



# Tucson Community Supported Agriculture

Newsletter 213 ~ Nov. 2, 2009 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '09 Week 10 of 13

Harvest list is online

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More recipes online



### Lamb & Turkeys & Cheese, O My

This is a cheese week. Those of you with a cheese share, don't forget. We also have lamb packs available for pick up this week. Also, pre-ordered Thanksgiving turkeys will be available for pick-up the week before Thanksgiving for both Tuesday and Friday members.

### CSA Bulletin Board

Looking for share partners? Wanting to sell or buy extra shares for certain weeks? Use the bulletin board over the trading table.

### Soil Building Workshop with Kim Fox

Improve the fertility, structure and life of your soil to increase garden and fruit tree health and production. Includes vermaculture, composting, mulches, manures and organic soil amendments.

Sunday, Nov. 8<sup>th</sup>, Noon - 2:30 p.m.  
RSVP to Kim at 622-1917 \$20 fee

### Newsletter Editor

Kimi Eisele

## WINTER SESSION SUBSCRIPTIONS

**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 (new members) on November 16. We may fill up quickly after that!

**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.

## ROGUE THEATRE OFFERS SPECIAL OPPORTUNITY TO CSA MEMBERS

The Rogue Theatre, in The Historic Y right next to the CSA courtyard, invites you to their upcoming production of Edward Albee's *A Delicate Balance* at a special \$5.00 discount.

The Rogue Theatre describes the play as follows: "A *Delicate Balance* is a brilliant play about family, friendship and the power of love (and its opposite). In it, Albee presents us with the seemingly perfect couple living the ideal American life until reality and the big question of "what's it all for" invades their comfortable existence. The characters are fascinating, the dialogue is sharp and witty and the booze flows freely. Please join us for this wild ride through the dark side of the American Dream." For more information, visit [www.TheRogueTheatre.org](http://www.TheRogueTheatre.org). To order tickets, call 551-2053; mention "CSA" and get \$5.00 off each ticket.

## DON'T FORGET: EAT MESQUITE PANCAKES THIS SATURDAY, NOV. 7

Desert Harvesters' annual Mesquite Milling Fiesta and Pancake Breakfast demonstrates how to eat from the desert and raises funds for an organization that teaches us how. Held at the Dunbar/Spring Community Garden (11<sup>th</sup> Ave. & University Blvd.), the breakfast features homemade mesquite/whole-wheat pancakes made with mostly organic, local ingredients. Pancakes (\$1 each) are served with prickly-pear syrup, mesquite syrup, agave nectar, local backyard honey, and homemade jams. In addition, three hammer mills will be on site to grind pods into flour for the public. Community members can bring pods they've harvested. Pods must be clean, dry and free of stones, leaves, and other debris. The milling of pods costs \$3 for three gallons or less of whole pods, then \$1 for each gallon of whole pods over that. (Five gallons of pods yields about 1 gallon of fine, edible flour in just five minutes!). Please pack your pods in sealable, food-grade containers and label them clearly with your name and phone numbers.

While you eat under the mesquite trees, enjoy live music, roving jugglers, raffle dancers, and a food-themed puppet show! Be sure to bring extra cash for the raffle (with great prizes) and your checkbook to make a tax-deductible donation to this worthy organization!

Pancakes are served 9 a.m. to 12 p.m. Milling is from 8 a.m. to 2 p.m. For information, visit the Desert Harvesters website at [www.desertharvesters.org](http://www.desertharvesters.org).



### Acorn Squash with Coconut Custard

Sara Jones, Tucson CSA - Adapted from Saveur Magazine

This is a traditional dish in Thailand and Laos. Thai recipes call for sprinkling the custard with anise seed. Ground nutmeg would be a nice garnish, too.

