



Tucson Community Supported Agriculture

Newsletter 204 ~ September 1, 2009 ~ Online at www.TucsonCSA.org

Fall '09 Week 1 of 13

Harvest list is online

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Roasted Chiles in Bulk \$1.50/lb



Late summer and early fall in the Southwest wouldn't be what they are without the tantalizing scents and flavors of roasted green chiles.

Although we will get them in our shares regularly this session, you can buy them at the CSA in larger quantities and at a good price. In appreciation to Tucson CSA members, Farmer Frank will sell them at \$30 per 20-pound bag. That's \$1.50 per pound (he sells them for \$3.00 per pound at farmers markets).

Until mid to late October or so, you can order them at the CSA front desk and pick them up the following week. Order must be pre-paid and be for 20 pounds minimum or multiples of 20 pounds. Note: that weight is "dry" weight, i.e. before roasting. They typically lose about 10% of their weight during roasting.

Crooked Sky Farms' organic mild green chiles are AZ-20s, a variety similar to the New Mexico Hatch chile, but better adapted to the hotter and more arid condition of Southern Arizona. They have a thicker and fleshier wall.

Newsletter Editor

Philippe Waterinckx

LET THE FALL SESSION BEGIN!

Welcome to our Fall Session! Both of our pickup days are full for the first time since last fall, with 250 shares on each day. Our attrition rate has been less than usual (20% instead of 25%), meaning that a larger than usual proportion of summer members have stayed with us for the fall. More former members than usual have also re-joined our ranks. And we have an unprecedented 120 new members. Based on the answers given on the contract forms, about 80% of new members found out about the Tucson CSA through word of mouth, including 'friends who are members' and 'friends who let them pick up their shares.' The remaining 20% found us through the internet, or after reading mainstream publications such as *The Omnivore's Dilemma* and *In Defense of Food* by Michael Pollan, and through local media (Daily Star, other organizations' newsletters, etc.)

So, our boat is full and we are going to navigate with you through a sea of fresh, organic fruit and vegetables, all grown by Farmer Frank. Fall is Crooked Sky Farms' most bountiful season with over three dozens different types of produce, some of which will appear in our shares right away while others will show up later in the season. You can expect (not in any particular order): pears, oranges, melons, grapefruit, potatoes, sweet potatoes, turnips, radishes, beets, onions, i'toi onions, eggplant, tomatoes, cucumbers, bell peppers, green chiles, summer squash (zucchini), winter squash (acorn, butternut, spaghetti), pumpkins, sweet corn, okra, basil, cilantro, rapini and a bunch of greens including salad mixes, braising mixes, mustard greens, kale, mizuna, arugula, dandelion greens, tatsoi, and Tokyo bekana, and more.

For those of you subscribed to goat cheese shares from Black Mesa Ranch, remember to pick them up every other week starting next week (week 2). In other words, cheese shares can be picked up on even-numbered weeks (weeks 2, 4, 6, 8, 10 and 12). To help you remember this, the week number is shown in our weekly newsletter and on the whiteboard at the start of the produce line. Our weekly emails will also mention when it is goat cheese week.

So, welcome to all and have fun cooking with your CSA produce!

WHAT ELSE IS COMING THIS SESSION?

This session we will offer shares of grass-fed grass-finished beef and lamb and naturally-raised pork (pigs don't eat grass). You can special-order them by paying a deposit at the CSA front desk. We will also have a field trip to Josh's Foraging Fowl farm (where our pasture-raised chickens, eggs, beef and Thanksgiving turkeys come from) and if we can fit it in, we may also have a field trip to Crooked Sky Farms.

The schedule of these special orders and field trips will be in next week's newsletter. Specific details about all of this will be included in our weekly emails. So, to be sure to stay informed, subscribe to the weekly email list. Don't miss out on things! We feel bad when a disappointed member comes in too late to order a meat share, or worse, comes in too late to renew their CSA membership. Don't let that happen to you – subscribe to our email list via our home page (we have one email list for each pickup day). (You are not automatically subscribed; you'll need to do it yourself.)

