



Tucson Community Supported Agriculture

Newsletter 754 ~ October 19, 2020 ~ Online at www.TucsonCSA.org

Fall 2020

Harvest lists are online.

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Find many more recipes on our website.

Help Us Honor Philippe

We're putting together a book for Philippe to thank him for creating our wonderful Tucson CSA community – and we need your help!

Please submit your CSA photos and stories to our Dropbox folder by 10/31: <https://dropbox.com/request/Irb3wAe0KVF5ASyZEJ72>

Pre-Order Your Pasture-Raised Turkey

It's once again time to put in your order for a pasture-raised turkey from Josh of **Chiricahua Pasture Raised Meats**.

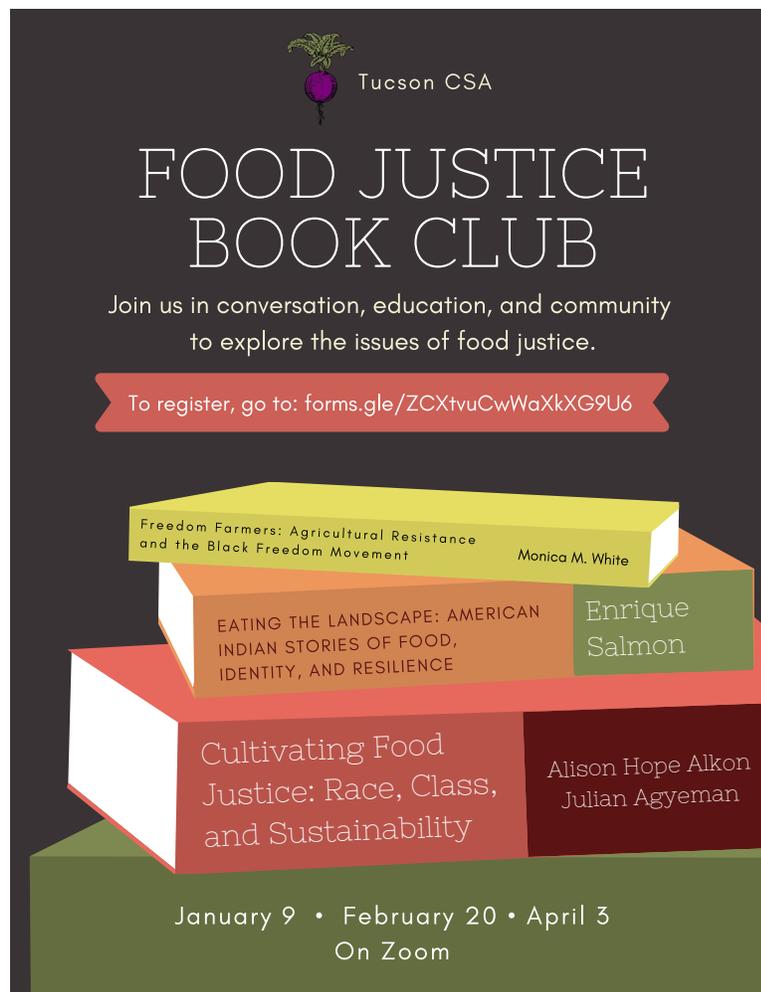
Turkeys will weigh anywhere from 14-20 pounds and will come frozen. They will be available for pickup on November 17 & 18.

If you'd like to pre-order a turkey, please put down a \$20 deposit with the CSA Shop volunteer.

Introducing the Food Justice Book Club

In June we committed ourselves, as individuals and as an organization, to being active in our pursuit of food justice. We vowed to become more educated on racism and the role that it has in our food system, not just to accumulate knowledge but to help inform our decisions and growth as an organization. Now, we're asking you to join our Food Justice Book Club in conversation, education, and community.

This diverse three-book series will help us to better understand the roles that race, social revolution, food sovereignty, and food justice play in our food system. For each book we read, we will hold a virtual book club meeting led by CSA member, former librarian, and indexer Amron Gravett. We intend to create a safe (virtual) space where everyone feels empowered to share their thoughts and engage in thoughtful discussion with each other. The meeting dates and books are as follows:



January 9: *Freedom Farmers: Agricultural Resistance and the Black Freedom Movement* by Monica M. White

February 20: *Eating the Landscape: American Indian Stories of Food, Identity, and Resilience* by Enrique Salmon

April 3: *Cultivating Food Justice: Race, Class, and Sustainability* by Alison Hope Alkon and Julian Agyeman

To register for the book club, please go to forms.gle/ZCXtvuCWwXkXG9U6. As always, feel free to email us with any questions you have.

