



Tucson Community Supported Agriculture

Newsletter 206 ~ September 14, 2009 ~ Online at www.TucsonCSA.org

Fall '09 Week 3 of 13

Harvest list is online

The Back Page

Braised Sweet Potatoes and Roasted Chiles
Pear Butter
Oven-Roasted Okra
Okra Chilaquiles
Two-Potato Gratin

More recipes online

Roasted Chiles in Bulk \$1.50/lb

Mild green chiles from Crooked Sky Farms. Minimum order: 20 lbs (fresh weight – they weigh about 10% less after roasting).

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



Daniela roasting chiles in the courtyard

Freezing Roasted Chiles

Can't keep up with your roasted chiles? Just transfer them as they are to a ziplock freezer bag and keep them in the freezer for later use.

Freezing Goat Cheese Logs

If you have a goat cheese share and don't feel like eating your cheese log right away, just freeze it. It freezes very well. In fact, some of our members have told us that they like to freeze it before eating, as it makes the cheese more creamy.

Newsletter Editor

Philippe Waterinckx

TRIP TO JOSH'S FARM – THIS SATURDAY AFTERNOON: 2:30 to 4:30 PM

Have you ever wanted to see for yourself what makes Josh's eggs so delicious? Now you can. This Saturday you are all invited to come to Josh's family farm in Sulphur Springs Valley, south of Willcox.

Josh's Foraging Fowl farm is the source of our grass-fed, grass-finished beef, pasture-raised, free-range chickens and turkeys, and of course, those amazing pasture-raised, free-range eggs. Josh will walk you through his pastures and introduce you to his animals. The boisterous young turkeys will likely greet you with much fanfare.



We'll meet at the farm at 2:30 p.m. The farm is about 100 miles or one and one-half hours away, so plan to leave Tucson by 1:00 p.m. If you wish to carpool, meet in front of CSA at The Historic Y at 12:45 p.m. for a 1:00 p.m. departure.

Directions (from Tucson):

1. Take I-10 eastbound, direction Willcox and El Paso – go for approx. 75 mi
2. Take exit 336 toward Willcox – go for 0.6 mi
3. Merge onto S. Haskell Ave/I-10 Bus/US-191 – go for 3.4 mi
4. Turn right at AZ-186 East / Maley St. Continue to follow AZ-186 – go for 5.9 mi
5. Turn right at S. Kansas Settlement Rd. – go for 7.6 mi
6. Turn left onto E. Chambers Rd. – go for 1.5 mi
7. The farm will be on your left (address: 4250 E. Chambers Rd, Willcox) There is no sign with the farm name, but there is nothing else around but fields.

FIRM FRUIT SPIRITS AND PRESERVES by Sallie Marston, Tucson CSA member

The fall is a time when fruits are in abundance, such as the lovely Asian pears in our CSA shares. If you are looking for something different to do with the pears, consider a fruit liqueur, which is the simplest way of preserving them.

The basic rule with fruit liqueurs is to infuse the fruit with 2/3 brandy or other spirit and 1/3 sugar. The result is a delicious fruit swimming in a flavorful liqueur.

For firm or hard fruits—like the pears—you need to make a syrup before adding the fruit and spirit. To make the syrup, dissolve 2 cups of sugar with 1 cup of water in a pan over low heat. Stir it and once it boils, stop stirring and let it simmer until you have an oily syrup, about 5 minutes, then cool. It is best not to wash the pears, if you can avoid it, and you can get more fruit into a bottling jar if you cut them in half (leaving on the skins and the core). With the fruit filling the jar, pour in the cooled syrup to about 1/3 of the way up the fruit. Then add the spirits (a decent quality vodka or gin will work as well as a brandy) and close the jar. If you want to throw in a vanilla pod, an orange peel or some spices as well, feel free. Leave for at least a month and for as long as several months. If the alcohol level drops, add more. And feel free to check on the taste of the fruit or the liqueur as the months go by. The fruit, floating in a thin layer of the liqueur can be served as a dessert along with a scoop of vanilla ice cream or heavy cream.

This recipe also works for quinces, apples, peaches, apricots, nectarines, and even pineapples.

