



Tucson Community Supported Agriculture

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Fall '08

WEEK 10 of 13

Harvest list is [Online](#)

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More recipes at www.tucsoncsa.org

Chioggia Beets



Chioggia (pron. "kiodja") is an Italian coastal town situated on a small island at the southern entrance to the Venetian lagoon. It's like a miniature replica of Venice, with several canals. It's here that this wonderful beet originated. The Chioggia beet is highly sought after for its striking colors. When its round root is cut, it reveals superb rings, alternating white and deep pink or purple. After cooking, the flesh turns pale pink, which is why it is preferred in its raw form. It matures early and has a mild flavor, and so requires less cooking time than most varieties of beets.

We have many beet and beet greens recipes on our website.

Newsletter Editor

Philippe Waterinckx



WINTER SESSION REGISTRATIONS ARE OPEN

November 1 to 15: registration for renewing and former members only
November 16 to 28: registration also 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. 26th and Tuesday, Dec. 30th). The cost per produce share for the 12-week session is \$228. Cheese shares are not available in winter (and spring) sessions.

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

To get an idea of what harvests are in store for us this winter, go online to our [Harvests](#) link and scroll down to previous winters' harvests.

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.

BLACK MESA RANCH WINS NATIONAL AWARDS

Congratulations to David and Kathryn Heininger from [Black Mesa Ranch](#) for their awards from the American Dairy Goat Association (ADGA) milk cheese contest this October in California. **Two of their cheeses, the feta and the boule, won first place in their respective categories.**

Black Mesa Ranch cheeses and candy have received many awards over the years. This is no small achievement and it attests to the outstanding quality of their products.

Black Mesa Ranch was also featured a few weeks ago in the Phoenix New Times as "Best Of Phoenix" for "Best Homegrown Goat Cheese" (the feta was singled out as a favorite).

We are lucky indeed to have such fine quality products available to us.

Goat cheese shares will not be available this winter, as the goats are nearing the end of their annual milk production cycle. We will, however, continue to have limited amounts of Black Mesa Ranch fresh cheese logs and feta available, first-come, first-served, until their goat's milk supply dries up completely in December.



HISTORIC Y COURTYARD HAS NEW TENANT

A spirited and very affectionate gray and white stray female kitten has made The Historic Y courtyard her new home. Her name is "CC", which stands for "courtyard cat". She is often seen hanging out near the bicycle racks. Philippe, Sara and other Historic Y tenants have been taking turns in giving this little beauty food and water. She was very skinny at first, but she has now put on weight and seems to be in good health.

Veterinarian Mary Leuchtenberger, CSA member and a CSA backyard egg provider, has kindly offered to vaccinate and spay the little beauty.

Thank you Mary!



Using Lots of Greens-new

Rita Silverberg, Tucson CSA

Here is a way to efficiently use lots of green, while saving the color and nutritional value as well.

Clean and trim a bunch (or more) of greens.

Drain well.

Chop in food processor – or in a wooden bowl with a chopping blade.

You will now have reduced the volume of greens considerably, making them much easier to add to dishes. (See list below.)

Simmer briefly (1-3 minutes) in broth to knock down the “sharpness” of taste.

If the greens are mild, or you like the sharpness, you can skip the simmering.

Strain chopped greens and save the broth.

You can add these “processed” greens to:

- Casseroles
- Omelets and frittatas
- Nut, grain, or meat loafs
- Pilafs
- Polenta
- Pasta dishes
- Veggie pancakes
- Enchiladas
- You name it!

Use the cooking broth for a gravy or sauce for the dish you make with the greens. You’ve still got all the vitamins! Great taste! Great color!

Easy Way To Cook Winter Squash

Lela Aldrich, Tucson CSA

I found this easy way to cook butternut squash (use for any winter squash) in the Bentley Farms Cookbook. Put the whole squash in a little water and steam until the narrow end is easily pierced with a fork. I cooked the one I had for 35 minutes, about what it would take to cook one in the oven. You don’t have to cut the squash, which is always a hassle for me; I never get it cut straight and you don’t have to fiddle with the oven heating up the house. The BFC says to peel the squash, cube it and then reheat with butter, etc. I just cut it in two, took out the seeds and put it on the plates. Worked just fine for us. Puree the cooked squash and you have a base for many of the recipes on the Tucson CSA website.

Roasted Winter Vegetables

Sara Jones, Tucson CSA

Beets and turnips are delicious roasted together. Serve over cooked grains as a side dish. Cut off the beet and turnip greens and cook them together to eat in the same meal, or save them in a plastic bag in the refrigerator for another time.

1 bunch beets, scrubbed clean and quartered
1 bunch turnips, scrubbed clean and quartered
1 tablespoon oil
1 tablespoon balsamic vinegar
Salt and pepper to taste

Toss vegetables together with oil and vinegar and place in a baking pan. Sprinkle with salt and pepper. Roast vegetables in a 375 degree oven for about 30 minutes until they are all tender. (Test one of each vegetable, as they have slightly different cooking times.)

Acorn Squash with Coconut Custard-new

Adapted from Saveur Magazine

This is a traditional dish in Thailand and Laos. Thai recipes call for sprinkling the custard with anise seed. Ground nutmeg would be a nice garnish, too.

1 large or 2 smaller acorn squash
1/2 cup canned coconut cream
1/2 cup brown sugar
1/2 tsp. fine salt
3 eggs

Using a long, sharp knife, cut off the top of the squash, about 1" from the stem end. Discard top. Using a spoon, scoop out and discard the seeds and the fibers to make a hollow cavity. Set aside. In a 1-qt. saucepan, whisk together the coconut cream and 1/4 cup of the brown sugar. Bring to a simmer over medium heat, while whisking occasionally; remove from heat and let sit for 10 minutes to cool slightly. In a medium bowl, whisk together the remaining brown sugar with the salt and eggs, until eggs are smooth and pale yellow. While whisking the eggs, slowly drizzle in the hot coconut cream mixture. Transfer mixture to top of a double boiler set over simmering water and cook, stirring constantly with a wooden spoon, until mixture thickens and coats the back of the spoon, about 4 minutes. Heat oven to 325°. Pour custard into the reserved squash and set on rack in the bottom of an 8" x 8" baking dish. Pour 1 cup boiling water into dish. Bake until a knife inserted into center of custard comes out clean, about 2 hours. Alternatively, you can place squash in a steamer and cook about 45-60 minutes, until squash is tender and custard is set. Let cool; slice into 6 pieces. Sprinkle with garnish if using.

Yogurt Beet Salad-new

Sara Jones, Tucson CSA

Use roasted beets in this salad, or if you like, shredded raw beets are nice, too.

1 bunch beets, roasted and sliced, or raw and grated
1/2 cup plain yogurt
2 cloves garlic, minced
1/2 bunch dill, chopped fine
Juice from 1/2 lime or lemon
Salt and pepper to taste
Handful walnuts, chopped fine, to garnish

Mix together yogurt, dill, garlic, lemon juice and salt and pepper. Pour over beets, mix gently and garnish with nuts and extra dill.