



# Tucson Community Supported Agriculture

Newsletter 103 ~ Fall '07, Week 2 of 13 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Harvest list is online



## The Back Page

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Freezing Gueros for Storing

*Gueros and Jalapeños can be used interchangeably.*

## The Marketmore 76

**cucumber** is a common and popular slicing cucumber. It is an open-pollinated variety, i.e. its seeds will produce the same cucumbers.

## 2007 Farm Bill Forum

With Congresswoman

## **Gabrielle Giffords**

Wednesday, Sept. 12, 1 to 3 PM

Vail Education Center  
13801 E. Benson Hwy  
Vail, AZ

## For sale: Organic, GMO-free chicken feed (layer pellets).

We bought extra to get a bulk discount on the shipping. Now we need to sell it! We're selling it at our cost. Help us spread the word. Tell all the hens in Tucson! We're the only place that sells organic chicken feed..

Cost: \$26.25 per 50lb bag.

## Newsletter editor

Philippe Waterinckx

## Crooked Sky Farms News

The summer has been harsh at Crooked Sky Farms. Higher than normal temperatures and dry weather have impacted the summer crops which have yielded less than expected. The Duncan field, on which the farm relies mostly for its summer crops, has been particularly affected by the heat and the drought.

Kelsey and Frank have spent much of the last few weeks planting fall crops and they expect a good harvest. "We've planted a lot," said Kelsey, "including different kinds of lettuce, arugula, Swiss chard, and Asian greens." Fall crops should start appearing in our shares at the end of September.

## Yellow Hot Chiles (Gueros)

If you wish to go local with spices, yellow hots and jalapeños are a good substitute for black pepper. We get them rarely, so this is a good opportunity to enjoy them.



Also known as **guero chile** or **Santa Fe grande**, the fleshy yellow hot is a small conical chile, similar to a jalapeño. It starts off as a pale yellow color, and then matures to either a brilliant orange color or to a very fiery red. Commercially, it is typically marketed when yellow. Used both raw and cooked, it features a slightly sweet taste with a medium-hot to hot pungency. Yellow hots (and jalapeños) come to us only once or twice a year in late summer. You can use them right away or you can preserve them to use them over time (they can be frozen, candied or pickled - see recipes on Back Page). They make a great local substitute for black pepper.

## Pastured Chickens Available

We currently have pastured chickens from Josh's farm in Cochise. They are whole and frozen, weigh 3.5 to 4.5 pounds each and are \$4.50 per pound (less than last time). They are available on a first come, first served basis.

Josh raises his chickens naturally, on pastures, without hormones or antibiotics. They eat what chickens eat naturally, i.e. the greens and bugs they find in the pastures, and they also get a small amount of additional grain. Josh is planning to grow his own organic grain in the future, but for now he uses regular conventional grain. Josh processes his chickens himself at the Guzman facility, a small family-owned processor in Cochise.

## "Cooperate for Community" contest - Deadline for submission is this week

Nomination submission deadline is September 14. Time is almost up!

Nominate a neighbor, a farmer, a community activist, an artist, an author, or anyone you believe deserving of recognition for their work in the sustainable foods area.

Nomination forms are available at the Food Conspiracy Co-op, at the CSA, and online at [www.foodconspiracy.coop](http://www.foodconspiracy.coop) (more info on the Food Conspiracy Co-op website).

## Next Week: Grains Fest



This time of year is associated with grains harvests. Next week, on both pick-up days, we will sample various wheat and oats dishes. CSA volunteers will prepare most dishes and members are also invited to bring a grain dish of their own (plus a recipe which we will put online). Ask us for extra grains if you plan to bring a dish.

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## TCSA RECIPE PAGE

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### Jalapeño Jelly

Lorraine Glazar, Tucson CSA

This recipe has become a traditional holiday gift for many of my friends, who tell me they look forward to it! Even though I grow my own hot peppers, I still look forward to more from the CSA. Our CSA peppers are more substantial and meatier than the ones I grow myself. I use peppers to season just about everything: I throw one into a pot of soup, add it to the gumbo I am making, etc.