ANYTHING ELSE?

Not everything at the CSA comes in shares. Some items are in stock most days and you can buy them at the front desk: Josh's pasture-raised chickens and eggs, Black Mesa Ranch's feta cheese, Mano Y Metate's mole powders, Garrick's sauerkrauts and Kimchi, local mesquite honey, and more.

Cucumber and Dill Pasta Salad - New

Philippe Waterinckx, Tucson CSA

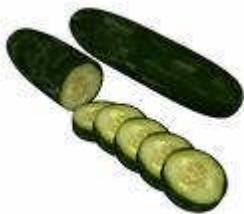
A most refreshing summer dish!

1 pound pasta (rotini, shells or bowtie), cooked
1 cucumber, cut in half and sliced

Dressing: combine

2 cups yogurt (Greek yogurt is best)
1 cup milk
1/4 to 1/2 cup chopped fresh dill (to taste) (last winter, when we got dill at the CSA, I froze mine in a quart freezer bag)
1 onion, chopped
2 cloves garlic, minced
1-2 teaspoon salt
1-2 teaspoon ground black pepper
1/4 cup vinegar or lemon juice

Mix pasta, cucumber and dressing. Serve cool.



Pasta with Eggplant and Pesto Sauce - New

Philippe Waterinckx, Tucson CSA

1/2 pound rotini pasta, cooked
2-3 cups eggplant, diced
1 tablespoon olive oil
1/2 cup basil walnut pesto

Sauté the eggplant in olive oil until tender (about 10 minutes).

Combine cooked pasta, eggplant and pesto. Serve hot.



Basil Walnut Pesto - New

Philippe Waterinckx, Tucson CSA

1 bag CSA basil, woody stems removed
2 cloves garlic
2 tablespoon oil
1 handful walnuts
1/4 cup Parmesan or Romano cheese, grated
1 teaspoon salt

Blend all ingredients until you obtain a textured paste (slightly granular).

Serve on top of pasta, sautéed summer squash, acorn or spaghetti squash, or use as a spread for sandwiches.

Green Chile Omelet

Green chile, cheese and eggs have a natural affinity. Goat cheese isn't just a stylish conceit either here or in the taco recipe above: it was once a very common cheese, for goats thrive more cheaply and easily than cows.

2 roasted green chiles, skinned, seeded, and cut into strips
Fresh goat cheese
2 eggs
Salt and pepper
1 tablespoon butter

Season the eggs with salt and pepper and whisk them in a bowl with a fork. Melt the butter in a 7-inch nonstick skillet, then wait a good 5 seconds after its foaming has stopped. Swirl the slightly browned butter around to coat the pan, then add the eggs. Let them sit over high heat for 10 seconds to begin to cook, then swirl. When the eggs are set but still soft on top, add the chile and some crumbled goat cheese. Fold omelet over and roll or slide off onto plate.

Cucumbers and Melon Pico de Gallo Style

Sara Jones, Tucson CSA

This is a tasty Mexican treat that traditionally uses lots of tropical fruit. I usually just use melons. Cut everything into long strips, roughly the same size, for the best presentation.

1 cucumber, seeds and skin removed
1/2 medium size melon
Juice of 2 limes
Cayenne pepper to taste
Salt

Dress the cucumber and fruit with lime juice, cayenne and salt. Serve immediately.



Melon or/and Cucumber Cooler

Sara Jones, Tucson CSA

Perfect as is, or use as a base for cocktails or frozen into popsicles.

1 melon or cucumber (or half of each), peeled, seeded and cut into large chunks
1/2 cup sugar or honey (optional)
1/4 cup lime juice
Juice from one knob grated ginger
1 bottle sparkling mineral water

Puree all ingredients, except mineral water, in a blender or food processor. Put in a large pitcher with ice cubes and add mineral water. Stir gently and serve.