



# Tucson Community Supported Agriculture

Newsletter 214 ~ Nov. 9, 2009 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '09 Week 11 of 13

Harvest list is online

### The Back Page

Baked Greens "Chips"  
Squash and Greens in Coconut  
Roasted Beets and Squash Salad  
with Pomegranates  
Stuffed Winter Squash

More recipes online

### CSA Bulletin Board

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

You can also connect with other  
members via our Facebook page.

### Plant An Orchard, Save Water, Have Fun!

Blending Permacultural  
Perspectives with Desert Nurse  
Plant Ecology & Conservation of  
Heirloom Mission Fruits: A Hands-  
On Workshop

**Join this workshop in Patagonia,  
Nov. 14 and 15, with Gary Paul  
Nabhan and Nate O'Meara.**

Saturday 10-3 (site prep & swales);  
Sunday 10-3 (plantings)  
\$50 per person/day or \$80 for both  
days (by check; transportation and  
meals included).

Hands-on demos on the following  
topics: Nurse plant ecology  
concepts for permacultural design  
for dry climates; water-harvesting  
placement & swale construction;  
tree selection & placement;  
understory crop selection &  
placement; heirloom fruit  
conservation.

Leave 8:30 both days (Park & 6<sup>th</sup>,  
return to Tucson by 4:30 both days).  
Bring cameras, gloves & jackets.  
Pre-register only by email with  
[gpnabhan@email.arizona.edu](mailto:gpnabhan@email.arizona.edu)  
Last date to pre-register is Nov. 11.  
Call 928-225-0293 for more detail.

### Newsletter Editor

Philippe Waterinckx

## WINTER SESSION SUBSCRIPTIONS ARE OPEN

**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 fast after that!

**Contract forms** are available at the CSA, or online under *Join > Subscriptions & Cost*. You can drop 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 it.

## GO GREEN!



Winter greens are amazingly healthy. Yet they can be daunting, especially those strong ones, such as mustard greens and endive. Remember that no matter how bulky they are when you get them, they shrink considerably when cooked. And greens can be incorporated into almost any recipe. Try them sautéed in olive oil with onions and garlic, or with grated ginger, and sprinkle them with parmesan cheese before serving. Add them to tomato sauces or to your freshly cooked pasta, or include them as a layer to your

lasagna. Mix them with ground beef or ground pork. The possibilities are endless.

Try some of the many recipes featured on our website (look under *Recipes*, then scroll down to *Greens*). At the top of the *Greens* section, check the *About Winter Greens* link, an excellent introduction to using greens written by Sara.

## BLACK MESA RANCH CANDY HAS ARRIVED

You have been waiting the whole year for this, whether you know it or not. The time has finally come. BMR's out-of-this-world chocolates are back again for the holiday season.

David Heining from Black Mesa Ranch makes the award-winning goat cheeses many of you have enjoyed at the CSA. When the holiday season approaches, he gets behind his stove and produces tantalizing, mouth-watering candy.

**Dark Debris** - Dark chocolate brimming with almonds, walnuts and raisins

**Milky Rubble** - Pecans and chunks of butter almond toffee in milk chocolate

**Vanilla Bean Caramels** - Goat's milk caramel dipped in smooth Belgian chocolate

**Butter Almond Toffee** - Traditional English-style butter & toasted almond toffee covered with dark, milk or white chocolate then coated with more even toasted almonds

**Goat's Milk Fudge** - Creamy chocolate fudge, studded with walnuts



### **Baked Greens “Chips”**

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

For people like me who really don't like stewed or sautéed greens, here's a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens  
2-3 teaspoons olive oil  
1 teaspoon apple cider vinegar  
salt and pepper to taste

Preheat the oven to 325 F. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

### **Squash and Greens in Coconut**

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you like curry flavors, add more spices to the mix, sautéing them with the onions before adding the rest of the ingredients. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice. If using acorn squash, don't bother trying to peel it, the skin should become tender enough from the stewing process.

1 bunch CSA greens, cleaned and roughly chopped  
About 2 cups peeled winter squash, diced small  
1 inch fresh ginger, grated  
1 onion, sliced thinly  
1/2 teaspoon ground coriander  
2 teaspoons oil  
1/2 can coconut milk  
Red chile flakes, to taste  
Soy sauce, to taste  
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until squash is tender. Season to taste with soy sauce and a bit of lime juice.

### **Roasted Beets and Squash Salad with Pomegranates** *-new*

Sara Jones, Tucson CSA

This salad can take at least two different directions. Tossed together with wheat berries or any other cooked grain it can be a hearty main dish. Or lay the squash and beets on top of a bed of lettuce for a lighter, more refreshing dish. It looks stunning either way!

1 acorn squash, seeds removed, cut into sections lengthwise between ridges  
1 bunch beets, greens removed  
About 1/3 cup pomegranate seeds  
About 1/3 cup chopped pistachios or pecans  
1 tablespoon olive oil  
About 2 teaspoons balsamic vinegar  
Salt and pepper to taste

Preheat oven to 375 degrees. Toss beets and acorn squash together with olive oil and spread on a baking sheet. Roast until vegetables are tender. When beets are cool enough to handle, peel away skin and chop to desired size. Cut squash into similar size pieces. Toss veggies together with vinegar, salt and pepper, nuts, and pomegranate seeds.

### **Stuffed Winter Squash**

Lorraine Glazar

Acorn squash, with their large hollow centers, are perfect for stuffing.

1 winter squash  
1/2 cup walnut halves  
Olive oil  
1/2 medium onion, chopped (optional)  
1/2 teaspoon cumin (optional)  
Salt (optional) to taste  
1 cup grated Swiss or Gruyere cheese (divided use)  
1 bunch CSA greens, washed, chopped and parboiled

Split the winter squash in half and roast in a 425 degree oven until it is tender when pierced with a fork. Press the greens to squeeze all the moisture out of them. Sauté the walnut halves in a frying pan on top of the stove until they look golden and smell toasted. Allow them to cool. Sauté the onions (if using) until they begin to soften, then add the chopped greens and cook until incorporated (you may skip this step if not using onions). Combine in a mixing bowl with 1/2 cup of the cheese and the toasted walnuts. Add the salt after tasting (the cheese may be salty enough on its own to sufficiently flavor the dish). Stuff into the squash halves, top with remaining cheese, and bake until the cheese melts and browns.