top with nuts and serve.