



Tucson Community Supported Agriculture Newsletter

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Fall 06
Week 9 of 13

This Week's Harvest

Winter squash (pink banana, cushaw, or acorn)
La Soda Potatoes
Apples
Roasted chiles (last week!)
Okra or eggplant
Braising greens
Mustard greens
Spring mix

Recipes

Okra with Chickpeas and Tomatoes
Sautéed Greens with Fresh Tomatoes
(Sweet) Potato, Greens, and Beefalo Dinner Pita
Radish Toast

Don't forget that we have lots more recipes online, especially for greens! If you try any of our members' recipes online, we encourage you to leave your feedback or comments for variations or tips—every recipe has a feedback/comment section.

Newsletter Editor

Christa Selig

Many common questions can be answered above at our Web site.

www.TucsonCSA.org



Name Crooked Sky Farm's Newest Farm Hands!

Above are photos of the farm's new crew: the two young female black-bellied Barbado sheep (left) as well as two goats (right), one pregnant female and her mate. As you can see from the photos, Barbado sheep have hair coats, rather than the traditional wooly coats. The new crew will be helping with the weeding. We are still welcoming your suggestions for appropriate names! Our e-mail address can be found on our Web site.

Black Mesa Ranch News

- ❖ **2006 Cheese-Making Season Winds Down:** Milk production from “the girls” is about half of what it was at peak this summer, which means that David and Kathryn are making cheeses only once per day now. On the other hand, the milk is now at its high-point for the year for butter-fat and solids content, so the cheese yield is quite a bit higher per gallon of milk, and the cheeses are incredibly creamy and rich. These changes in the milk signal that the goat herd is approaching the end of their lactation cycle for the year. While David and Kathryn endeavor to continue milking through December, once bred, the girls often have other ideas. That means some tough decisions in the cheese kitchen. David and Kathryn have already had to stop making their Boule, and soon they will stop making feta as well in order to put all of the milk into their core products of fresh cheeses.

The good news is that they've had a very good start on breedings, with a whole bunch of girls grouped to kid right at the beginning of spring. This schedule ought to let them jump back into full cheese production quickly and efficiently and as early as possible next year, probably in late March, nearly a month ahead of schedule from this year.

- ❖ **Holiday Candy Season Starts Up:** As David and Kathryn wind down on cheese-making, the void is filled (to a certain extent) by the opening of their candy production season. In addition to their traditional **butter almond toffee, chocolate truffles, barks and rubbles**, and **spiced nuts**, this year they are also introducing an amazing chocolate and walnut **Goat's Milk Fudge**. All of their candies are handmade in tiny batches right on the ranch from the freshest and finest ingredients they can find, including all-Belgian chocolate and cream and milk from their own goats. Stay tuned—David and Kathryn will be making a special batch available exclusively to our CSA members. Good thing we all eat so many vegetables, so we can savor the guilt-free pleasure of David and Kathryn's candy when the holiday season arrives!

Okra with Chickpeas and Tomatoes

Paula Karrer, TCSA member

Editor's note: This would be a great recipe to serve on top of some sautéed braising greens or other sautéed greens from this week's share. You could also add some rice to make a full-course vegetarian meal. If you still have tepary beans from last year, you might consider substituting those for chickpeas.

1 cup dried, soaked, and cooked chickpeas, or 1 cup rinsed canned chickpeas
2 tablespoons olive oil
1 to 2 cloves garlic, peeled and minced
12 or so okra pods
1 can fire-roasted tomatoes, drained and coarsely chopped, or fresh tomatoes, cored and seeded
1-1/2 teaspoons ground cumin
½ cup chicken or vegetable stock
Juice of ½ lemon
¼ cup chopped fresh parsley or other greens
Salt and pepper

Heat oil in a deep skillet, and sauté the garlic until fragrant. Add the okra and cook, stirring, a few minutes, until it turns bright green. Stir in tomatoes and cumin. Cook for 1-2 minutes.

Add stock, lemon juice, salt and pepper. Cover, reduce heat to medium-low, and cook until the okra is soft and the sauce is almost caramelized, about 35 minutes (this step is what gives the dish its delicious, unique flavor). Check occasionally to see that the sauce is not sticking or burning—if it gets too dry, you may need to add small amounts of additional liquid.

Add the chickpeas and cook until heated through. Add parsley or greens and adjust seasoning. Serves 2.



Sautéed Greens with Fresh Tomatoes

Lisa Janz, TCSA member

1 to 2 tablespoons olive oil
1 large clove of garlic
½ teaspoon cumin seeds
¼ teaspoon kalonji seeds (optional—available in the Indian spice section of the 17th Street Market)
½ share of greens
Pinch of salt
1 tomato
1 to 3 radishes, depending on size (I used 3 tiny ones)
(if you still have any left over!)

Cube the tomato and radishes, season with salt, and set aside. Crush the garlic and cook in olive oil with the seeds until all three are fragrant. Add the greens and cook for a minute until they begin to wilt. Add a few tablespoons of water and cover tightly. Cook until greens are tender. Serve topped with tomatoes and radishes, and a bit of extra olive oil if desired. Serves 1, but can easily be increased—just add extra greens and a few more seeds if you want a stronger flavor.

(Sweet) Potato, Greens and Beefalo Dinner Pita

Lisa Janz, TCSA member

Editor's note: If you've already used up your sweet potatoes from last week, you could easily adapt this recipe to use potatoes from this week's share, or even better, roast some squash, which has sweetness similar to sweet potatoes. Serves 2.

¼ cup whiskey (I use Jameson)
1 tablespoon chipotle chile powder
½ teaspoon salt
½ pound sirloin beefalo steak

Marinate the steak for a minimum of 1 hour in the above ingredients. Preheat the oven to 350°. Cook until only a trace of pink remains inside the meat.

1 large or 2 small sweet potatoes or other potatoes or squash
1 tablespoon olive oil
1 clove garlic, grated (use a hand grater or chop finely)
½ to 1 teaspoon dried thyme
¼ teaspoon five-spice powder (optional)
Salt to taste
Freshly ground black pepper to taste

Cube the potato and boil until soft, or roast some squash instead. Drain the water and add the rest of the ingredients. Mash until the ingredients are well mixed but some texture still remains.

5 ounces chickpeas or tepary or pinto beans
½ share of greens—any green works, but strong flavors such as mustard greens go particularly well with sweet potato

Remove steak from pan and slice into strips. Add greens and chickpeas to steak pan with a bit of water to loosen the drippings. Sauté until the greens are wilted.

Fill two whole-wheat pitas with all of the above ingredients and serve.

Radish Toasts

Paula Karrer, TCSA member

Still have radishes left over from last week? Here's a great suggestion from Paula, who says: "Here's a nice snack, an accompaniment to soup, or a quick 'there's nothing in the house' appetizer."

Lightly toast thin slices of French bread. Let cool slightly (the toasts taste better if the butter doesn't actually melt), and spread with soft butter. Top with thinly sliced radishes, a sprinkle of salt, and freshly ground pepper.

