



Tucson Community Supported Agriculture

Newsletter 153 ~ September 1, 2008 ~ Online at www.TucsonCSA.org

Summer `08

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Harvest list is [Online](#)

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More recipes at
www.tucsoncsa.org

Small Bites: Paper of Plastic

A petroleum byproduct: The 100 billion plastic bags used annually in the U.S. take 12 million barrels of oil to produce.

Plastic saves energy: It takes four times more energy to manufacture a paper bag than it does to make a plastic bag.

Paper pollutes: Production of paper bags produces 70 percent more air pollution and 50 times more water pollution than making plastic bags.

Plastic is forever: It may take a thousand years for a plastic bag to degrade.

Recycling practice needed: Only one to three percent of plastic bags are recycled compared to 10 to 15 percent of paper bags.

Refuse or reuse: Consumers should decline to take a bag for purchases that are small or easy to carry or reuse the bags they have.

(from *Foodlinks America* – May 2008)

Newsletter editors

Philippe Waterinckx &
Kimi Eisele

WELCOME TO THE TUCSON CSA FALL SESSION

MUDDY MELONS AND OTHER FARM NEWS



Farmer Frank reports that Crooked Sky Farms has had so much rain in the last week that it's been hard to get produce out of the fields. Melons are particularly difficult to harvest in the mud. When the mud is so thick, members of the farm crew sometimes lose their shoes in the field, only to find them months later. So don't be alarmed if this week's melons arrive a little muddy!

CAJETA NOW SOLD AT CSA

by Debbie Emholtz (*CSA member & dairy goat herder, Jacob's Pride Farm*)

A sweet treat now awaits CSA members for the next month or two. *Cajeta*, pronounced either as "kah-HEH-tah," is a thick, caramel flavored syrup made from milk and sugar. The milk is cooked down to a syrup consistency and the sugar that had been added, caramelizes during the cooking process, thus producing cajeta. Traditional cajeta is made with goat's milk, although many cajetas today use a combination of goat and cow milk due to the high cost of goat's milk. When cow's milk is exclusively used, it is called *dulce de leche*, literally "milk candy."



Cajeta is used in Mexico and in some South American countries primarily as a dessert by itself or as a topping for ice cream, bread, tortillas, cake, fruits or crepes. It is also a wonderful addition to pancakes or waffles, topped on granola and your favorite fruit. It is perfect for authentic Mexican desserts. In Argentina, Chile, Uruguay and Peru it is used to prepare *alfajores* (caramel sandwich cookies).

Cajeta is so addictive you'll be hard pressed to do anything but just eat it straight out of the jar with a spoon, and although that is perfectly acceptable, it's equally good on anything your heart desires.

This CSA Cajeta is made from scratch—a true labor of love. And it is authentic, using fresh, pure milk from my goats. Two gallons of milk and sugar is cooked on a slow, low rolling boil for 4 to 6 hours, reducing down to approximately 12 cups of decadent, caramel syrup. I also add a pinch of sea salt, baking soda and corn starch. For now the cajeta is pure, but I may experiment with vanilla and cinnamon flavors in the future!

The Cajeta is a seasonal goodie, available only for a limited time. I will be drying off our does in November to give them a rest before kidding season begins and they need to start working again. The Cajeta is available now at the CSA for \$6.50 a jar (includes 50c deposit for the returnable jar)... but only while supplies last.

CSA MEMBERSHIP STATISTICS

We have 450 members for the fall session, including 80 new members. For the first time ever, we sold out this session and unfortunately have had to turn people away. Also, for the first time we have not cleared the waitlist. About 40 prospective members from the fall wait list have been carried over to the winter session wait list.

Pear and Pecan Pasta

Sara Jones, Tucson CSA

A salad topped with pears, pecans and blue cheese is becoming ubiquitous on restaurant menus across the country. Try this variation served over pasta for a heartier dish. If you can get your hands on fresh arugula or spinach, it would be delicious tossed in at the last minute.

1 basket Asian pears, cored and slivered
3/4 cup pecans, chopped
About 1/2 cup blue cheese
1 onion, thinly sliced
1 package penne pasta, cooked al dente
1 1/2 tablespoons olive oil
1 tablespoon balsamic vinegar
Salt and pepper, to taste

Heat 1 tablespoon oil in a skillet over medium heat. Add onions and cook, stirring occasionally until well browned. Toss hot, freshly cooked pasta with onions, pecans, pears and cheese. Drizzle with oil and vinegar and add salt and pepper to taste. Serve hot or as a cold pasta salad.

Squash and Grain Fritters

Sara Jones, Tucson CSA

2 cups grated summer squash
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice
1/2 small sweet onion, sliced thinly
1 egg
1 tablespoon flour
Salt and pepper to taste

Drain squash in a colander for 30 minutes. After draining squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. Mix again, adding more flour if mixture seems very loose. Heat a large skillet over medium heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cover fritter and cook until golden brown underneath, about 4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter. Serve with miso sesame sauce.

Green Chile Enchilada Sauce

Sara Jones, Tucson CSA

6 large chiles, roasted, skin and seeds removed, chopped
1 can diced tomatoes
1/2 cup veggie stock
2 teaspoons toasted cumin seeds
2 teaspoons dried oregano

2 tablespoons oil
3 cloves garlic, minced
1 onion, diced

In a medium sized stock pot, heat oil over medium heat. Sauté garlic, onion and cumin. Add the rest of the ingredients and cook over medium heat for about 20 minutes. Freeze in small freezer bags for easy defrosting.

Cold Squash and Corn Chowder

Philippe, Tucson CSA

A very refreshing Southwestern soup, ideal for hot summer evenings. If you have summer squash that have grown out of proportion, here's how to put them to good use.

2 pounds or more of summer squash
kernels of 2 ears of corn
1 onion, chopped
2 cloves garlic, minced
1 tablespoon oil
1 jalapeno
2 roasted chilies, fresh or roasted, or 1 tablespoon of chile powder
salt to taste
Garnish:
1 tablespoon oregano
some chile powder

Cube the squash. If the squash are large, scoop out the seeds first. Sauté all ingredients in oil until the squash is tender (about 20 minutes). Add 4 cups cold water or vegetable stock. Blend. Add more water if necessary to achieve creamy texture. Refrigerate for 4 hours. Serve in bowls and sprinkle some chile powder on each before serving. Garnish with some fresh oregano, basil or mint.

Individual Pear Crisps

Sara Jones, Tucson CSA

Use this recipe if you don't have enough fruit to make a whole cobbler or crisp. Serve with vanilla yogurt or a scoop of ice cream.

1 basket pears, washed, cored and chopped
1 slice lemon
1 tablespoon sugar or brown sugar (optional)
1/4 teaspoon cinnamon
1 handful granola
1 thin slice butter

Melt one slice of butter and sugar in a small saucepan over medium heat. Add cut fruit, a squeeze of lemon juice and the cinnamon. Cook for about 3 minutes, until fruit is cooked through and meltingly tender. Place in one or two bowls and top with granola and yogurt or ice cream. Serve hot.