



# Tucson Community Supported Agriculture

Newsletter 161 ~ October 27, 2008 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall `08

WEEK 9 of 13

Harvest list is [Online](#)

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

### Desert Harvesters 6th Annual Mesquite Milling and Pancake Breakfast: VOLUNTEER OPPORTUNITY

Desert Harvesters will be serving Velvet mesquite/Crooked Sky Farms whole-wheat pancakes made with organic ingredients, topped with prickly-pear syrup or mesquite honey. Native teas, live music.

Folks can bring dried and cleaned mesquite pods to have them ground in the hammermill into sweet and nutritious flour. For instructions on harvesting mesquite pods, visit [www.desertharvesters.org](http://www.desertharvesters.org)

We need pancake flippers (8am, at least 10 people), set up (6:30am), break down (1pm), 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.

**Want to volunteer? Talk to Sara, Lori or Amy at the CSA pickup, or call Brad.**

Saturday, November 8  
Milling 8am to 2pm  
Pancakes 9am to noon

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

Contact: Brad Lancaster 882-9443, [bradlank@gmail.com](mailto:bradlank@gmail.com)

### Newsletter Editors

Philippe Waterinckx



## WINTER SESSION REGISTRATION OPENS NEXT WEEK

**November 1 to 15: registration for renewing and former members only**

**November 16 to 28 : registration open to the wait list**

The Winter session runs December, January and February, with no pick-ups between Christmas Day and New Year's Day (Friday, Dec. 26<sup>th</sup> and Tuesday, Dec. 30<sup>th</sup>).

Contract forms are available at the CSA or online under *Join > Subscriptions*. To avoid lines at the front desk, place your completed contract and payment in our drop-box at the CSA pick-up or mail them to us.

To get an idea of what harvests are in store for us this winter, go to our Harvest link online and scroll down to winter harvests of previous years.

**We urge renewing and former members to register before we open subscriptions to the wait list on November 16. Remaining spaces can fill up fast after that date.**

## LAST OF THE TOMATOES



The tomatoes we have been receiving in our shares this fall are from Farmer Frank's fields in Duncan. They are Pearson tomatoes, an old open-pollinated variety which Farmer Frank has cultivated successfully for years.

The Duncan fields lie at an elevation of 3700 ft and they already had a few mild frosts over the past few days. How much longer we will be getting tomatoes depends on when the first hard frost hits the fields. Because this can happen any day now, the farm has begun to harvest most of the remaining tomatoes, red and green alike. This means that you may find both red and green tomatoes in your shares.

## HONG VIT RADISH TOPS

Hong Vit is an Asian variety of radish grown solely for its tender tops. It has a mild radish flavor and makes a nice addition to soups, sandwiches, salads and stir-fries. Try this preparation: Stir-fry sliced shiitake mushroom and onions. Season with chili sauce, ginger, garlic and soy sauce. Serve on a bed of rice and top with chopped hong vit (adapted from [www.moorefarmandfriends.com](http://www.moorefarmandfriends.com))

## HAKUREI TURNIPS

This tender white salad turnip comes to us from Japan and surely must be the aristocrat of turnips. It has a light, crispy texture and a sweet, fruity flavor. It is much softer and more delicate than regular turnips. Both the bulbs and the greens can be eaten. The bulb is delightful raw and it is even better when lightly cooked, which enhances its natural sweetness.



## SPAGHETTI SQUASH

The **spaghetti squash** (*Cucurbita pepo*) is Chinese variety of winter squash. Its flesh is bright yellow, orange or white. When raw, the flesh is solid and similar to other raw squash; when cooked, the flesh falls away from the fruit in ribbons or strands like spaghetti. Spaghetti squash can be baked, boiled or steamed, and served with sauce as for pasta, or used as a vegetable base for macaroni and cheese.

### **Pumpkin Cupcakes with Cream Cheese Frosting**

Lori Adkison, Tucson CSA

Use pumpkin or butternut squash purée interchangeably in this recipe. Makes 12 regular-sized cupcakes or 24 mini cupcakes.

