



# Tucson Community Supported Agriculture

Newsletter 212 ~ October 26, 2009 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '09 Week 9 of 13

Harvest list is online

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### Pork shares ready for pickup

If you ordered a share of natural pork, you can pick it up at the front desk. Shares include ground meat, Italian sausage, chorizo, pork chops and a choice of either regular bacon or shoulder bacon. The balance payment per share is approximately \$15 per pack.

We also have breakfast sausage (\$5.00/lb) and a choice of roasts (tenderloin \$8.00/lb, loin \$4.50/lb and butt roasts \$4.00/lb) available for extra purchase.

### Donate Time or Goods

Desert Harvesters is looking for donations of time and goods for its upcoming mesquite milling Fiesta and Pancake Breakfast on Saturday, Nov. 7 at the Dunbar/Spring Community Garden.

**Volunteer opportunities/needs:** set up and break down of event; ticket sales; and pancake flippers.

**Items needed:** native or homemade food items or food-related goods (to raffle); BBQ gas grills with griddles (to borrow).

To volunteer or offer donations, talk to Sara, Lori, or Amy at the CSA pickup or e-mail Amy at molera (at) ManoYMetate (dot) com or hammermill (at) desertharvesters (dot) org.

### Newsletter Editor

Kimi Eisele

## WINTER SESSION SUBSCRIPTIONS - December, January and February

**Subscriptions:** Produce shares are \$209. Cheese shares are not offered Winter Session. The session is short, 11 weeks instead of 13, as there are no regular pickups on Tuesday, December 22 and 29, and Friday, December 25 and January 1.

**One-day option:** For those who want produce for the holidays, we'll have an optional pick-up day on Tuesday, December 22 (on the condition that there is demand for 100 or more shares for that day). You'll sign up and pay at the CSA by the previous week (December 15 or 18) if you wish. Both Tuesday and Friday members may sign up, and only members who have prepaid will be able to pick up then.

**Contract forms** are available at the CSA, or online under *Join > Subscriptions & Cost*. You can place your contract and payment in our drop-box at the CSA during pickup hours, slip it under our door whenever the courtyard is accessible, or mail it to us. We will e-mail you a confirmation when we process your subscription.

**Current and former members:** Registration is from November 2 to November 30 (or until we fill up, whichever comes first). We strongly recommend that current and former members subscribe before we open registration to the Invitation List on November 16. We sometimes fill up quickly after that.

**New (prospective) members:** Registration is from November 16 to November 30 (or until we fill up, whichever comes first). Prospective members who've put their name on our Invitation List will receive an invitation to subscribe in early November. We process new members' contracts starting November 16, in the order received.

**Winter Harvests:** View past winter harvests online under "Harvests."

## CARVING A JACK-'O-LANTERN

If you're willing to sacrifice an organic pumpkin to use as porch décor, then read on. No, you're not a bad person for wasting food. Jack-'o-lanterns are fun and eerily beautiful. Be sure to roast and eat the seeds! Of course, most people already know how, but here are a few carving tips if you want to go creative:



- 1) Good, sharp knives are a must. You can also buy special carving instruments that often include little saws, which I've found helpful!
- 2) Make a sketch of your design first. Try a scary face or an animal face. Or forgo the face all together and make a Halloween scene involving bats, cats, ghosts and witches.
- 3) Be creative with your lid—it doesn't have to be a simple circle. Make jagged spikes for hair! Or maybe it's a skyline. Cut a V-notch or small air hole in the pumpkin lid to create a vent for heat and smoke—you don't want to cook the guy!
- 4) Use cut-out pieces of pumpkin as body parts like ears, tongues and hands. Stick them to the outside of the pumpkin with toothpicks, or offset them inside cut areas to create texture, and light and shadow when they are lit in the dark. (See photo).
- 4) I've never done this but I've heard that moisturizing the external cut areas of your pumpkin with Vaseline keeps them from shriveling. Don't moisturize the inside, though – that stuff is flammable.
- 5) Keep it cool. Don't let your guy sit in the sun all day! He'll rot right quick.

