



Tucson Community Supported Agriculture

Newsletter 159 ~ October 13, 2008 ~ Online at www.TucsonCSA.org

Summer `08

WEEK 7 of 13

Harvest list is [Online](#)

The Back Page

Canning Sweet Pickled Squash
Sesame Ginger Greens
Spanakopita
Coconut Curried Squash Soup

More recipes at
www.tucsoncsa.org

Reminder: Herbalism class with John Slattery - this Wednesday

Harmonizing with Elements - Autumn (with a focus on local plants)

Wednesday, Oct. 15, 6-8pm

The Historic Y Conference Room
300 E. University Blvd

\$25/person

For reservations or more information please call John at 520.275.2105



Freezing Roasted Green Chiles

If you don't want to eat your roasted greens chiles right away, just put them in your freezer, in their Ziplock bags, for use at a later date. They freeze very well.

Newsletter Editors

Kimi Eisele & Philippe Waterinckx

PRESTO PESTO!

It's greens season in Tucson and that means getting creative. Wondering what to do with all your basil and other spicy greens? In a September 18 Grist Magazine article called "The Pesto Chronicles," Kurt Michael Friese suggests channeling all your extra basil into the delicious paste-like sauce we call pesto!



"Few herbs are as surrounded by mythology and folklore as basil," Friese writes. "Its origins are debated, but most seem to think it came from India. There, the plant offered innumerable culinary uses: A devout Hindu has a leaf of basil placed on his breast when he dies, as a passport to paradise. Basil figures in Christian tradition as well. It was the herb Salome used to cover the smell of decay from John the Baptist's head. Then there's Haitian Voodoo practice, where the herb is a powerful protector; and Romanian courting rites, where a man is engaged when he accepts a sprig of basil from a woman."

Now that's getting creative! But if you just want to eat your basil, making pesto is your best bet.

Friese writes, "... The word 'pesto' simply means 'paste,' and refers not necessarily to the basil and garlic concoction we all know and love, but to the method used to make it correctly -- with a mortar and pestle. (Preferably, use a marble mortar and a wooden pestle.) Why not use the food processor when making pesto? Well, a good mortar and pestle will tear the leaves gently, releasing the flavors. A food processor cuts the leaves, blocking the veins from releasing flavor. It also produces heat, which causes the aromatic oils to oxidize, altering the flavor."

The classic pesto is Pesto alla Genovese, from the port city of Genoa, which is made with Genoa basil, extra virgin olive oil, toasted pine nuts, and both Pecorino and Parmigiano cheeses.

But you can make pesto out of just about any old spicy greens—basil, arugula, cilantro, even mizuna or mustard greens! Experiment with different greens for new flavors! You can also substitute walnuts for pine nuts. Visit www.tucsoncsa.org for more pesto recipes!

One way to always have pesto on hand is to make up a big batch and then freeze it in ice cube trays. Transfer the pesto cubes to a Ziploc bag and presto, you've got single serving sized pesto!

Source: Friese, Kurt Michael. "The Pesto Chronicles." Sept. 18, 2008. Grist Magazine. (www.grist.org/advice/chef/2008/09/18/index.html).

SABORES SIN FRONTERAS / FLAVORS WITHOUT BORDERS

A new food and foodways alliance is being launched by BorderLore, the folklore program of the University of Arizona's Southwest Center. Sabores Sin Fronteras/Flavors Without Borders is an alliance of farmers, ranchers, cooks, chefs, folklorists, historians, artists & advocates working to celebrate, sustain & promote the unique foodways of our binational region. A Borderlands Foodways Symposium is scheduled for Nov. 21, 2008 at Rex Ranch in Amado, AZ. Visit www.uasouthwestcenter.org/folklore/sabores for more information.

Canning Sweet Pickled Squash-New

Wendy McCrady, Tucson CSA

The squash in this recipe is actually cooked during the canning time. While basic instructions are given here, please see a standard canning guide for additional information on proper canning procedures.

