



Tucson Community Supported Agriculture

Newsletter 757 ~ November 9, 2020 ~ Online at www.TucsonCSA.org

Fall 2020

Harvest lists are online.

Back Page Recipes

- Squash and Greens in Coconut Milk
- Balsamic Lemon Greens
- Caribbean Black Bean Stew
- Fried Green Tomatoes

Find many more recipes on our website.

Last Week for Turkey Orders

This week is the last week 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 next week, on November 17 & 18.

Food Justice Book Club

Our Food Justice Book Club starts in January, and we'd love for you to join us! 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.

Please see Newsletter 754 for more information, including how to register, and feel free to email us with any questions you have.

Quince, Membrillo, Mimbli:yo

Information provided by Mission Garden.



Origins

Native to the Caucasus in Asia, quinces were most likely first introduced into the Tucson Basin by Spanish missionaries at the end of the 17th century. They flourished here and became an integral part of rural orchards and urban backyards. Historic documents make mention of a row of quince trees that formed a windbreak in the original Mission Garden during Spanish Colonial times.

Quinces were common in the Old Pueblo throughout the Territorial period. In all likelihood they surrounded the road to town, which was called Membrillo, before it became Simpson Street. Part of a historic neighborhood named Barrio Membrillo—after the trees that had grown there—still exists, from Simpson Street to Granada and between the Interstate-10 frontage road and the former Southwestern Railroad tracks. Most of the barrio was demolished for the construction of I-10 in the early 1950s and the construction of the Tucson Convention Center in the late 1960s.

In Mission Garden

Quinces are iconic trees in the Garden, numerous and prominently featured throughout the Spanish Colonial Fruit Trees Orchard. For many Hispanic visitors with roots in this region, the sweet autumnal aromas of ripening membrillos elicit poignant memories, often of nanas (grandmothers) making quince bars or quince marmalade. Although membrillo trees were once common in Tucson backyards, if it had not been for Mission Garden's work to revive them, they may have slipped entirely into oblivion. These small deciduous trees of the rose family grow very well in the Sonoran Desert region. They are heat and frost tolerant, but do require regular and abundant irrigation, and fertile soil.

Harvest and Use

Quinces are harvested from mid-October through November. There are many different varieties. They are all too hard to bite into, and most are so astringent that they are not palatable when eaten right off the tree. The cultivars in Mission Garden, however, are good to eat when picked and sliced into bite-sized pieces. It is typical to sprinkle chili powder, salt and lime on them to bring out their juices.

Nevertheless, quince fruit is customarily cooked with cane sugar to make marmalade, or hardened into bars, called dulce de membrillo or cajeta de membrillo, which is sliced and paired with cheese. Quinces contain a considerable amount of pectin—the word “marmalade” is actually derived from the Portuguese word for quince, marmelo. Quince fruit stores well at room temperature for a month or two, emanating a fragrant aroma. It has therefore long been used as an air freshener in linen cupboards and clothes closets.

We're taking quince pre-orders in the CSA shop this week and next. Reserve yours and try your hand at preparing a delicious quince recipe such as dulce de membrillo!

RECIPES

Squash and Greens in Coconut Milk

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you have a favorite curry spice mix or paste you like, add it to the mix, sautéing with the onions before adding the rest of the ingredients. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped
About 2 cups peeled winter squash, diced small
1 inch fresh ginger, grated
1 onion, sliced thinly
1/2 teaspoon ground coriander
2 teaspoons oil
1/2 can coconut milk
Red chile flakes, to taste
Soy sauce, to taste
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until squash is tender. Season to taste with soy sauce and a bit of lime juice.

Balsamic Lemon Greens

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of many greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

1-2 bags or bunches of greens
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, until wilted through, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

Caribbean Black Bean Stew

Maggie Newman, adapted from RecipeCottage.com

The kuri squash in this week's CSA share has a thin skin that will soften once cooked so there is no need to peel it if you don't want to. As with other varieties of winter squash, the seeds are delicious once roasted. You can put the seeds in salted water and store in the fridge for a few days if you don't want to roast them right away.

1 pound black beans
10 cups water
2 green peppers
1 bay leaf
4 slices bacon (optional)
1 large yellow onion
3 garlic cloves
1 medium or 1/2 large winter squash, seeded and cut in large dice
1 teaspoon ground cumin
1 teaspoon salt
black pepper to taste
3 to 4 cups cooked white rice
sherry (optional)
hot pepper sauce

Put beans in a colander and rinse them well, turning the beans over and over as the water runs on them and checking for any large pieces of grit or small stones. Drain well, then put in a bowl and cover with water. Set aside to soak overnight. Drain beans, then put about 10 cups of water in a pan. Add the beans, bring to a boil and reduce to a simmer. Meanwhile, stem and seed one of the green peppers. Chop it and add to beans, along with bay leaf. Cook 1 hour, uncovered. Remove bay leaf. Cook bacon in a skillet. When it's cooked crisp, remove it to drain. As the bacon cooks, seed and chop the remaining green pepper. Peel and chop the onion and garlic. Cut squash into to 1" cubes. Add pepper, onion, garlic, pumpkin, cumin, salt and pepper to the skillet after removing bacon. Cook vegetables about 15 minutes over medium-high heat, or until softened. Add vegetables to beans and cook another hour, uncovered, or until beans are tender. Cook rice. When ready to serve, dish beans over hot rice on serving plates and crumble a little bacon over each dish. You may want to add a sprinkle of sherry to each one too. Pass hot red pepper sauce and use as desired.

Fried Green Tomatoes

Lorraine Glazar, Tucson CSA

1-2 Tablespoons cooking fat (bacon drippings, olive oil, or canola oil)
2 green tomatoes
1/2 cup cornmeal or masa harina
Generous amount of salt and pepper

Core the tomatoes and slice into 1/4 inch slices. Salt and pepper each cut side of the tomato slices. Heat the oil until it shimmers but does not smoke. Dip each cut side of the tomato slice into the cornmeal or masa, then put into the hot oil. Cook the first side thoroughly over medium heat, until crust is crispy and tomato has begun to soften. Then turn and finish cooking the second side. Serve hot.