



Tucson Community Supported Agriculture

Newsletter 205 ~ September 8, 2009 ~ Online at www.TucsonCSA.org

Fall '09 Week 2 of 13

Harvest list is online

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More recipes online

Green Chiles

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

We get them in our shares, sometimes roasted and sometimes fresh. When fresh, they can be used as you would use bell peppers or Anaheim peppers. They make great chiles rellenos.



Roasted Chiles in Bulk \$1.50/lb

Mild. Minimum order: 20 lbs.

Order and pay for them at the front desk and pick them up the following week.

Trip to Josh's farm

Saturday, Sept. 19, 10 am to noon.

Come visit Josh's chickens, turkeys and cattle in their pastures.

Details and directions in next week's newsletter.

Newsletter Editor

Philippe Waterinckx

ASIAN PEARS ARE CRUNCHY



It's pear season and there are a lot of them at Farmer Frank's orchard in Aravaipa. Brown ones and green ones. The orchard also has plum, apricot and peach trees, but these lost their blossoms through bad weather last spring and sadly we aren't getting any of their fruit this season. Luckily, the pears are doing well.

Asian pears are crisp and juicy and remain crisp after picking, unlike European pears. Don't wait for them to soften, because they won't (and when they do, it's too late to eat them). Their firm texture also makes them great cooking pears. They're quite a bit more expensive than European pears and they are sometimes called apple pears because of the texture of their flesh and round-ish shape.

PICKUP DOS AND DON'TS

Produce line: take exactly what the labels on the crates tell you to take, no more, no less. If you don't want an item, that doesn't mean that you can take double of another. If there is an item you don't want, take it inside and trade it, or put it in the surplus.

Also, please don't browse through the crates to get that 'perfect-looking' beauty. Our vegetables are organic, usually heirloom, and therefore not designed to look like the Miss Americas of the vegetable world. Also, ripe produce easily bruises when manipulated. Just look, pick and move on to the next crate. Obviously, if you happen upon a spoiled item, you shouldn't take it; give it to a volunteer and pick another one.

Trading baskets: remember that if you take a portion out of a trading basket, you must replace it with a portion from your share. A portion is whatever amount is allocated that week for that vegetable/fruit (as indicated on the labels on the crates).

Surplus baskets: the trading baskets contain produce from the previous pickup that wasn't donated to charity. It may also contain extra produce the farm sent us, or produce from other members' gardens or shares. No trading here: it's up for grabs, within reason. Remember that there are other members who would also like to benefit from this. Also, don't mix the produce in the trading and the surplus.

Cheese shares: if you have a cheese share, you can pick up your cheese at the front desk on even weeks, i.e. weeks 2, 4, 6, 8, 10 and 12 of the session. If you don't pick it up, we freeze it and you can pick it up later. Don't wait too long though, because all unclaimed cheese shares are donated to charity after the end of the session.

MEAT SHARES THIS FALL - Orders are open now, at the front desk.

To get a meat share, you pay a deposit when you order it and the balance when you pick it up a few weeks later. Meat shares include a variety of frozen cuts, all clearly labeled. Quantities are limited. Weights and prices are approximate and are averages.

Beef shares (grass-fed grass-finished) from Josh's Foraging Fowl: 8 lbs at \$6.50/lb. Deposit: \$20. Pick up late September.

Pork shares (naturally-raised) from Guzman: 6 lbs at \$5/lb. Deposit: \$10. Pick up mid October.

Lamb shares (grass-fed grass-finished) from San Ysidro Farm: 8 lbs at \$9/lb. Deposit: \$20. Pick up early November.

Thanksgiving turkeys (pasture-raised) from Josh's Foraging Fowl: \$4/lb (whole turkey) at \$4/lb. Deposit: \$20. Pick up just before Thanksgiving.

Savory Pear Ideas -new

Sara Jones, Tucson CSA

Pears make a delicious snack or dessert, but it is fun trying them in savory dishes, too. They can add the perfect touch of sweetness or crunch to a recipe. They also pair nicely with different cheeses and nuts as a nice way to start or end a meal.

