



Tucson Community Supported Agriculture Newsletter

September 4, 2006 – Issue 52

Fall 06
Week 1 of 13

This Week's Harvest

Acorn squash
2 ears Trucker's Delight corn
1 melon
2 Red Knight bell peppers
4 Yukon Gold/Red LaSoda 'taters
1 lb. roasted AZ-20 green chiles
1 bunch basil
2 Marketmore 76 cucumbers

Recipes

Tzatziki Cucumbers with Basil
Bell Pepper & Sweet Onion Salad
This Week's Special
Basil Storage and Usage
Baked Acorn Squash Two Ways



Black Mesa Ranch, our goat cheese producer, is now Certified Humane Raised and Handled® in an independent USDA accredited program. After rigorous on-site inspections, BMR is the first and only producer in Arizona to earn this certification. Above, Kathryn Heininger with a young 'un.

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www.TucsonCSA.org

Welcome to Our Fall Session

Welcome to our new and continuing members, from the Tucson CSA crew: Amy, Christa, Clay, Daniela, Danielle, Ignacio, Meredith, Philippe, Sara and Wendy. We welcome our many new members, and we thank our continuing members for staying with us for another session of delicious produce. Fall is a wonderful season to be with the CSA because one experiences the transition from summer to winter produce.

We are starting this session with 70 new members, the biggest increase we have ever had from one season to the next. Our main pickup location is now at full-capacity membership. Pickup times, therefore, may get a little slow until everyone figures out all the ins and outs of the pickup routine, so bear with us for a week or two. To all of you CSA veterans, please do not hesitate to help out by giving a little hand here and there. Thanks in advance for your patience and support during this time of transition.

We do have a few subscriptions still available for our remote Northeast pickup location at Swan and Sunrise and our Northwest pickup location at Ina and Thornydale. Visit www.tucsoncsa.org for more info. We have also created a waiting list for the main pickup location.

Mark Your Calendar! Estancia Farm Open Day on Sunday, September 10

Estancia Farm in Dragoon, from where we receive our free-range, omega-3 eggs, is hosting a **Pick-Your-Own Day** on **Sunday, September 10** from **9:00 am to 3:00 pm**. The farm is 65 miles, about a 1-1/4-hour drive, from Tucson. The trip is not organized, so you can arrive and leave whenever you please. Farmer Kim Webber will have special prices for Tucson CSA members (50 cents per pound for apples and pears, in addition to other produce). Visit with the farm's beautiful hens, Japanese quail, beefalo (no, this is not a typo—a beefalo is a cross between Bison [American Buffalo] and domestic cattle, resulting in meat very low in fat and cholesterol—see www.ababeefalo.org for more info), and other critters. We hope to see many of you there.

Directions from Tucson:

- Head east on I-10 for 54 miles from the Alvernon Way exit.
- Exit at Dragoon Road (318).
- Turn right on Dragoon Road.
- After 9 miles, turn right on Star View Way (there will be signs for Estancia Orchard and Farm).
- After ¼ mile, turn right on Clear View Way.
- After another ¼ mile, turn left on Mars View Way.
- Go another few hundred feet, and you're there!

Roasted Chile Tip

Don't feel pressured to use all your roasted chiles right away—go ahead and freeze them in the bag as they are, and save some for January!

Sweet Marketmore Cucumbers



This week, instead of the Armenian cucumbers we've been used to seeing, we have traditional Sweet Marketmore cucumbers, one of the most widely grown slicer/salad varieties. Organically grown cucumbers do not need peeling, as opposed to non-organic cucumbers, which are waxed to make them last longer and for protection during travel. The skins contain chlorophyll and silicon, two beneficial nutrients that are lost when the vegetable is peeled.

Tzatziki Cucumbers with Basil

Madison Area CSA Coalition

These cucumbers make good pita sandwiches or a dressing for a simple tomato salad.

- 1 medium cucumber, chopped
- 2 garlic cloves, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 8 ounces yogurt
- 1 tablespoon chopped fresh basil

Combine all ingredients, chill and serve. Makes 2-3 servings.

Bell Pepper and Sweet Onion Salad with Basil

Seed and slice thin one or two bell peppers. Slice a small to medium sweet onion very thin and toss together with the pepper slices, some pitted Niçoise olives, and a spoonful of capers rinsed of brine.

Make a vinaigrette with red wine vinegar and good olive oil, and season with chopped garlic, Jalapeño pepper, and red pepper flakes. Taste and season with salt and pepper. Cut basil leaves into a chiffonade and sprinkle over the salad. This salad should be spicy and robust; taste and adjust the seasoning if necessary.

This Week's Special

Philippe

- 2 bell peppers, chopped
- 2 ears of corn, kernels scraped off the cob
- 1 small onion, chopped
- 1 clove garlic, crushed
- 4 roasted chiles, peeled, seeded and chopped
- 1 tablespoon Parmesan cheese, grated, or 1 ounce goat cheese, crumbled (optional)
- 1 tablespoon olive oil
- Basil, chopped
- Salt to taste

Heat oil in large skillet. Sauté the onion, bell peppers, and corn until tender, about 10 minutes. Add garlic, roasted chiles and some salt. Sauté for another 5 minutes. Sprinkle with basil and cheese before serving. Serve on a bed of noodles, in a tortilla, or with an omelet.

Basil



Special basil storage notes:

It shouldn't get too cold, or it will turn black, so try to find the "warmest" place in your fridge.

For some that's the door, for others that might be the produce drawer. The back of the fridge

tends to get the coldest. Wrapping the basil bunch in a damp clean cloth, such as an old clean cloth napkin, and putting that in the vegetable crisper, also works. If you're not sure about your fridge, you can try keeping your basil as a flower bunch in a jar with water at the stems (Philippe does this), but change the water every day. We don't recommend drying your basil: it's best used up or made into pesto and then freezing the pesto if you want to keep the flavor for another week or month.

Quick ways to use your basil:

- Have a big salad with chopped or ripped-up fragrant basil leaves to give it a summertime punch.
- Make pesto and keep it in your fridge all week to make everything yummy, from pasta to fish to chicken to roasted veggies to soup and your slice of toast in the morning.

Baked Acorn Squash Two Ways

Farmer Frank's Phoenix Downtown CSA

Cut acorn squash in half lengthwise. Don't throw away the seeds—save them and roast them! Place the halves flesh-side down in a covered baking dish with ¼-inch of chicken or vegetable stock. Bake in a preheated 350° oven for 45 minutes. Remove the squash, drain the fluid, and turn the squash over, flesh-side up. Cover the flesh with:

- Butter to taste (2 to 3 tablespoons per half)
- Brown sugar (sprinkle it on lightly)
- Powdered cinnamon (a light dusting)
- Salt and pepper to taste

and either:

- Allspice and ground cloves and/or nutmeg (very light dusting)
- OR—
- 2 to 3 teaspoons of soy sauce per squash half

Now put the squash back in the oven for 10 to 15 more minutes, flesh-side up and uncovered.



Visit www.tucsoncsa.org for over 100 more recipes, many of them contributed by yourselves. Please continue to e-mail us with the recipes you use with CSA produce. Thanks!