



September 6, 2005 - Issue 1

RECIPES IN THIS ISSUE

Roasting Chiles
Baked Butternut Squash
Chile and Cheese Soup
Roasted butternut soup
Sautéed Chiles and corn
Toasted Brie Sandwich



BAGS, BAGS, BAGS!

The world is full of used grocery bags and probably so are your kitchen drawers. In the spirit of conservation, bring your spare bags to the TCSA. We need them.

NEW FARMERS MARKET

Check out the new **Santa Cruz River Farmers Market** for Arizona grown products from small local and regional producers.

Located in the Santa Cruz River park, immediately south of Speedway and on the west side of the Santa Cruz River.

Open Thursdays from 4 to 7 PM.



TCSA Contact

Philippe Waterinckx

URL: www.tucsoncsa.org

Tucson Community Supported Agriculture Newsletter

Think globally, eat locally.

Welcome to the new TCSA newsletter. It will replace the Ladybug Blog in bringing you the latest from the TCSA and Crooked Sky Farms. The newsletter is also available online at www.tucsoncsa.org

SUBSCRIBE TO THE FALL SEASON BY FRIDAY, SEPT. 23

The Fall season will run for ten weeks, from September 27th to November 29th. Subscription price: \$150. Remember to subscribe before the deadline to benefit from the full season rate (\$15/week). Late applications and payments create additional admin work and will be charged the partial season rate of \$16/week. Sorry about that. Renewing members need not complete an application form: just write a check made out to Philippe Waterinckx.

Subscription details are available online.

SUMMER DELIGHTS NOT OVER YET

You will have until October to enjoy the many varieties of heirloom melons grown by Crooked Sky Farms: honeydew, yellow-fleshed honeydew, golden honeydew, cantaloupe, casaba, Santa Klaus, collective farm woman, golden midget, banana, canary, Crenshaw, Prescott fond blanc, sharlyn, charentais, black diamond watermelon, personal watermelon and red watermelon. Make sure to try one you haven't had before at the next pickup.

Small heirloom eggplants have been a big hit this season: these dense finger and egg-shaped wonders are packed with flavor. Sliced and lightly sautéed in olive oil, they add a wonderful touch to toasted sandwiches also filled with cheese, roasted chiles and pesto.

SHARING THE RISK OF FARMING WITH THE FARMER: THIS WEEK'S CORN

This week's corn was harvested under pouring rain and stored overnight to dry in the farm's cold room before we got it. However, the moisture caused some ears to develop some mold on the outer leaves and silk. Farmer Frank assures us that this is merely an aesthetic flaw and that it does not in any way affect the quality and flavor of the corn itself. We still almost decided not to have it as part of this week's share but in the end we thought that it was part of the CSA spirit to take it.

As a CSA member you share both bounties and setbacks with the farmer. Setbacks can happen during the summer months when the extreme heat or torrential rains sometimes negatively impact certain crops. Because Crooked Sky Farms attempts to grow a diverse crop selection despite the Sonoran summer challenges, more sensitive crops occasionally suffer. Please bear with us on such occasions.

NEW! THREE-WEEK TRIAL SUBSCRIPTIONS

We now offer \$60 three-week trial subscriptions for potential members who would like to try the TCSA without committing for a whole season. Spread the word.

IS TCSA CHEAPER THAN RETAIL?

While the objective of TCSA is not to get you cheap produce (because that would only reproduce the environmental, social and economic injustices we are aiming to avoid), we have routinely been conducting price checks at various Tucson grocery stores, comparing what you get at the TCSA with equivalent organic produce at those stores. In the winter, we usually come out a little cheaper. In the summer, we come out considerably cheaper. Here are a few examples of our grocery store price checks: Jan. 28, \$21.27 – Feb. 8, \$13.47 – Mar. 1, \$16.65 – Apr. 19, \$25.94 – May 10, \$23.07 – Jun. 8, \$21.09 – Jul. 5, \$35.25 – Jul. 9, \$27.70 – Aug. 9, \$27.39.

VOLUNTEER NEEDED

We are looking for a volunteer to help during the Tuesday afternoon pickup hours, from 4 to 7 PM, in exchange of a free share. Contact Philippe.

ROASTING CHILES

(from anonymous)

Dip each chile in olive oil and place on a cookie sheet. Place under broiler, about 3" from heat source. Broil until chiles are slightly scorched. Turn chiles and repeat process. It will take only 3 to 4 minutes on each side. Place chiles in freezer 3 hrs. Remove and pull skin from flesh of chiles. Remove seeds and membranes. Use with any recipe calling for green chiles.

BAKED ACORN OR BUTTERNUT SQUASH (V)

(from Philippe Waterinckx, adapted Cooks.com)

1 acorn or butternut squash
1 tbsp butter, melted
Nutmeg, salt and pepper to taste

Preheat oven at 400 degrees. Scrub squash. Cut in half lengthwise, scrape out seeds and stringy portion. Place cut side down in lightly greased pan. Bake for 45 minutes. Remove from oven. Brush with melted butter, add seasonings. Return to oven and bake 15 minutes or longer. Other herbs may be used like Season-all, and basil leaves. For a gourmet touch, add 2 slivered filberts for the last 15 minutes of baking.

CHILE AND CHEESE SOUP (V)

(from anonymous)

2 tbs olive oil
1 onions, diced
2 cloves fresh garlic, chopped
8 freshly roasted green chiles (see instructions above)
1 large or 2 small ripe tomatoes, diced
3 potatoes, cut into cubes
8 cups water
1 pounds 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 chiles 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.

ROASTED BUTTERNUT SQUASH AND APPLE SOUP WITH PESTO

(from Philippe Waterinckx)

1 butternut squash, cut in half and seeds removed
1 onion, chopped
1 apple, peeled, cored and quartered (optional)
2 garlic cloves, peeled
1 tbs olive oil
salt and red chile powder to taste
2 vegetable bouillon cubes

Toss all ingredients in the butternut halves, put in baking tray filled with ½ inch of water and bake for 1/2 hour at 400.

Scoop out contents of squash in food processor.

Blend until smooth consistency.

Add water or vegetable stock to desired consistency (1/2 to 1 cup).

Serve hot with a scoop of pesto.

SAUTEED CHILES AND CORN (V)

(from Philippe Waterinckx)

4 green chiles, cut lengthwise (membranes and seeds removed – roasting the chiles is optional)
1 ear of corn, kernels removed
1 tbsp olive oil
1 or 2 tomatoes, quartered
1/2 onion, sliced
1 garlic clove, pressed
1/2 glass white wine
1/2 bunch cilantro or parsley, chopped
1 cup vegetable stock
1 cup rice

Sauté the chiles in oil for 5 minutes on each side. Add the onion and tomato and cook for another 3 minutes.

Add the garlic, corn, wine and stock and simmer for 5 minutes.

Stir in the cilantro or parsley.

Serve on top of steamed or boiled rice.

TOASTED BRIE SANDWICH (V)

(from Philippe Waterinckx)

½ tbsp olive oil
2 slices sandwich bread
2 slices of Brie cheese (or any cheese of your choice)
1 green chile, sliced lengthwise, or/and
1 heirloom eggplant, sliced
½ tbsp pesto
salt and pepper to taste

Sauté chile and eggplant in oil, 5 minutes on each side.

Toast the bread. Garnish one slice with eggplant and chiles, spread pesto on other slice and garnish with cheese. You can broil the cheese slice for a few minutes for a yummy melted cheese effect.

More recipes online at www.tucsonsa.org

Know a good recipe for TCSA produce? Send it us to share with other members.