Braised Sweet Potatoes and Roasted Chiles -new

Philippe Waterinckx, Tucson CSA

1 CSA bag of roasted chiles, peeled, seeded and coarsely chopped
3 sweet potatoes, diced
1 tablespoon olive oil
1 medium-sized onion, chopped
1 teaspoon ground cumin
Salt and pepper

In a skillet, heat olive oil to medium hot. Add sweet potatoes, onions and cumin. Cover and braise until tender (15-20 minutes), stirring occasionally. After 10 minutes, incorporate roasted chiles. Continue to stir occasionally. Add salt and pepper to taste. Serve with rice.

Suggestion: add a spoonful of apricot jam or apricot chutney on the side.

Pear Butter

Wendy McCrady, Tucson CSA

2 baskets Asian pears, cored, peeled, and roughly chopped
Juice from half a lemon
1/2 cup water
Sugar (see instructions for amount)
Juice and grated rind from half a medium-sized orange
1/8 tsp ground nutmeg

Place chopped pears, lemon juice, and water in a saucepan. Bring to a boil and simmer over low-med heat for 10-15 minutes until pears are soft. Drain pears, saving juice. (Chill the juice and enjoy as a nice refreshing drink when you're done with this recipe!) Process pears in food mill or food processor just until pureed. Don't liquefy them. Measure puree and return to saucepan. Add 1/3 to 1/2 as much sugar as puree. Stir in orange juice and rind, and nutmeg. Cook over medium-low heat, stirring frequently, until thickened to your taste. (As butter thickens, stir more often to avoid sticking or burning.) Refrigerate in a closed jar and enjoy on toast.

Oven-Roasted Okra -new

Sara Jones, Tucson CSA

This is an easy way to make okra and you can prepare it according to your taste.

1 CSA basket okra
2 teaspoons seasoning mix (use Cajun spices, Mexican mole or chile mix, curry powder etc.)
About 2 teaspoons oil or melted butter

Preheat oven to 450 degrees. Wipe okra clean (do not use water; or if you do, let the okra dry off completely, or it will turn gummy). Toss okra with oil or butter, then sprinkle with seasoning mix of your choice. Toss again to coat. Spread okra on a baking sheet and place in the preheated oven. Cook for about 20 minutes, stirring occasionally, until okra is browned in spots and tender.

Okra Chilaquiles

Sara Jones, Tucson CSA

I like this dish for breakfast, served with refried beans and fried eggs. It is hearty enough for a dinner, though. It is great served with tomatillo *Salsa Verde* and sour cream as well.

(Note: always process okra dry! You may wash it but make sure to dry it completely before chopping it, or it will get gummy).

1 bag okra, chopped and stems removed
1/2 green roasted chile, diced
1/2 green bell pepper, chopped
1/3 yellow onion, chopped
6 corn tortillas, sliced into inch long pieces
2 tablespoon oil
Salt and pepper to taste

Unless you have a very large skillet, you may want to do this recipe in two batches to make sure that all the tortillas get crisp. Heat oil over medium high heat in a cast iron skillet. Add onions and sauté for a few minutes until beginning to brown. Add tortillas and stir to coat with oil. Cook for about 4 minutes to allow tortillas to begin to crisp before adding the vegetables. Stir in the remaining vegetables and reduce heat to medium. Cook for a while longer, stirring occasionally, until tortillas are mostly crunchy and vegetables begin to brown. Add salt and pepper to taste.

Two-Potato Gratin

David Allen, Tucson CSA

4 medium potatoes
2 large sweet potatoes
Salt & freshly ground pepper
Chopped fresh rosemary
1 1/2 cups heavy or whipping cream
1 1/2 cups grated gruyere cheese
1/2 cup grated Parmesan cheese

Peel and thinly slice all the potatoes, keeping separated by color. In a 10 x 12 oven-safe or microwave-safe casserole, place half the white potatoes on the bottom in a thin layer, overlapping slightly. Sprinkle with salt, pepper and chopped rosemary. Cover with a layer of half the sweet potatoes; sprinkle with salt, pepper and rosemary. Repeat layering using up all remaining potatoes, sprinkling each layer with salt, pepper and rosemary.

Pour cream over potatoes and cover casserole (with lid or, if microwaving, with plastic wrap). Place dish in 375 degree oven and cook for about 45 minutes, uncover, sprinkle with cheese and cook until top is browned, about 10-15 more minutes. Or, microwave on HIGH for 18 minutes.

Meanwhile, mix grated cheese. When potatoes are done, remove cover and sprinkle evenly with the cheese mixture. Microwave UNCOVERED for 3 more minutes at HIGH power. Can be reheated in the microwave.