



September 27, 2005 - Issue 4

# *Tucson Community Supported Agriculture Newsletter*

*Celebrate biodiversity*

**FALL 05  
WEEK 1 OF 10**

**RECIPES IN THIS ISSUE**



**ORDERS FOR GRASSFED  
LAMB ARE OPEN UNTIL  
OCTOBER 4.**



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## **THE TCSA FALL SEASON**

Thank you to all our renewing members for joining us again and welcome to our new members. We hope that you will all enjoy our transition to our fall produce. Unlike CSAs in other parts of the country where summers brings great abundance and diversity of produce, we do best in fall, winter and spring when temperatures are cooler. Yes, you will enjoy more greens from now on and get used to eating great CSA salads again.

## **THINGS TO DO AT THE CSA WHEN YOU PICK UP**

1. Check your name on the sign-in sheet.
2. Grab our weekly newsletter. It announcements, news about your farm and recipes.
3. Vote for your four favorite produce items: we try to have the most popular ones at the CSA the following week, pending availability, along with two farmer's choices and two season staples.
4. Check the Trading Basket: for trading one or more of your produce portions (always trade full portions).
5. Check the Surplus Basket: free for all. We fill it with less perishable items from the previous week; you can fill it with surplus produce from your garden (citrus fruit, herbs, squash, etc.) that you wish to share with other members.

## **FALL TRIP TO CROOKED SKY FARMS: SATURDAY, OCTOBER 29**

Come and celebrate biodiversity at Crooked Sky Farms.

Meet at the TCSA at 8:45 am. We will leave at 9:00 am and carpool to Glendale. Estimated driving time is two hours. Time at the farm: from 11:00 am to 3:00 pm. Then carpool back. If you would you rather drive to the farm by yourself directions will be provided.

Planned activities: guided tour of the crops with Farmer Frank, who will be delighted to answer questions about his farming methods. Harvest your own produce and pumpkin. We'll prepare a communal lunch of grilled corn and salads.

What to bring: a side dish to share if you can. Also, a hat, sunscreen, shoes that don't mind getting a bit muddy, and a sharp short knife for harvesting your produce.

Fruit juices and water will be provided. Bring other beverages if you wish.

## **LOUISIANA SHRIMP ORDER**

After the delays caused by Katrina, our shrimp was finally going to be delivered this Tuesday. Then Rita hit. The town of Chauvin, in Terrebonne Parish, where our shrimp comes from, got flooded again. Brace yourself for possibly more delays.

## **GRASSFED LAMB FROM SAN YSIDRO FARM**

Order and pre-pay your pack by Tuesday, October 4, at the CSA. Price is \$7/lb. Packs cost \$56, weigh 8 lbs, contain a mix of cuts and are frozen. Pick up from Tuesday, October 11.

More information available at the TCSA.

**GREEN CHILE SALSA (V)**

(from Philippe Waterinckx, adapted from GlobalGourmet.com)

4 green chiles, roasted, peeled and seeded  
½ onion, chopped  
2 tsp oil  
2 tsp fresh lime (or lemon) juice, or to taste  
1 tbs fresh cilantro, chopped  
salt or to taste

Cut the chiles into 1/2-inch segments and put in a bowl with any collected juices. Add the onion. Mix in the oil, lime juice, cilantro and salt. Let the mixture sit for at least 10 minutes for the flavors to blend (or several hours).

Serve at room temperature with quesadillas, tacos or burritos, or use as garnishing a spoonful on a hot grilled steak, chop or chicken breast.

**GREEN CHILE AND COTTAGE CHEESE BAKE (V)** (from Shelley Shanti)

Green chiles, roasted, peeled and seeded  
Cottage cheese  
Cheddar cheese  
Eggs (optional)  
Salt and pepper

Spread cottage cheese in an oven dish. Add roasted chile on top. Cover with more cottage cheese. Top with grated cheddar cheese. Add 4 beaten eggs on top if desired.

Add salt and pepper to taste.

Bake for ½ hour at 400 or until brown on top.

More recipes online at [www.tucsoncsa.org](http://www.tucsoncsa.org)

Know a good recipe for TCSA produce? Send it to us to share with other members (include source if from a book or the internet.)

**TOMATILLO SALSA (SALSA VERDE) (V)**

(from Philippe Waterinckx, adapted from GlobalGourmet.com)

1 lb tomatillos, husks removed, rinsed, coarsely chopped  
½ bunch fresh cilantro  
2 cloves garlic, roughly chopped  
½ onion, roughly chopped  
1 jalapeño, chopped  
Salt to taste

Place half the tomatillos in a blender or food processor. Add the cilantro, garlic, jalapeño and onion. Blend until smooth. Add the remaining tomatillos, and pulse a few times, just enough to break up any larger pieces. Season with salt.

Serve cool or at room temperature.  
Great with tortilla chips or use as a garnish on white meats.

**OKRA AND GREEN CHILE (V)**  
(from Philippe Waterinckx)

½ okra  
4 chiles, roasted, peeled and seeded.  
½ tbs vegetable oil  
½ onion, coarsely chopped  
1 green bell pepper, chopped  
1 tomato, diced  
Salt and pepper to taste

Rinse okra, cut off stems and cut in 2 segments. Sauté onion and green pepper in oil until tender, 3 to 5 minutes. Add tomato and chiles and simmer, stirring gently, until tomato is soft, 5 to 10 minutes. Add okra and simmer for another 5 minutes or until okra is tender, gently stirring. Add salt and pepper to taste.

Note: okra can also be added to tomato sauce, stews, stirfrys.