Pear and Brie Sandwiches

A great sandwich can be as simple as this easy combination, ideally served on a French baguette. If you eat meat, add any thinly sliced, smoky or salty cut of pork or turkey. Also try as a grilled cheese sandwich!

Tuna or Chicken Salad with Pears

Try making your favorite tuna or chicken salad recipe, adding diced pears and a handful of chopped nuts for flavor and texture. Or top sliced pears with your prepared salad, using them instead of crackers.

Balsamic Pear Pizza

Using a pre-made or pre-bought pizza dough, assemble an easy pizza using your pears. Start by cooking 1/2 large, sliced onion in a skillet over medium high heat. Once onion begins to turn golden, add one or two sliced pears. Cook for about two minutes, remove from heat and drizzle with balsamic vinegar. Top pizza with desired cheeses. Add pears and onions and finely chopped arugula, if available. Bake according to recipe or package directions.

Pear and Goat Cheese Bowls

Slice pears in individual bowls and sprinkle with crumbled goat cheese. Pour a little honey on top and serve. Great as a starter or as dessert.

Poached Ginger Pears-new

Sara Jones, Tucson CSA

You can alter this basic recipe in any number of ways. Using red wine will give the pears a nice color, add different spices or use citrus, too.

2 cups white wine or apple juice
2 cups water
1/2 cup sugar
1-2 inches freshly grated ginger
1 teaspoon vanilla extract
4 medium or 6 small pears, peeled and halved
About 3/4 cup mascarpone, greek yogurt or crème fraiche
1/4 cup slivered almonds

In a medium saucepan, bring wine or juice, water, sugar, vanilla and ginger to a boil. Add pears and reduce heat to medium low. Cook for about 15-20 minutes until tender when pierced by a fork. Remove pears from liquid, return liquid to a boil and cook until reduced to about 1 cup syrup. Use a spoon to core pears. To serve, place pears on a plate, drizzle with a little syrup, add a dollop of yogurt and sprinkle with almonds.

Chiles Rellenos with Cheese

10 whole green chiles
1 cup shredded Monterey Jack cheese
1 cup shredded Cheddar cheese
4 eggs, beaten
1 cup milk
1/4 teaspoon salt
1/4 teaspoon pepper
dash ground red pepper

Rinse chile peppers and gently remove seeds. Set aside. Combine cheeses. Stuff each chile with 3 tablespoons cheese. Arrange chiles in a greased 12x7x2-inch baking dish. Sprinkle remaining cheese over chiles. Combine eggs and remaining ingredients, mixing well. Pour over chiles. Bake at 350° for 30 minutes, until set.

Miso Sesame Cucumber Salad

Sara Jones, Tucson CSA

2 parts miso
3 parts rice wine vinegar
1 part soy sauce
1 part toasted sesame oil
Freshly grated ginger, minced garlic and red chile flakes to taste
Sesame seeds for garnish

Pour sauce over sliced cucumbers and toss to coat. Let sit for at least 30 minutes before serving. Garnish with sesame seeds.

Barbecued Okra

(foodnetwork.com)

1 teaspoon salt
1 teaspoon paprika
1 teaspoon sugar
1 teaspoon ground coriander
1/2 teaspoon freshly ground black pepper
1/2 teaspoon cayenne pepper
1/4 teaspoon celery seed
1 pound fresh okra
1 tablespoon unsalted butter, melted, or olive oil

Preheat the grill to high.

Place the salt, paprika, sugar, coriander, black pepper, cayenne, and celery seed in a small bowl and stir to mix.

Rinse the okra under cold running water and blot dry with paper towels. Trim the tips off the stem ends of the okra but do not cut into the pods. Place the okra in a large mixing bowl, add the butter and toss to coat. Add the rub mixture and toss to coat.

When ready to cook, skewer 4 or 5 pods side by side with bamboo skewers (that have been soaked in water) to keep any stray okra from falling through the grates and into the fire. Grill the okra until nicely browned, about 2 to 4 minutes per side, turning with tongs as needed. Transfer the grilled okra to a platter or plates and serve immediately.