



# Tucson Community Supported Agriculture

Newsletter 702 ~ September 23, 2019 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2019

*Harvest lists are online.*

### Back Page Recipes

- Whole Wheat Apple Muffins (New!)
- Baked Eggplant and Tomato Spread
- Miso Sesame Sauce
- Potato Tacos

*Find many more recipes on our website.*

### Upcoming Event: Cooking Class with Rachel Yaseen

**What:** Organic cooking class featuring local Tucson CSA produce.

**When:** October 2 from 6-8:30 p.m.

**Where:** The Urban Grove

*To learn more, and to register, please visit [rachelyaseenworldwide.com](http://rachelyaseenworldwide.com)*

### Join the Tucson CSA Facebook Group!

We've created a private Facebook Group for current and former Tucson CSA members called **Tucson CSA Community** where Tucson CSA community members can connect, share, and answer each other's questions.

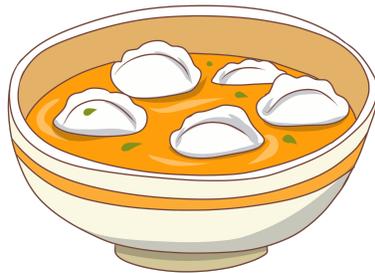
**Tucson CSA Community** is a closed group, which means you must ask to join the group on the group's page. To find the group, simply search "Tucson CSA Community" on Facebook or go to [facebook.com/groups/tucsonesacomunity](https://facebook.com/groups/tucsonesacomunity).

## A Taste of Fall

*Written by Shelby Thompson*

Over the weekend my friends and I took a trip to the White Mountains, where the temperature never exceeded 75 degrees and the first leaves were just starting to yellow. With a dusty sweater, my CSA share, and no plans other than to hang out in nature and eat really good food, I headed up the winding road for a taste of something that I hadn't enjoyed for many months: cool weather and the comfort of warm, soul-soothing meals.

It was too late to eat more than a few slices of chocolate birthday cake when we arrived (it's never too late for cake), but the next morning I made hearty breakfast tacos that all six of us could enjoy. Each one of Chef Abel's Tortillas was loaded with scrambled eggs from Josh's Foraging Fowls, plus creamy pinto beans and roasted potatoes from Crooked Sky Farms. We topped them off with a vibrant tomatillo salsa that I had made and frozen a few weeks back. My friends, who aren't CSA members (yet), all remarked on the gorgeous marigold yolks in Josh's eggs, which look so unlike the pale yellow yolks found in grocery store eggs.



For dinner one night, an especially talented friend made us khoresh t gheimeh—a Persian stew that melds together potatoes, yellow split peas, and mushrooms—that she served over crispy tahdig. For the first time in a long time, I took comfort in a warm, aromatic meal that seemed to perfectly contrast the cool night outside. Another night we feasted on vegan sweet potato and black bean enchiladas, which go a long way when feeding a crowd. Filled with Farmer Frank's sweet potatoes, black beans, and roasted green chiles, they were good enough that everyone went back for seconds.

With such hearty breakfasts and dinners, we kept lunch light – a big platter of sliced Barrio Bread pain au levain, Sleeping Frog Farms baby carrots and golden delicious apples, Sunflower Superfoods sunflower sprouts, Fiore di Capra chipotle chèvre, and homemade hummus kept everyone's hanger at bay as we nibbled throughout the day.

When we returned to Tucson the weather was in the mid-nineties, and fall once again seemed so far away. Dissuaded by the heat, I turned a blind eye to my oven and made a delicious cold dish of Chinese smashed cucumbers with sesame oil and garlic spooned over a bed of rice. But with the rain falling gently outside, I couldn't help but turn the dial on the oven and bake a batch of Smitten Kitchen's whole wheat apple muffins – I guess my tiny taste of fall hasn't disappeared after all.

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## RECIPES

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### Whole Wheat Apple Muffins – New!