1 large or 2 smaller acorn squash  
1/2 cup canned coconut cream  
1/2 cup brown sugar  
1/2 tsp. fine salt  
3 eggs

Using a long, sharp knife, cut off the top of the squash, about 1" from the stem end. Discard top. Using a spoon, scoop out and discard the seeds and the fibers to make a hollow cavity. Set aside. In a 1-qt. saucepan, whisk together the coconut cream and 1/4 cup of the brown sugar. Bring to a simmer over medium heat, while whisking occasionally; remove from heat and let sit for 10 minutes to cool slightly. In a medium bowl, whisk together the remaining brown sugar with the salt and eggs, until eggs are smooth and pale yellow. While whisking the eggs, slowly drizzle in the hot coconut cream mixture. Transfer mixture to top of a double boiler set over simmering water and cook, stirring constantly with a wooden spoon, until mixture thickens and coats the back of the spoon, about 4 minutes. Heat oven to 325°. Pour custard into the reserved squash and set on rack in the bottom of an 8" x 8" baking dish. Pour 1 cup boiling water into dish. Bake until a knife inserted into center of custard comes out clean, about 2 hours. Alternatively, you can place squash in a steamer and cook about 45-60 minutes, until squash is tender and custard is set. Let cool; slice into 6 pieces. Sprinkle with garnish if using.

### Mustard Saag

Sara Jones, Tucson CSA

You will want two bunches of greens for this recipe. Use your turnip greens, which have a similar mustardy flavor, in addition to your mustard.

2 bunches mustard greens, washed and finely chopped  
1/2 green chile (or to taste), finely chopped  
2 cloves garlic, mashed  
1 inch ginger, grated and mashed with garlic  
1 teaspoon cumin seeds  
2 teaspoons oil and/or butter

Heat the oil in a large skillet over medium high heat. Add cumin seeds and stir for about 20 seconds, then add chiles and garlic and ginger paste. Stir quickly for another 20 seconds then add mustard greens. Stir to coat with oil and spices. Cover, reduce heat to medium low, and cook for 5-10 minutes, checking occasionally to make sure you don't need to add water to prevent burning. When greens are completely wilted, add salt and pepper to taste and serve. Mix with a little yogurt or cream, as you like.

### Turnip or Radish Fritters-variation

Tina Hansleben, Tucson CSA

3 large turnips or several radishes  
1/4 cup flour of choice (I have used many different kinds of wheat-free flours with success.)  
1 egg  
1 tablespoon dried dill or more if fresh  
Juice of one lemon  
Peel of one lemon  
1/2 teaspoon salt  
Sugar, to taste  
Chèvre, to garnish

Shred roots into a large bowl. Add egg, dill, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet, you want the vegetables to stick together. Heat a pan to medium with oil. Scoop out the mixture in a 1/4 cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table.

### Mustard Greens and Pork Casserole

Mustard greens are tasty when cooked with pork. The fat in the pork seems take the bite out of the greens and mellow out their flavor.

1/2 pound ground pork or 1/4 pound bacon (sliced)  
1 onion, chopped  
2 potatoes, cubed  
1 bunch mustard or turnip greens, coarsely chopped  
1/4 teaspoon thyme (or other herb)  
Salt and pepper to taste

Sauté meat, potatoes and onion in a skillet. If using sausage, break it up as you brown it. When meat is brown or rendered, add greens and thyme. Cover and simmer for 45 minutes or until potatoes are tender, stirring occasionally. Add 1/4 cup water or more if the mixture seems dry. Add salt and pepper to taste.

### Grilled Green Tomatoes

Sara Jones, Tucson CSA

2 large green tomatoes, sliced 1/2" thick  
2 cloves garlic, minced  
Pinch of oregano, finely ground  
Drizzle of balsamic vinegar and olive oil  
Salt and pepper to taste

Lay sliced tomatoes in a tray and drizzle with oil and vinegar. Sprinkle salt and pepper, oregano and garlic over slices. Let marinate 30 minutes. Place slices over a hot grill, cooking on each side until slightly charred. Remove and use as a hot garnish for a sandwich, or cool, chop and use as a relish.