1/3 cup currants (optional)  
1/4 cup vegetable oil  
1/3 cup unsulfured molasses  
1/2 cup packed brown sugar  
1 cup mashed cooked sweet potato  
2 eggs  
1/4 cup maple yogurt thinned with 1/4 cup water (plain or vanilla yogurt will work also)  
1 1/2 cups all-purpose flour  
1 teaspoon grated nutmeg  
1 1/2 teaspoons baking soda

Preheat the oven to 375 degrees. Mix together the wet ingredients until smooth. Add the currants. In a separate bowl, mix the dry ingredients. Combine the two mixtures until well blended. Put cupcake liners in a muffin tin and spoon the batter into the cups. Fill each cup two-thirds full. Bake for 20 minutes. If using mini muffin pans, check cupcakes after 10 minutes. After cupcakes have cooled, frost with a standard cream cheese frosting.

### **Grilled Green Tomatoes-new**

Sara Jones, Tucson CSA

Grill these tomatoes together with onions for a tasty burger topping. Or try them on a sandwich, together with the grilled pumpkin (with some goat cheese maybe!) for a vegetarian option.

2 large green tomatoes, sliced 1/2" thick  
2 cloves garlic, minced  
Pinch of oregano, finely ground  
Drizzle of balsamic vinegar and olive oil  
Salt and pepper to taste

Lay sliced tomatoes in a tray and drizzle with oil and vinegar. Sprinkle salt and pepper, oregano and garlic over slices. Let marinate 30 minutes. Place slices over a hot grill, cooking on each side until slightly charred. Remove and use as a hot garnish for a sandwich. Or cool, chop and use as a relish.

### **Grilled Pumpkins-new**

Sara Jones, Tucson CSA

The intense heat of the grill will caramelize some of the sugars in the pumpkin, making the flesh smoky and sweet. To prepare scrape away the seeds and fibers and slice into long 1/2" thick pieces. If you make a jack-o'-lantern, why not grill the cut out pieces for dinner?!

Several 1/2" thick pumpkin slices  
Pinch of ground nutmeg, ground sage, salt and pepper  
Balsamic Vinegar and olive oil

Rub pumpkin slices with oil and vinegar and sprinkle with seasonings. Place slices on hot grill. Cook about 7 minutes on each side, or until nicely browned and tender. Remove peel and serve slices on a sandwich or as a side dish.

### **Salad Turnips in Dijon Mustard-variation**

Use sweet salad hakurei turnips or radishes interchangeably in this recipe. No need to peel them.

1 bunch white baby turnips or radishes, rinsed, sliced in half lengthwise, with greens attached  
1 tablespoon softened butter  
1 teaspoon Dijon mustard  
Cracked black pepper to taste  
Toasted pecans, finely chopped

Mix mustard and butter, and place in a skillet over medium heat. Add turnips and stir well to coat. Cover turnips and reduce heat to medium low. Cook for about 3 minutes, until slightly tender but still a bit crisp. Remove from heat, sprinkle with black pepper and pecans and serve.

### **Radish Top Soup**

From *Vegetables from Amaranth to Zucchini* by Elizabeth Schneider

You can use any radish greens and/or turnip greens in this recipe.

1 bunch Hong Vit plus greens from one bunch radishes or turnips, washed well and roughly chopped  
3 medium scallions (green onions), thinly sliced  
2 medium potatoes (3/4 to 1 lb.), thinly sliced  
1 tablespoon oil  
1/2 teaspoon sugar  
About 3 cups vegetable or chicken broth  
Salt and pepper  
Nutmeg  
9-12 red, pink, and or purple table radishes

Heat oil in medium saucepan over moderate heat. Add greens, chopped scallions and potatoes. Toss until leaves wilt. Add sugar and 2 1/2 cups broth. Simmer, covered, over low heat until potatoes are soft (about 20 minutes). Whisk with immersion blender to a smooth puree, or transfer to blender or food processor and puree until smooth. Return to pan and stir in remaining broth for desired consistency. Season with salt, pepper and nutmeg. Pare colored skin from radishes and cut it into thin strips. Slice the white interior part into rounds. Heat soup and ladle into small bowls. Garnish with radish pieces and slices and scallion greens to taste.

### **Spaghetti Squash Tips**

Philippe, Tucson CSA

Cut spaghetti squash in half and scoop out seeds. Place squash halves in 2" of boiling water and boil, covered, for 30 minutes.

Remove, let cool a bit and scoop out the strands of squash with a fork.

Serve the spaghetti squash with your favorite spaghetti sauce or with a basil pesto sauce.

Or turn it into a delicious spaghetti squash lasagna (see Tucson CSA recipe archive, under Squash, Winter)