### Spaghetti Squash

Philippe, Tucson CSA, adapted from Cooks.com

1 medium spaghetti squash (about 2-3 lb.)  
2 tablespoon butter  
2 garlic cloves, crushed  
1/2 cup grated Parmesan (optional)  
1 teaspoon chopped fresh basil (or 1/2 teaspoon dried)  
Salt and pepper to taste

Cut squash in half lengthwise and scoop out seeds. Place half the butter and garlic in each squash halve and set in a pan with 1/2 inch of water. Cover and cook for 30-45 minutes or until flesh is tender. Using a fork, scrape pulp out of the shells and break it apart, making it look like spaghetti. Set empty shells aside. Leaving squash in skillet, add cheese, basil, salt and pepper. Toss and serve inside its shell. Spaghetti squash can also be served with a red spaghetti sauce or an arugula pesto topping.

### 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.

### Wilted Amaranth Greens (Quelites)

Amaranth makes such flavorful greens that a favorite approach is to cook it quickly, although its robust flavor and texture stand up to long cooking as well. You can proceed along two lines. Sizzle a few slivers of **garlic in olive oil**, follow with a healthy pinch of **salt**, and then add the greens. Cover for a minute to let the greens wilt down, then keep tossing until the leaves and stems are tender and no longer taste raw.

A second, pan-Asian treatment is to use **peanut or corn oil**, into which you toss finely sliced or shredded **ginger**, either alone or with a few slivers of **garlic** and a **dry red chili** or two, and then the salt and greens, proceeding as before.

### Slow Cooker Risotto with Swiss Chard

Lorraine Glazar, Tucson CSA

1 tablespoon olive oil  
1 small yellow onion, finely chopped  
1 1/4 cups uncooked Arborio rice  
2 (14 ounce) cans reduced sodium broth, vegetable or chicken

1/2 cup dry white wine  
Dash salt  
1/2 bunch Swiss chard, rinsed clean, well-dried and coarsely chopped

Heat olive oil in small skillet. Add onion and cook until softened, 4 to 5 minutes. Place in slow cooker. Add rice and toss well to coat. Stir in broth, wine, salt and Swiss chard. Cover and cook on high 2 to 2 1/2 hours or until all liquid is absorbed.

### Minty Squash Pasta Salad

Sara Jones, Tucson CSA

This is great hot or cold. Try using basil instead of mint and parsley for a nice change. The grated lime zest is important to the flavor of the dish, don't skip it.

1 box penne or bowtie pasta  
About 2 teaspoons olive oil  
About 2 medium summer squash, cut into half moons  
2 cloves garlic, minced  
1 handful mint, chopped finely  
1 handful parsley, chopped finely  
Zest of two limes  
Juice from one lime  
2 teaspoons walnut or hazelnut oil (optional)  
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook, stirring occasionally until squash is slightly brown, but not mushy. Remove from heat. Toss together pasta, squash mixture, herbs, lime zest and juice. Drizzle with nut oil and salt to taste. Serve hot, or chill and serve as a pasta salad.

### Winter Squash Croquettes

Sara Jones, Tucson CSA

This recipe will work with any of your winter squash. I mash the cooked flesh with a fork, unless I am using spaghetti squash, in which case, I would use a fork to separate the strands of squash. Use any soft cheese you like to add to the mix, or use a hard cheese to stuff in the middle. Experiment with different herbs and spices.

About 3 cups of cooked winter squash  
1-2 eggs, if desired  
1/2 cup soft cheese  
1/2 cup dried bread crumbs  
Salt and pepper to taste

Combine all ingredients except bread crumbs and mix well. Shape mixture into patties, about 1 inch thick. Dredge patties through bread crumbs and pan fry in a well-oiled skillet over medium-high heat. Cook on both sides until golden brown, then drain on paper towels or newspaper.