Makes two 12-oz jars

Zest & juice from 1/2 small lemon
1 1/2 cups organic granulated sugar
1 cup plain vinegar
2" piece of stick cinnamon
3 whole allspice
3 whole cloves
6 cups CSA winter squash cubes (peeled, seeded, and diced)

Sterilize jars and lids in canning pot full of water. (Add a tablespoon of vinegar to the canner for our hard water.)

Tie the spices up in a small bit of cheesecloth. Place lemon zest and juice, sugar, vinegar, and spice bag in a stainless steel or glass saucepan. Bring to a boil over medium heat, stirring until sugar dissolves. Reduce heat, cover, and simmer for 10 minutes. Add squash, bring to a boil, and cook for 3 minutes. Discard spices.

Fill the hot jars with the heated squash, leaving at least 1/2" headspace at the top. Pour in hot syrup to cover the squash, leaving 1/2" headspace. Carefully run a spatula along the inside of the jars to remove any air bubbles. Add more hot syrup, if necessary. Clean the jar rim and screw the lid down to fingertip-tight. Process jars in canner for 20 minutes. Turn off heat, remove the canner lid, and let sit for an additional 5 minutes. Remove jars and set in draft-free place undisturbed for 24 hours. If lids do not seal properly, place in refrigerator and eat soon.

Sesame Ginger Greens

Sara Jones, Tucson CSA

You can use any greens for this recipe but mizuna, arugula, tatsoi and spinach are especially nice. Sliced radishes and green onion would make a good addition.

1 share CSA greens such as mizuna, arugula, or tatsoi
2 inches fresh grated ginger
A few cloves minced garlic
A couple of dashes of sesame oil
A drizzle of soy sauce
A sprinkle of red chile flakes
2 tablespoons rice wine vinegar

Grate about 2 inches of fresh ginger. Mix together with a few cloves of minced garlic, a couple dashes of toasted sesame oil, a drizzle of soy sauce, a sprinkle of red chile flakes, and about 2 tablespoons rice wine vinegar. Toss together with greens and serve immediately, garnished with sesame seeds, radishes and green onions.

Spanakopita-New



This recipe is a great way to use up a backlog of greens, as it requires a few bunches. You can vary this recipe according to your own taste. Add in things like cooked ground beef, chopped nuts, hard-boiled eggs or even raisins. If you don't eat cheese leave it

out or substitute crumbled tofu. I use pre-made puff pastry sheets because phyllo can be really fussy. If phyllo is all you can find, just follow the direction on the package for assembly. This filling is also great in a pastry crust, either baked in a pie tin or made into individual hand held pastries.

2 large bunches greens, cleaned and roughly chopped
1 onion, sliced
1 tablespoon olive oil
1 handful feta cheese
About 1/4 teaspoon grated nutmeg
Salt and pepper to taste
2 puff pastry sheets, thawed

In a large skillet, cook onion in oil, over medium high heat. Cook until onion begins to brown then add greens and nutmeg. Stir well and cover, cooking for a few minutes until greens are wilted. Add salt and pepper to taste then transfer mixture to a colander to drain.

Prepare puff pastry by lining a large rectangular baking dish with one sheet. Squeeze greens filling to remove excess moisture then mix in feta and any other additions. Spread filling over pastry sheet. Top with another pastry sheet, tucking pastry down around the edges. Bake according to direction on pastry box.

Coconut Curried Squash Soup

Sara Jones, Tucson CSA

1 medium size butternut squash, peeled and chopped into large chunks
1 red or green bell pepper, chopped
1 bunch cooking greens, chopped finely
1/2 large onion, chopped
3/4 cup dry pink lentils
2 tablespoons oil
Garlic to taste
About 1 tablespoon grated fresh ginger
Curry spices; adjusted to your taste
1 can coconut milk
Salt and pepper to taste

In a stock pot, heat oil and sauté onion, pepper, garlic and ginger for about 5 minutes, stirring frequently. Stir in chunks of squash with curry spices and lentils then cook for a few more minutes. Add about 2 quarts of water, bring to a boil and add greens. Cook over a medium low heat until lentils and squash are soft, about 35 minutes. Add coconut milk and salt and pepper and cook for 5 more minutes. At this point you can either puree the soup and make it creamy and smooth, or leave it chunky.