



# Tucson Community Supported Agriculture

Newsletter 157 ~ September 29, 2008 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

**Fall '08**

**WEEK 5 of 13**

Harvest list is [Online](#)

## The Back Page

Spicy Greens  
Greens, Beans and Pasta  
Balsamic Lemon Greens  
Butternut or Pumpkin Polenta  
Chilled Cucumber Soup

More recipes at  
[www.tucsoncsa.org](http://www.tucsoncsa.org)

## Second Payments Due

If you are paying your CSA share in two payments, your second payment is due this week (\$130 if you are subscribed to a produce share only; \$145 for a produce and cheese share).

## Upcoming herbalism classes

John Slattery, who provides us with his wonderful wild-harvested Sonoran desert products, will be leading the following events in October:

### **Saturday, Oct. 4**

**Herb Walk** – Tucson Area  
\$20/person  
7:30am-11:30am (meet at 418 E. 7th St. at 7:30am)

### **Wednesday, Oct. 15**

**Class: Harmonizing with Elements - Autumn** (with a focus on local plants)  
\$25/person  
The Historic Y Conference Room  
300 E. University Blvd  
6-8pm

For reservations or more information please call John at 520.275.2105

## Newsletter editor

Philippe Waterinckx

## **MORE TIPS ON USING GREENS**

If you are not familiar with greens, here are two more tips which may be helpful:

Add coarsely chopped greens (arugula, mustard greens, dandelion greens, etc.) to a tomato or spaghetti sauce, just before it has finished cooking. Spicy greens will lose their spiciness but still contribute their nutrients and color to the sauce. Similarly, you can blanch your greens (boil them for 1 minute to wilt them) then add them to your favorite lasagna recipe.

## **GRASS-FED MEATS: FALL SESSION ORDERS**

The Tucson CSA works with small local ranchers who raise animals humanely and sustainably. Meat products include beef, beefalo, lamb, pork, chicken and turkey. All our meats are grass-fed and grass-finished (except the pork - pigs do not eat grass). "Grass-fed" means that the animals are raised on pasture. Our beef and lamb is also "grass-finished", which means that several weeks before being processed, the animals are moved to a high-quality pasture (often alfalfa) to allow the meat to acquire the marbling that enhances its tenderness and flavor. Some grass-fed animals are corn finished, which is generally cheaper and fattens them more quickly.

**General availability:** Chickens are available weekly from May to November. Turkeys are available for Thanksgiving only. Beef and pork are available once each session. Lamb is available once in the spring session and once in the fall session.

**Availability for fall session:** We have already taken orders for Josh's Thanksgiving pasture-raised **turkeys** which will be ready for pick-up the week before Thanksgiving. From mid-October to mid-November, we will also have **beef** (B Bar D Ranch, Benson), **beefalo** (Estancia Farm, Dragoon – note this is the last time we will have beefalo, since the Estancia Farm is soon to be sold), **lamb** (San Ysidro Farm, McNeal) and **pork** (Guzman, Cochise).

**Prices:** Approximate prices (meats other than chicken generally come in packs of various individually priced cuts; the price shown is an average):

Chicken: \$4.50 per pound  
Beef and beefalo: \$6:50 per pound  
Lamb: \$9 per pound  
Pork: \$5 per pound

**Ordering:** Chickens can be bought any time they're in stock. Other meats must generally be pre-ordered. Usually, members pay a \$20 deposit (\$10 for pork) when ordering. The balance is due when you pick up the pack. Typically, meats are available in frozen packs that weigh 6 to 8 pounds. Each pack includes several clearly labeled cuts. Beef packs include steaks, a roast, ground and a miscellaneous cut. Lamb packs include chops, a roast, ground and a miscellaneous cut. Pork packs include chops, ground, chorizo, Italian sausage and bacon. Packs can be ordered at the front desk.

**When to order and pick up:** When we are ready to take deposits for the meat packs, we announce it via our weekly e-mails. There is a limited number of packs for each type of meat, so it's best to make your deposit soon after the announcement.

When the packs are ready to be picked up, we also announce it via our weekly e-mails. Be sure to subscribe to the e-mail list for your pick-up day. If you are not receiving weekly e-mails from us, it means you are not subscribed. You can subscribe to our e-mail list via our website. We have a separate e-mail list for each pick-up day.