Eggplant and Arugula Sandwiches

Sara Jones, Tucson CSA

Use the arugula pesto from the recipe below to make this simple sautéed eggplant sandwich really special.

1 large or 2-3 small eggplant
1 bell pepper
½ small onion
1 tablespoon olive oil
Salt and pepper to taste

Cut vegetables lengthwise into ¼ inch thick slices. Heat oil in a skillet over medium high heat. Add a single layer of vegetable strips and cook until beginning to brown. Turn vegetables and brown on other side. Remove to a paper towel and cook the rest of vegetables in batches until finished. Sprinkle vegetables with salt and pepper. Assemble sandwiches by spreading 1-2 tablespoons of pesto over each sandwich bottom, and then adding cooked vegetables.

Arugula Pesto

Spicy Arugula is a great green for pesto. Add or substitute some basil for variety and use whatever nuts you have on hand. Serve tossed with pasta or spread on a sandwich.

1 bunch arugula and/or mizuna
2 cloves garlic
½ cup toasted walnuts
¼ cup olive oil
2 tablespoons grated Parmesan cheese (optional)
Salt and pepper to taste

Wash and dry arugula. Pulse garlic and walnuts in food processor or blender until coarsely ground. Add the arugula (and basil if using) and olive oil, and continue to pulse to desired consistency. Add the cheese last, and then season with salt and pepper to taste.

Sesame Ginger Greens

1 share CSA greens such as mizuna, arugula, or tatsoi
2 inches fresh grated ginger
A few cloves minced garlic
A couple of dashes of sesame oil
A drizzle of soy sauce
A sprinkle of red chile flakes
2 tablespoons rice wine vinegar

You can use any greens for this recipe but mizuna, arugula, tatsoi and spinach are especially nice. If they are available, snow peas and carrots make great additions as well. Grate about 2 inches of fresh ginger. Mix together with a couple cloves of minced garlic, a couple dashes of toasted sesame oil, a drizzle of soy sauce, a sprinkle of red chile flakes, and about 2 tablespoons rice wine vinegar. Toss together with greens and serve immediately, garnished with sesame seeds and green onions.

Spaghetti Squash at its Sweet Best

Ms. Dallas Scott, Tucson CSA

Dallas served this for a cooking demo years ago and it was a great surprise for those of us who had never eaten spaghetti squash in a sweet dish.

You will need:

Spaghetti squash
A few tablespoons butter, or earth balance for dairy free
Cinnamon and/or ginger and nutmeg
Agave nectar or honey
water

Preheat oven to 350°F. Position a rack in the center. Halve a spaghetti squash long ways and scoop out the seeds. Place a cooling rack onto a baking sheet and place the squash cut side down onto it. Open your oven and pull the rack out halfway, place the baking sheet with the squash on the rack then add a half inch of water to the pan. Push the rack back into the oven and bake about 1 hour or until a fork can easily pierce the flesh and the insides come out easily. They should be tender, but still hold their snap when you bite 'em. Use a fork to scrape out strands of squash and toss immediately with butter, spices and sweetener. Serve warm.

Chile and Cheese Soup

1 tablespoons butter
1 onions, diced
2 cloves fresh garlic, chopped
1-2 packs freshly roasted green chilies (see previous instructions)
2 ripe tomatoes, diced
3 medium white potatoes, peeled and cut into 1" cubes
2 ½ quarts water
1 pound Longhorn Colby or Cheddar cheese, shredded
Salt to taste

In a large soup pot, melt butter and saute onions and garlic over medium heat. When onions are soft, add green chilies and tomatoes. Simmer 10 minutes, stirring every minute or so. Add potatoes and water. Cook over medium heat until potatoes are done, 10 to 20 minutes. Add cheese. On very low heat, simmer about 30 minutes. Add salt to taste. For best results, allow to cool overnight and serve the next day.