



Tucson Community Supported Agriculture

Newsletter 210 ~ October 12, 2009 ~ Online at www.TucsonCSA.org

Summer '09 Week 7 of 13

Harvest list is online

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More recipes online

Nat the Knife Keeps 'em Sharp

Every cook knows that trying to cut anything with a dull knife is like trying to breathe without air. Never fear, "Nat the Knife" is near!

Next week on both Tuesday and Friday (Oct. 20 & 23), CSA member "Nat the Knife" (Natanya Siegel) will be in our courtyard to sharpen knives. Come prepared. Wrap your knives carefully in newspaper to avoid injury during transport. (Nat won't take knives that are not wrapped properly!) The first knife is free. Additional knives \$2-\$4, depending on size or serration.

Never a dull moment at the CSA...

Class: Harmonizing with the Elements: Autumn

Monday, Oct. 19 4:30 - 6:30 pm
The Historic Y, 738 N. 5th Ave
\$20 per person

In this class with herbalist John Slattery we will discuss the use of local herbs and food through the perspective of seasonal changes and how we may attain a place of harmony within these changes. In addition, general concepts of immunity will be discussed including the role of Vitamin D, in particular, in the face of the so-called Swine Flu pandemic.

* Registration: call John at 520.275.2105 or email desertortoisebotanicals@gmail.com

Newsletter Editor

Kimi Eisele

A BRIEF HISTORY OF JACK-O-LANTERNS

This week you'll get to choose a Jack-o'-lantern, a big pumpkin perfect for carving. If the name didn't clue you in, the Jack-o'-lantern tradition comes from Ireland. Legend has it that an unsavory Irish fellow called "Stingy Jack" (either a lazy farmer or a thief, depending on the version) set all kinds of



booby traps on the Devil. In one version, Jack tricks the Devil into climbing an apple tree then carves a cross into its trunk so the Devil can't come down. In another version, Jack tricks the Devil into turning into a coin. Jack then slips the coin into his pocket where he also keeps a sliver cross, so the Devil is "stuck" as a coin until Jack frees him sometime later. When Jack finally dies, he's denied into Heaven for all of his laziness or thievery. The Devil, still miffed about Jack's past tricks, denies him entry into Hell as well. The Devil sends Jack into the night with a lump of burning coal. It is said that Jack carved out a turnip, put the burning coal inside, and wandered across the countryside for years. His ghost was known as "Jack of the lantern," or more simply, "Jack-o'-lantern."

Following Jack's lead, the early Irish made lanterns out of turnips, beets, and potatoes. Irish immigrants to the United States switched to pumpkins, as they were cheaper and more abundant.

Whether or not you decide to believe the tale, you can still carve your own lantern with Farmer Frank's super big pumpkins. Or, you can just eat them. They're organic!

Next week read about how to carve your Jack-o'-lantern!

Source: Wikipedia.org (<http://en.wikipedia.org/wiki/Jack-o%27-lantern>) and History.com (<http://www.history.com/content/halloween/the-jack-o-lantern>).

FALL BREAK FOR JOSH'S HENS

Hey, chickens need a break, too. Since the days started getting shorter, Josh's hens are laying less. Also, they're molting, which means much of their energy goes into producing new feathers. This is a normal seasonal shortage and will likely continue until the spring. But because of it, we'll be rationing Josh's eggs to just 1 dozen per member.



For those of you who regularly buy Josh's eggs at the CSA, you may want to diversify your breakfast menu. How about mesquite pancakes? Or homemade granola? Or a tofu scramble seasoned with Mano y Metate mole?

Verdolagas (Purslane) and Walnut Pilaf

Lorraine Glazar, Tucson CSA

1 small to medium onion, chopped
2 teaspoons oil
1 cup rice
2 cups water, stock or broth
1 share verdolagas, washed and chopped
1/2 cup toasted walnuts
Salt and pepper to taste

Sauté the chopped onion in the oil until golden. Toss the rice in the pan until it is coated with oil. Add the liquid of choice and bring to a boil. Cover the pan and cook until all liquid is absorbed, 20 minutes to an hour (brown rice will take longer and may require a little more liquid). When rice is tender, toss in verdolagas and walnuts, season to taste, and serve it forth!

Adapted from a recipe in *Sunset Magazine*, June 2008 issue.

Wheat Berries Tapenade

www.foodnetwork.com

3 cloves garlic, minced
1 cup pitted and finely chopped Kalamata olives
1 teaspoon salt
1/2 teaspoon Dijon mustard
1 cup fully cooked wheat berries

In a bowl combine all ingredients. Serve with crusty bread, on a salad or on its own.

Wheat Berry Muffins

Lori Adkison, Tucson CSA

2 eggs
2/3 cup plain yogurt
1/3 cup vegetable oil
2/3 cup cooked wheat berries
3/4 cup all purpose flour
3/4 cup whole wheat flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Beat together eggs, yogurt and oil until well blended. Stir in wheat berries. Mix together dry ingredients and stir into wet ingredients. Fill muffin tins 2/3 full and bake for 20 minutes or until they test done. When muffins are cool, drizzle with orange glaze. (To make orange glaze, whisk together 1/2 cup of powdered sugar with 1 tablespoon of orange juice.)

Easiest Greens in Tortillas

Sara Jones, Tucson CSA

This recipe is great with 'stemmy' greens, like chard and purslane. An Asian chile paste tastes best, but you can use salsa to spice the greens, too.

2 large handful greens (with stems), cleaned and roughly chopped
1-2 cloves garlic, minced
2 teaspoons oil
Chile paste (Sriracha is excellent), to taste
Mild, fresh cheese, if desired
4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and sprinkle with cheese if using.

Coconut Curried Squash Soup

Sara Jones, Tucson CSA

Indian curry seasonings go especially well with winter squash. Use any curry mix you like for this recipe, or for a sweeter flavor use a garam masala, which uses spices like cinnamon and cloves. I usually use a pre-mixed curry powder and then adjust it to my taste by adding more of the spices that I like best. I use pink lentils in here because the color goes best with the squash, but use whatever you have on hand.

About 3 cups winter squash, peeled and chopped into large chunks
1 red or green bell pepper, chopped
1 bunch Swiss chard or other cooking green, chopped finely
1/2 large onion, chopped
3/4 cup dry pink lentils
2 tablespoons oil
Garlic to taste
About 1 tablespoon grated fresh ginger
Curry spices; adjusted to your taste
1 can coconut milk
Salt and pepper to taste

In a large stock pan, heat oil and sauté onion, pepper, garlic and ginger for about 5 minutes, stirring frequently. Stir in chunks of squash with curry spices and lentils then cook for a few more minutes. Add about 1 1/2 quarts of water, bring to a boil and add greens. Cook over a medium low heat until lentils and squash are soft, about 35 minutes. Add coconut milk and salt and pepper and cook for 5 more minutes. At this point you can either puree the soup and make it creamy and smooth, or leave it chunky.

Fresh Chile Lunch Pockets

Inspired by Marit Alanen, Tucson CSA

The mild fresh chiles in this week's share make excellent packages for a variety of fillings. Simply cut off the stem end and scrape away the white ribbing inside the pepper. Stuff with something simple like cheddar cheese or leftover rice. Eat cold, as a refreshing, less heavy version of the typical chile relleno. This makes a quick and easy snack or light lunch.