While this recipe has much more sugar than I usually care to eat, remember that jelly is a condiment, to be used sparingly. The jelly makes a great holiday gift and is excellent for cooking—use as a glaze for poultry or fish for something really different and Southwestern.

¼ cup ground Jalapeño chiles, seeds removed  
1-1/2 cup ground sweet bell peppers  
6-1/2 cups sugar  
1-1/2 cups cider vinegar  
1 bottle liquid fruit pectin

Combine all ingredients except fruit pectin, bring to a boil, and allow to boil for 3 minutes. Remove from heat and strain off liquid. Return liquid to kettle and bring to a boil. Stir in fruit pectin and continue boiling and stirring for 1 minute or until jelly stage is reached. Remove from heat and pour into hot sterilized jars (see note below). This jelly is lovely as it is, but feel welcome to add one or two drops of food coloring to each jar to achieve a deeper red or green color.

Variation: After straining the liquid, put a half-cup of pepper bits back into the jelly.

Note: If you've never preserved any foods by canning, don't be intimidated! The large amounts of sugar and vinegar ensure that it won't spoil. "Hot sterilized jars" can come from the dishwasher, or you can put a dish towel in a soup pot and set the jars on that, covered in water, to sterilize. Use canning jars with a two-part lid—local hardware and grocery stores carry them in various sizes.

### Candied Chiles

[gourmetsleuth.com](http://gourmetsleuth.com)

3-4 chiles (fleshy types with thin skins, like jalapeno, serrano, and guero/yellow hots, are better than long chiles with thinner walls)

1 cup granulated sugar  
2 cups water

Cut the pepper lengthwise into four strips, cleaning out white pith and seeds.

Combine the sugar and water. Heat to make a simple syrup.

Cook the jalapeño strips in the simple syrup for a few minutes, then strain the syrup and let the strips cool for a few minutes.

Repeat the cooking process three or four times, reusing the syrup, or until the strips are nicely candied.

Editor's note: The hot & spicy syrup is a nice byproduct that can be used in many ways as well.

### Jalapeño Poppers

6 jalapeños  
1/2 cup grated sharp Cheddar cheese  
1 tablespoon cream cheese  
1/4 teaspoon garlic powder  
1 large egg  
1/3 cup unflavored dry breadcrumbs  
1 pinch salt

Note: goat cheese can be substituted for cheddar and cream cheese.

Preheat oven to 325 F. Lightly oil baking sheet and set aside. Cut of tops of jalapeños and remove seeds and membranes. If too difficult, cut them in half lengthwise first. Place on oiled baking sheet.

Mix together the cheddar and cream cheese and stuff the jalapeños with the mixture.

In a bowl, beat the egg until frothy. In another bowl, stir together breadcrumbs and salt. Roll each jalapeño in egg, then in breadcrumbs.

Place on a baking sheet. Bake until tender and browned, for about 30 minutes. Serve warm, with sour cream for dipping.

### Chiles in Escabeche (Pickled Chiles)

Amy Schwemm, Tucson CSA

Fresh chiles (fleshy types with thin skins like jalapeno, serrano, and guero/yellow hots, are better than long chiles with thinner walls)

Vinegar, cider or distilled  
Salt, non-iodized

#### Extras:

Carrot, Onion, Garlic, Mexican oregano

Cut slices of onion, garlic and carrot. Chiles can be left whole with stems, or seeded and sliced.

Mix vinegar and water in equal parts, making enough brine to easily cover chiles. Put brine in a non-reactive pot with 1 teaspoon of salt for each 4 cups of brine.

Bring to a boil and cook veggies for 1 to 3 minutes (more time for whole chiles, less for sliced). Do not let chiles get soft!

Remove from heat and let cool. Put in jars, making sure the chiles stay submerged in brine, and refrigerate. They will keep up to a year.

### Freezing Gueros (or Jalapeños) for Storing

Philippe, Tucson CSA

Wearing latex gloves is advised!

Remove stems. Slice the chiles lengthwise into quarters or halves. Remove seeds and membranes with a spoon.

Place the sliced chiles on a cookie sheet and put in freezer for one hour.

Put frozen chiles in a zip lock bag and return to freezer.

Take pieces out one or more at a time when needed in recipes.