### Spicy Greens

Sara Jones, Tucson CSA

The following recipes offer basic and easy approaches to cooking your greens. Serve them as a side dish or mix them creatively into a larger pasta dish or casserole. You can use greens interchangeably in any of these, but they work best with the recommended greens

1 bag or bunch mustard greens  
½ inch ginger, grated  
2 cloves garlic, minced  
Red chili flakes, to taste  
2 teaspoons oil  
1 splash soy sauce

This is a quick way to use your braising greens. Adjust the spice to your taste. Start by grating about ½ an inch of fresh ginger and combine with a few cloves of minced garlic and red chili flakes. Wash and chop greens, leaving moisture on leaves (this should leave just enough moisture to briefly steam the greens without leaving them soggy). Briefly fry spice mix in about 2 teaspoons of hot oil, stirring quickly to avoid burning spices. Add greens and stir well to coat. Reduce heat to low, cover and cook 2 or 3 minutes until greens are tender. Splash with soy sauce and serve.

### Greens, Beans and Pasta - Aglio e Olio style

Paula Karrer, Tucson CSA

I've always found the traditional Italian aglio e olio pasta (garlic and olive oil) disappointing until I stopped following a recipe and did it my own way, using raw garlic. For me, the key is lots of garlic and lots of pepper flakes. I've adapted my recipe to make a more substantial meal adding greens and cannelloni beans. If you don't like the punch of raw garlic, feel free to sauté it with the olive oil and greens. I use a smaller amount of pasta than is traditional. Double the amount of pasta for a more traditional balance of sauce to pasta. You could substitute the pasta with cooked wheat berries as well. Aglio e olio is traditionally made with spaghetti or thin spaghetti, but in this case I think short pasta shapes work better.

2 oz short pasta shapes (such as penne)  
1-2 tbsp olive oil - this is the time to use the good stuff!  
1-2 cloves crushed garlic - take the time to mash it well  
hot pepper flakes  
1 bag CSA greens - washed and shredded  
½ 15-oz can cannelloni beans  
a splash of broth - optional  
parmesan cheese

Combine the olive oil, crushed garlic and hot pepper flakes. You will have to decide how much you like. I usually do this right in my serving dish. Cook pasta to al dente in heavily salted boiling water. Drain. Wilt the greens by mixing them with the hot pasta and add a teaspoon or so of olive oil. Add a splash of broth if you like, cover and cook for a few minutes. Add the beans and cook briefly until all is combined and hot. Add the cooked pasta and heat for a few seconds. Take some time to mix everything thoroughly, since the greens tend to "clump together." Toss with the olive oil mixture and lots of parmesan.

### Balsamic Lemon Greens

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of braising greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

1 bag or bunch kale or collards, cleaned and roughly chopped  
2 teaspoons oil  
1 squeeze of lemon juice  
dash balsamic vinegar to taste  
dash soy sauce to taste

Wash and chop greens, leaving the moisture on the leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

### Butternut or Pumpkin Polenta-*New!*

Sara Jones, Tucson CSA

This recipe uses the regular long cooking polenta. If you want to use quick polenta, follow the recipe on the package, cutting out one quarter of the liquid and replacing it with twice as much cooked, mashed squash. Make this into a tasty desert by stirring in a bit of sugar and pumpkin pie spice, then serving with vanilla ice cream.

3 ½ cups of water  
½ teaspoon salt  
1 cup polenta  
2 tablespoons oil or butter  
1 handful grated cheese (if desired)  
1 cup cooked, pureed winter squash.

Bring half of the water to a boil in a medium saucepan. Whisk the other half with cornmeal. Pour cornmeal mixture into boiling water slowly, stirring well. Turn heat to low, and cook, stirring occasionally, for about 30 minutes. At this point the mixture should be fairly thick. Stir in the pureed squash and cook about 10 more minutes. Add butter (and cheese, if using). Serve soft in bowls or spread in a greased pan and cool until firm. Cut into squares or triangles and sauté or broil until slightly brown and crispy.

### Chilled Cucumber Soup

Philippe, Tucson CSA, adapted from [www.foodnetwork.com](http://www.foodnetwork.com))

1 cucumber, chopped  
1 cup plain yogurt  
¼ cup sour cream  
½ tsp mustard  
Salt and pepper to taste  
¼ cup fresh dill, chopped  
½ lemon, juiced  
Save some cucumber slices and dill sprigs for garnish

In a food processor or blender, purée chopped cucumbers, yogurt, sour cream, mustard, and salt and pepper to taste and transfer to a bowl. Chill soup until ready to eat. Before serving, stir in finely diced cucumber, dill and lemon juice. Garnish soup with cucumber slices and dill sprigs.