



Tucson Community Supported Agriculture

Newsletter 710 ~ November 18, 2019 ~ Online at www.TucsonCSA.org

Fall 2019

Harvest lists are online.

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Find many more recipes on our website.

Annual Holiday Break

Tucson CSA will be closed during the holidays and there will be no pickups during the last week of December and the first week of January.

There is no need to place your subscription on hold for those 2 weeks.

The last pickups of 2019 will be on December 17 & 18. The first pickups of 2020 will be on January 7 & 8.

Your Favorite Holiday Candy Has Arrived!

Here at Tucson CSA, there's no surer sign of the holidays than the arrival of artisan fudge, bon bons, caramels, and toffee from Black Mesa Ranch. These exquisite candies are made in small batches with premium Belgian chocolate. The milk chocolate candies – which we call “goat candies” – are made with milk from the ranch's goats. These seasonal Black Mesa Ranch candies will be available until we sell out.

Six Principles of Seasonal Cooking, Part II

Written by Rachel Yaseen

In last week's newsletter, we learned Rachel Yaseen's six principles of seasonal cooking: food as friends; find a trusted resource; eat the rainbow; be creative; let yourself fail; and stock your pantry with high-quality ingredients. This week, read how Rachel uses these guiding principles in her cooking classes.

I taught cooking classes in Tucson for several years based on these local ingredients from the Tucson CSA and my own garden. I left Tucson 3 1/2 years ago. I return three times a year to visit family and offer cooking classes. I was back in October and offered a cooking class based entirely on CSA ingredients with some minor additions.

I shared the six principles with the group and then, without the use of any recipes, we set out to create the meal. We had no idea what we were going to make when we began but ended up with a delicious feast.

Here is what we got from the CSA: Tomatillos, black beans, eggplant, zucchini, garlic, onion, roasted chiles, one giant Armenian cucumber, okra, red potatoes, and eggs.

Here is what I bought: 2 carrots, a red radish, parsley, a red apple, romaine, olive oil, and sunflower seeds.

Here is what we made:

1. **Tomatillo salsa:** Puréed tomatillos, onion, roasted chiles, and cucumber.
2. **A pot of black beans:** The beans from the CSA are so fresh they do not need to be soaked. We cooked the beans in boiling water for about 2 hours. We mixed some into the salad and used the rest to make a black bean purée.
3. **Black bean purée:** We sautéed chopped onion and garlic in a lot of olive oil until tender, then mixed it in the blender with 4/5 of the beans and some roasted chilies.
4. **Salad:** We had a giant Armenian cucumber, so we chopped it up and added chopped up carrots, radish, cucumber, red apple, sunflower seeds, okra, and black beans, then tossed with olive oil and sea salt.
5. **Roasted potatoes and eggplant bruschetta:** I read a recipe once that used roasted potato instead of bread for bruschetta. Since my classes are gluten free, it seemed like a great opportunity to try it. We cut the potato and eggplant in discs and roasted them in the oven with olive oil. Then we made little stacks with potato, eggplant, bean purée, and tomatillo salsa.
6. **Sautéed vegetables with eggs:** We sautéed chopped up onion, garlic, zucchini, eggplant, red potatoes, chopped roasted green chilies. Then we cracked 6 eggs over the mixture (maintaining the integrity of the yolk), put a lid on the sauté pan with the heat on medium, and let them poach in the pan of vegetables.
7. **Romaine boats:** We took a piece of romaine and used it like a tortilla, combining desired options from above. I put the bean purée at the bottom, then added some of the salad and topped it with tomatillo salsa.

RECIPES

Black Eyed Peas with Greens

Philippe, Tucson CSA

The black eyed peas in our shares are very fresh so you could skip the soaking if you are pressed for time.

1 share black eyed peas, sorted and soaked for a couple hours, then drained

Optional: 1-lb pork sausage, ham hock, or sliced bacon

1 onion, chopped

2 cloves garlic, minced

½ tablespoon dry oregano

1 tablespoon olive oil

1 teaspoon dry chile flakes

1 bunch CSA greens, cleaned and chopped

Salt to taste

Heat oil to medium hot in a saucepan. Add onion (and meat if using) and sauté until browned. Add garlic and sauté another minute. Add remaining ingredients, except salt and greens. Add hot water until beans are covered. Cover and bring back to a boil. Reduce heat and simmer for 1 hour or until beans are tender. Add greens and salt to taste. Cook for another 10 minutes. A splash of vinegar or lemon juice in each bowl at serving adds just the right flavor balance.

Tomatillo Soup

Sara Jones, Tucson CSA

2-3 medium potatoes, chopped

3 tomatillos, peeled and cleaned, chopped

2 green chiles, roasted, peeled and chopped

3 cloves garlic

1 teaspoon cumin

6 cups broth or water

Salt and pepper to taste

2 tablespoons cream, if desired

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Garnish each bowl with the chopped bell pepper and serve hot or cold.

Wheat Berry Salad

Rachel Yaseen, The Organic Kitchen

The CSA will be carrying local flour and wheat berries from Barrio Bread during the cooler months of winter. Wheat berries are a great addition to salads and soups! As with lentils and other dried goods, it is advisable to sort the wheat berries to remove any small stones. This is easily done by pouring the wheat berries onto a baking sheet and sliding small portions of the berries down the sheet while scanning for anything unusual. Unlike other grains wheat berries are best cooked like pasta in a large amount of water and then drained.

1 cup uncooked wheat berries

1/2 orange juice and zest

1 tablespoon lemon juice

1 tablespoon flax seed oil

1 share baby turnips, diced

About ¾ cup shredded raw butternut squash

1/8 cup each chopped dates, raisins, dried cranberries, walnuts, dried coconut

Place wheat berries in saucepan covered with salted water. Bring to boil and then simmer until berries are tender (about 1 hour). Drain remaining water and let cool. Mix orange, lemon, and oil in bowl, add to wheat berries and then add remaining ingredients.

Arugula Pesto

Celine Hayden, Tucson CSA

This makes a great spread for bread. Try a slice with the CSA Fiori di Capra goat cheese.

1/2 cup toasted pine nuts (can also use other nuts)

1 bunch or bag arugula

1 tablespoon white balsamic vinegar (can also use red but mutes the green color of the arugula)

1-2 cloves crushed garlic

olive oil

salt and pepper to taste

Toast nuts in a pan and add to food processor or blender. Also add arugula, 1 to 2 tablespoon vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable). Note: the vinegar takes some of the bite out of the arugula. Add more or less depending on taste. Also, blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important—it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).