



Tucson Community Supported Agriculture

Newsletter 164 ~ November 17, 2008 ~ Online at www.TucsonCSA.org

Fall '08

WEEK 12 of 13

Harvest list is [Online](#)

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More recipes at www.tucsoncsa.org



Hami Melon

WINTER SESSION REGISTRATIONS

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.

Tuesday is almost full. We have some space on Friday.

Newsletter Editor

Philippe Waterinckx

JOSH'S TURKEYS ARE IN... AND OUT

Once Josh's pasture-raised turkeys have come and gone, we won't take any more meat orders until next year, although we will continue to sell what is in our freezers, which includes some pork, beefalo and chickens, and we'll get more chickens in December.

NEW TUCSON CSA PHONE NUMBER: 520-203-1010

Please make a note of the new CSA telephone number (above). The old number (520-203-6500) has been retired from its CSA duties and has returned to being Philippe's personal number.



PHILIPPE OUT OF TOWN

Philippe has left for Belgium to care for elderly parents and is likely to stay away until the new year. Big thanks to Sara and Paul for running the CSA during that time.

HAMI MELONS

Hami is an unusual melon and is native to China. It has a wonderfully crisp texture and fresh flavor. However, if you expect it to be sweet, you may be disappointed. It is best to treat it like a cucumber; try serving it with salt and vinegar for example.

CC FIXED

CC, the Courtyard Cat, is doing well. She received her shots last week. She left The Historic Y in a crate Monday morning to be spayed by CSA member and veterinarian Mary Leuchtenberger, and will return Tuesday morning for her post-operative recovery.



BOK CHOY AND TOKYO BEKANA

Sweet and crunchy Bok Choy and Tokyo Bekana (a Japanese relative of the Chinese bok choy) are some of the most satisfying of stir-fry vegetables: easy (require no peeling), crunchy, nutritious, quick-cooking—and you get two different vegetables (leaf and stem) for the effort of one.

They are very low in calories and provide plenty of vitamin C, beta-carotenes and a fair amount of calcium. Although they can be eaten raw, cooking enhances them considerably, and they are excellent for stir-fries and soups. They take just a few minutes to cook to a lovely crisp-tender texture. For stir-fries, there is nothing better: their stems turn almost creamy after cooking. Tokyo Bekana and Bok Choy can be used interchangeably.

Storage: Store unwashed loosely in plastic bag in the hydrator drawer of the fridge. While they are not quite as durable as head cabbage, they will last one to two weeks in the refrigerator. You may want to add a damp towel as leaves will lose integrity and wilt if allowed to dry out.

Basic cooking tips: First separate leafy greens from stalks because they cook differently. Cut leaves into ribbons or chop coarsely for stir fry. These are added in the last moments of cooking, they take only a couple minutes to wilt. Use stalks in stir-fries the same way you would celery. Like other leafy greens, they can also be steamed. (Again, start to cook stems first.) Toss with a favorite marinade. Try an Asian flavor by tossing them with a light coating of toasted sesame oil, soy sauce and rice vinegar.

Roasted Squash and Garlic Enchiladas

Sara Jones, Tucson CSA

This is the easiest and tastiest enchilada filling ever! You can use this filling in any number of ways. It is great as a layer in a lasagna, or stuffed in a filo dough pie. You could add cheese but it is incredibly rich as it is. Also, mashed, squashed, diluted with water or wine, it makes an excellent pasta or pizza sauce!

1 large or 2 small winter squash
1 whole head garlic
1 tablespoon oil plus enough to coat baking pan and vegetables
salt and pepper to taste

Cut squash in half and scoop out seeds. Oil a baking pan well then coat inside of squash and entire bulb of garlic with plenty of oil. Lay squash cut side down in pan with garlic and bake for about 40 minutes at 350 degrees. When flesh is tender, remove it from the skin by scraping out with a spoon, and place in a bowl. Cut the top off of the bulb of garlic and squeeze insides into a bowl. Add oil, salt and pepper and mix well. Roll filling in corn tortillas and top with red enchilada sauce, *homemade green chili sauce*, or a mole. Sprinkle with cheese if using and bake for 20 minutes or cover and freeze for an easy dinner in the future.

(Editor's Note: You can bake the squash whole and then it is much easier to cut the squash and remove the seeds. Continue with recipe as written.)

White Beans with Broccoli Raab (Rapini)

Lisa Janz, Tucson CSA

1 lb dried white beans
3 garlic cloves, smashed
1 bay leaf
1 dried red chile pepper
7 sage leaves
salt
5 tablespoons extra virgin olive oil
1 bunch of broccoli raab greens
1/2 teaspoon oregano
freshly ground pepper
hot red pepper flakes

Paula Wolfert suggests using filtered water with beans if tap water is heavily chlorinated. With Tucson water, the beans do have a much better flavor and texture when filtered water is used. Soak beans overnight. Cook beans in a non-reactive, oven-proof dish with garlic, bay, red chile pepper, sage, 1 teaspoon salt, and 4 tablespoons olive oil. Cover everything with water 1 inch water. Cover with foil and top with a lid. Put in oven and then set oven to 450 degrees. Bake for 30 minutes. Reduce heat to 225 degrees and bake for 1 1/2 hours more. Discard leaves and pepper. Shred greens and place in high-sided skillet with remaining olive oil, oregano, salt, pepper, and pepper flakes. Cook and stir for about 5 minutes until greens are wilted and shiny. Transfer beans to pan a few at a time and mash to a purée. Dilute with water to make the beans creamy and cook for another 10 minutes. Season to taste with salt and pepper.

Turnip or Radish Fritters-variation

Tina Hansleben, Tucson CSA

3 large turnips or radishes
1/4 cup flour of choice (I have used many different kinds of wheat free flours with success.)
1 egg
1 tablespoon dried dill or more if fresh
Juice of one lemon
Peel of one lemon
1/2 teaspoon salt
Sugar, to taste
Chèvre, to garnish

Shred roots into a large bowl. Add egg, dill, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet, you want the vegetables to stick together. Heat a pan to medium with oil. Scoop out the mixture in a 1/4 cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table.

Golden Pasta Carbonara-new

Sara Jones, Tucson CSA

This is really a formula rather than a recipe and can be altered according to how rich you want the dish to be. Some recipes call for 3-4 eggs and over a cup and a half of cheese. This is a bit lighter and could be made lighter still, or richer if you like! Acorn squash has an edible peel, if it is cooked long enough. If you dislike the texture of it in this dish, use the neck of a peeled butternut squash, instead.

2-3 medium turnips, cleaned and diced small
1 onion, diced small
1 acorn squash, seeded and diced small
2 teaspoons oil
2 tablespoons white wine or water
1 package penne pasta
1-2 tablespoons cream
2 eggs, beaten
1/4 cup grated parmesan
1/4 cup crumbled feta or other soft fresh cheese
Salt and pepper to taste

Sauté onions in a large skillet over medium high heat until golden brown. Add diced squash and turnips and sauté briefly. Add white wine or water, turn down to medium and cover. Cook until vegetables are tender, about 10 minutes. Add more wine or water as necessary to keep from sticking. In the meantime, boil pasta in well-salted water. Stir together cream, eggs and cheese. When vegetables are tender and pasta is al dente, drain pasta and toss with vegetables in hot skillet. Remove from heat and quickly toss with eggs and cheese mixture. It is important to do this step with hot pasta and vegetables so the eggs cook. Season and pepper to taste.