



Tucson Community Supported Agriculture

Newsletter 112 ~ Fall '07, Week 11 of 13 ~ Online at www.TucsonCSA.org

Harvest list is online



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Holiday Candy

Each year at this time we get chocolate truffles, caramels, rubble, fudge and toffee from David at Black Mesa Ranch, our goat cheese supplier. The candy is made with fine Belgian chocolate and cream from the goats. (Some members call it "goat candy".) It is out of this world! David is an artist as a confectioner, and the candy is sublime. It's available now until stock runs out. If we do run out, we will order one more batch prior to Christmas.

Roasted Chiles

For almost a month now, Farmer Frank has told us every week: "This is probably the last of the chiles." Yet, because the weather has been unseasonably warm, the fields keep producing more and the chiles keep on coming. Enjoy them while they last. Soon there will be gone until next August.

You can also freeze your bags as they are, for a future winter treat.

Newsletter editor

Philippe Waterinckx

THANKSGIVING WEEK

Pick-up will be on regular days during Thanksgiving week.

Tuesday and Friday, 4:00 to 7:00 PM

Subscription Renewals: Reminder

Winter session enrollment is from November 6 to November 30. Current and former members will have priority enrollment until November 19, after which any remaining slots will be offered 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 are available online and at the CSA.

Grant Opportunity from the Food Conspiracy Co-op

The Food Conspiracy Co-op's Cooperative Community Fund (CCF) was started in 2001 and every winter it honors five local organizations with grants of around \$250 each.

Eligible organizations that wish to apply for a 2008 CCF grant must be a registered non-profit, operate in Southern Arizona and work in one of the following areas: A. Agriculture, Food or Hunger; B. Community or Social Issues; C. Cooperatives and D. Environmental Sustainability.

If you are part of an organization that may qualify for this grant, please consider applying. Grant applications are due by December 3rd. Co-op members will vote throughout the month of January and winners of this year's grants will be announced at their annual membership meeting in March.

Please visit their webpage (www.foodconspiracy.coop) for more information about the Cooperative Community Fund and grant applications.

Grapefruit: Greening and Degreening



Early in the citrus season, grapefruit are still green on the outside even though they are ripe inside. The green color is often perceived as a signal that the fruit is not yet ripe. However, it is simply a sign that the weather is not cold enough to change the outer color of the grapefruit. The grapefruit are actually ripe. As the weather cools, the grapefruit will indeed turn yellow. There is a similar phenomenon at the end of the citrus season, when oranges are being harvested. As the weather warms, the ripe oranges that are still on the trees change from orange to green on the outside.

Recipes

Folks! We print a few recipes in the newsletter every week to get you going. But don't forget that there are many, many more in our recipe archive at www.tucsoncsa.org/recipe.

Many are from Tucson CSA members and volunteers and they are specifically aimed at using produce from our CSA. Right now they are somewhat difficult to print (to print them, you have to cut and paste them into a Word document) but we are working on making them more easily printable.

Mustard Green Gratin

Sara Jones, Tucson CSA

Mustard greens or other spicy greens will mellow with fat and cream, so this recipe is a good one if you find their taste too strong. You will probably need at least two bunches of mustard or other spicy greens for this recipe, but use whatever you have on hand and adjust the other ingredients accordingly.

1 bunch or 2 CSA-share bags mustard or other spicy greens, washed and roughly chopped
1 cup sliced mushrooms
3 cloves garlic, minced
1 tablespoon butter
1 cup ricotta cheese
1/4 cup parmesan cheese
3 eggs
1 cup cracker crumbs
Salt and pepper to taste

Sauté mushrooms and garlic in butter, over medium heat, until mushrooms soften. Stir in greens and cook until wilted. Combine greens and mushrooms with ricotta cheese, eggs and salt and pepper. Spread into a baking pan and cover with parmesan cheese and crackers. Bake in a 375 degree oven for about 35 minutes, until cooked through.



Wilted Greens with Dressing

Sara Jones, Tucson CSA

The greens in this recipe are just barely wilted in a hot vinegar dressing, then topped with pecans. If you have any fruit flavored vinegar use it, otherwise use balsamic vinegar. Toss in chopped apples for a sweeter taste.

1 or 2 bunches greens, washed and chopped
About 1 tablespoon balsamic vinegar
About 1 tablespoon Dijon mustard
About 1/2 tablespoon honey
2-3 roasted chiles, skinned, seeded and chopped
About 1/2 tablespoon oil
Salt and Pepper to taste
Chopped pecans to garnish

Mix together vinegar, mustard, honey, chiles and oil and heat over medium high heat until beginning to bubble. Remove from heat and stir in greens, tossing well to coat. Top with pecans (and apples, if using) and serve.

Arugula Pasta

Sara Jones, Tucson CSA

Arugula goes really well with a hearty, whole wheat pasta. You can add more ingredients to this simple recipe, or leave it as is. I like mine best with garbanzo beans or pecans mixed in, plus parmesan on top.

1-2 bunches Arugula or other green, washed and chopped
1/2 onion, diced
2 cloves garlic, minced
1 tablespoon olive oil
Cooked whole wheat pasta for 2-4 people, plus 1/4 cups reserved pasta water
Salt and pepper to taste

Cook onion in oil over medium heat, stirring often, until brown and caramelized. Stir in garlic and cook briefly then add greens and cooked pasta and water. Season with salt and pepper and cook until water is mostly evaporated and greens are wilted.

Saag

Adapted from Sarah, former Tucson CSA member

Here's a simple recipe for saag. There's a million ways to do it. We like it sometimes with not so many chiles and instead chili powder, mustard seeds (add these at the onion stage), lemon, and cilantro. Sometimes we put a big spoonful of yogurt in at the end. Or you can add a diced potato, or paneer cheese. A fine way to eat all these greens we've been getting!

1 bunch or 2 CSA-share bags greens, chopped finely
1/2 onion, chopped
1/2-inch piece ginger, minced
2 cloves garlic minced
1 green chile, minced
1 red dry chile, crushed
1 tablespoon gram flour, sieved
1/2 tablespoon butter
Ghee (or butter/oil mix)
Salt to taste

Boil the greens till soft (a few minutes). Remove excess water and mash the leafy vegetables well and reserve.

Heat 2 tablespoons ghee, sauté onions until soft, then add ginger, garlic, green chiles and crushed red chiles and cook.

When the mixture (called masala) has been browned, add the mashed saag and salt.

Mix the gram flour in a little water and add to the saag.

Simmer for at least 30 minutes.