Shelby Thompson, Tucson CSA  
Adapted from Smitten Kitchen

1 cup (120 grams) whole wheat flour (I used spelt)  
1 cup (130 grams) all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
1 tablespoon cinnamon  
1/2 cup (115 grams) unsalted butter, at room temperature  
1/4 cup raw honey  
1/4 cup dark brown sugar, packed, plus more for topping  
1 large egg, lightly beaten  
1 cup buttermilk (235 ml) or yogurt (230 grams)  
2 large apples, peeled, cored, and coarsely chopped

Heat the oven to 450 degrees. Prepare a 12-cup muffin tin. In a bowl, whisk together flours, baking powder, baking soda, salt, and cinnamon. In a separate bowl, beat together the butter, honey, and brown sugar until evenly combined. Add the egg and mix until it is evenly combined. Gently stir in the buttermilk, then the flour mixture. Fold in the diced apples. Divide the batter evenly between 12 muffin cups (about 1/3 cup of batter per muffin). Sprinkle each with a big pinch of brown sugar. Bake for 10 minutes, then turn the oven temperature down to 400 degrees and bake for another 5-10 minutes, or until the muffins are baked through. Allow to cool before eating.

### Baked Eggplant and Tomato Spread (Vegan, GF)

Johanna Teske, Tucson CSA

1 eggplant  
2-3 tomatoes  
5-6 tablespoons oil, such as sunflower or olive  
1 red onion, finely chopped  
Salt, to taste

Bake vegetables on plate/pan until well softened on all sides. Cut the veggies on a wooden board to let them cool slightly, then cut the eggplant lengthwise and core with spoon. Cut tomatoes in half and take out seeds if you don't like them. Put the veggies in a colander and leave to drain for an hour or two, then transfer to another bowl and mash with back of a spoon. Gradually add oil, tablespoon by tablespoon, to reach desired consistency. Add finely chopped red onion and salt to taste. Serve on toasted bread or with dipping (crisp) veggies.

### Miso Sesame Sauce for Eggplant or Cold Cucumber Salad (Vegan, GF)

Sara Jones, Tucson CSA

If you use eggplant for this recipe, dice them into medium size squares, for cucumbers, slice into coins or half-moons.

2 parts miso  
3 parts rice wine vinegar  
1 part soy sauce (use tamari for gluten free version)  
1 part toasted sesame oil  
Freshly grated ginger, minced garlic, and red chile flakes to taste.

For eggplant: Heat 2 teaspoons oil in a skillet over medium high heat. Add eggplant and stir to coat with oil. Cook for about 2 minutes then 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. For cucumbers: Pour sauce over sliced cucumbers and toss to coat. Let sit for at least 30 minutes before serving.

### Potato Tacos (Vegan, GF)

Sara Jones, Tucson CSA

These are really nice garnished with shredded cabbage or lettuce, slices of cucumber and onion. Use roasted chiles if you have them, if not add some red chile flakes for flavor. Making the tortillas is a kind of delicate operation, be patient and don't be frustrated if your first couple end up a bit ugly – they'll still taste fine.

About 1 1/2 cups cooked potatoes, lightly mashed  
1/2 teaspoon ground cumin  
2 cloves garlic, minced  
Salt and pepper to taste  
2-4 roasted chiles, peeled, seeded and diced  
About 8 corn tortillas  
2-4 tablespoons vegetable oil  
Salsa and garnish for tacos

Mix together potatoes, chiles, cumin, garlic and salt and pepper. In a heavy skillet, heat 1 tablespoon of oil over medium heat. Place one tortilla into oil and flip after one or two seconds (this makes the tortilla pliable enough to fold in half without breaking).

Place 1 heaping tablespoon of potato mixture on the half of the tortilla closest to you. Gently fold the other half over the filling, towards you. Press the tortilla closed for a few seconds to seal, then move the taco to one side to make room for more tacos. Repeat with remaining tortillas. Add more oil as needed to keep skillet covered in a thin layer. Flip tacos when beginning to brown on bottom side. When cooked on both sides, place on an old newspaper to drain.