



Tucson Community Supported Agriculture

Newsletter 110 ~ Fall '07, Week 9 of 13 ~ Online at www.TucsonCSA.org

Harvest list is online



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Pumpkin, Corn and Chili Soup
Asian Noodles (or noodle soup)
with Mustard Greens
Linguine with Arugula, Pine
Nuts and Parmesan Cheese
Swiss chard with raisins and
pine nuts

Things are getting busy! Some Dates:

Lamb: available for open purchase starting Oct. 30 until we run out.

Beef: remaining pre-bought packs available this week.

Chickens: available for open purchase starting Nov. 6 until we are out.

Turkeys: available starting Nov. 13 for those who paid a deposit.

Candy from Black Mesa Ranch: available for open purchase starting Nov. 6.

Newsletter editor

Philippe Waterinckx

Contract Renewal Schedule

The Winter session will run from Tuesday, December 4, 2007 to Friday, February 29, 2008. There will be no pick-up during Christmas and New Years.

Winter session enrollment is from November 6 to November 30. Current and former members will have priority enrollment until 19, after which any remaining slots will be made available to people on the waiting list.

Space for both Tuesday and Friday pick-up days are limited, so renew early to make sure you get the pick-up day of your choice. Contract forms will be available online and at the CSA. Farmer Frank mentioned that there will likely be a price increase but we don't have the final word on that yet. Full details and contract forms will be available next week.

Time for Grass-fed Lamb

Organic grass-fed and grass-finished lamb from our usual supplier (San Ysidro Farm in McLean, Cochise County) should arrive this Tuesday. Since the packs will be ready to go, no deposit will be required.

Cost: \$70 per eight-pound pack. Packs are frozen and include a variety of cuts (leg or shoulder roast, chops, shanks, ribs, ground, etc. No organs).

Desert Harvesters Mesquite Millings and Pancakes: VOLUNTEER OPPORTUNITIES

Desert Harvesters will be serving Velvet mesquite/Crooked Sky whole-wheat pancakes made with all organic ingredients, topped with prickly-pear, mesquite, and maple syrups. Sip native teas with backyard honey, while enjoying live music. People can bring their mesquite pods, dried and cleaned, and have them ground in the hammermill into a sweet and nutritious flour. Please visit www.desertharvesters.org for instructions and details.

We need pancake flippers (at least 10 people for Saturday!), set up and break down people, and general helpers. We are also looking to borrow gas BBQ grills and griddles for the day. Volunteers working 6 or more hours get a Desert Harvesters long-sleeved t-shirt. New volunteers will also have an opportunity to learn about the mill.

Desert Harvesters celebrates and promotes local food security by encouraging the planting of indigenous, food-bearing plants and shade trees (such as the Velvet Mesquite) in water-harvesting earthworks, and then educating the public on how to harvest and process the bounty.

Want to be involved as a volunteer? Talk to Sara, Lori, or Amy at the CSA pickup, or call Brad or Kelly, and we'll see you there!

Thursday, November 15

3pm to 6pm

Santa Cruz River Farmers' Market, Santa Cruz River Park
West of the I-10, between Speedway and St. Mary's Rd.
Contact: Kelly Waters 622-0525

Saturday, November 17

9am to 2pm (pancakes stop at noon)

Dunbar/Spring Community Garden
NW corner of 11th Ave and University Blvd.

Contact: Brad Lancaster 882-9443, bradlank@gmail.com

Pumpkin, Corn and Chili Soup

Linda Warren, TCSA member

olive oil
2 large onions, chopped
8 cloves of garlic, minced
6 pounds pumpkin, peeled, seeded,
and cut into one-inch chunks
water or stock
3 pounds frozen corn
12 roasted chiles (red, green, or a combination of the two),
peeled, seeded, and cut into large pieces
salt, to taste



Heat olive oil in a 12-quart pot.
Sauté onions and garlic until they start to soften.
Add pumpkin.
Add water (or stock) to just above the level of the
pumpkin.
Bring to a boil, and then simmer until pumpkin starts to
soften (approx. 30 minutes).
Add corn and chiles. Simmer until pumpkin is
very soft (another 30-45 minutes).
Puree soup.
Add salt to taste. Makes ~8 quarts.

Asian Noodles (or noodle soup) with Mustard

Greens Paula Karrer, TCSA member

½ lb Chinese noodles (or other Asian type)
One bunch CSA Greens (I like mustard greens or a mix of
mustard greens and a milder variety for this recipe)
Optional Protein: your choice of small pieces of leftover
meat, scrambled egg, tofu, cubes, cooked shrimp
Sauce - combine the following in proportions that taste
good to you (I've listed them according to the amount
you might use, from most to least): soy sauce, peanut oil,
rice wine vinegar (or other type), minced garlic, minced
ginger, siracha or other spicy condiment, minced spicy
chilies, sesame oil (just a dash)
Optional: broth of your choice if you prefer a soup rather
than just noodles.

Wilt the greens in a sauté pan in just the water clinging to
them after washing.
Heat broth (if using any)
Boil the noodles to taste (usually only 1-3 minutes,
depending on your type of noodle)
Toss the noodles with the sauce, greens and optional
protein.
Add broth if using any.
Serve hot!

Linguine with Arugula, Pine Nuts and Parmesan

Cheese Phoenix SW Valley CSA

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just
tender but still firm to bite; stirring occasionally.
Meanwhile, heat oil in heavy large skillet over medium
heat. Add arugula and stir until just wilted (approx. 30
seconds). Remove from heat. Drain pasta and return to pot.
Add arugula and toss well. Add 1 cup Parmesan and salt
and pepper to taste; toss well. Transfer to bowl. Sprinkle
with pine nuts. Serve immediately, passing additional
Parmesan separately. Serves 6.

Swiss Chard with Raisins and Pine Nuts

Very simple and super tasty! The following comes from
“Farmer John’s Cookbook: The real dirt on vegetables.
Seasonal recipes and stories from a community supported
farm” by Farmer John Peterson and Angelic Organics.

¼ cup extra virgin olive oil, divided
½ cup thinly sliced onion
1 clove garlic minced
1 ½ - 2 pounds Swiss chard, rinsed, coarsely chopped
1/3 cup raisins
¼ cup pine nuts, toasted
1 tablespoon freshly squeezed lemon juice
salt
freshly ground pepper black pepper

Heat 3 tablespoons oil in large skillet over medium-high
heat. Add the onion; cook, stirring occasionally, until
golden (approx. 15 min). Stir in garlic and cook for 1 min
more.

Add the chard in batches, adding more as each batch wilts
(the only water you will need is the water clinging to the
leaves from rinsing), and keep the pan covered between
batches. When all the chard is added and the leaves are
wilted, stir in raisins, pine nuts, lemon juice, and
remaining 1 tablespoon oil. Season with salt and pepper to
taste.

Check our **Spaghetti Squash recipes**
online, under “Squash, Winter”

