



Tucson Community Supported Agriculture

Newsletter 257 ~ September 20, 2010 ~ Online at www.TucsonCSA.org

Fall 2010 - Week 4 of 13

Harvest list is online

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*Many more recipes on
our online recipe archive*

Roasted Chiles in Bulk \$1.50/lb

Starting next week and for the next month or so, we will offer mild roasted green chiles from Crooked Sky Farms. They are the same roasted chiles you have been getting in your shares.

Order them in increments of 20 lbs (fresh weight). They will of course weigh 10 to 15% less after roasting.

Minimum order: 20 lbs.

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



Daniela roasting chiles in the courtyard

Dining Event!

The Organic Kitchen's Rachel and Kelly, who do some of the cooking demos we hold in the courtyard, invite you to:

A Supper Club

A 5-course South Indian Dinner
An outside dining experience with live music

Saturday October 2, 2010
5:30 p.m.

\$48 (\$38 before September 25)
825 n. norton

Space Limited, Reservations Required

PISTACHIOS



The pistachios have just been harvested at the farm and are still fresh and relatively moist. You can eat them right away, raw or roasted. If you prefer to store them, it is best to spread them on a baking sheet and let them dry on a countertop for a week, to prevent molding.

Pistachio nuts are related to cashews and mangoes. The kernels are surrounded by a shell and a thin, leathery hull. About 2 or 3 weeks before the nut is ripe, the shell starts to

split, but the hull stays intact. Crooked Sky Farms' pistachios usually still include the hull. Removing the hull is easier after the pistachios have been dried or roasted. I usually remove the hull by rolling the nut between thumb and finger.

Pistachios are a good source of protein and are high in potassium. When unsalted, they are low in sodium. You can eat them raw or roasted.

To roast pistachios (in their shell and hull):

In a saucepan, add 1 teaspoon of salt to 1/4 cup of water and bring the water to a boil. Add 2 cups of pistachios, bring back to a boil, and stir until all the water has evaporated.

Preheat the oven to 250 degrees F. Place the salted pistachios onto a cookie sheet in a single layer and cook in the oven for 1 1/2 to 2 hours.

Stir the pistachios every 30 minutes while they are being roasted, to ensure an even roasting.

Let cool and store in an airtight container.

SUMMER CARROTS

If you are used to Crooked Sky Farms' sweet and delicious winter carrots, you might have been disappointed by their summer carrots if you ate them raw. Summer carrots are really cooking carrots. They aren't as flavorful and sweet as winter carrots but they are still delicious if you prepare them the right way. Check the back page for Sara's delicious Shredded Carrot Marinara recipe.

ASIAN PEARS



It's pear season. We will get both Asian and Bartlett pears in our shares from time to time. If you haven't had Asian pears yet, you are in for a treat. But be careful: don't let them sit on your counter top waiting for them to become tender. Asian pears are firm and remain firm. If you wait too long, they will go from firm to instant collapse.

Arugula Pasta

Sara Jones, Tucson CSA

Arugula goes really well with a hearty, whole wheat pasta. In this recipe, it is cooked only briefly, enough to wilt, but still retain its vibrant flavor. You can add more ingredients to this simple recipe, or leave it as is. I like mine best with garbanzo beans or pecans mixed in, plus parmesan on top.

1-2 bunches Arugula or other greens, washed and chopped
1/2 onion, diced
2 cloves garlic, minced
1 tablespoon olive oil
Cooked whole wheat pasta for 2-4 people, plus 1/4 cups reserved pasta water
Salt and pepper to taste

Cook onion in oil over medium heat, stirring often, until brown and caramelized. Stir in garlic and cook briefly then add greens, cooked pasta and pasta water (and beans, if using). Season with salt and pepper and cook, stirring, until water is mostly absorbed and greens are wilted. Sprinkle with parmesan and chopped pecans, if desired, and serve hot.

Shredded Carrot Marinara-new

Sara Jones, Tucson CSA

This recipe will help use up an abundant carrot harvest. It is a great way to use warm season carrots that aren't particularly sweet and may be tough. You can use beets as well. The trick is to slowly caramelize the carrots with the onions. You will be amazed with the results! This is great served over spaghetti, but is also an excellent base for a soup or chili. Or add ground beef for a delicious meat sauce that could be used for pasta or to stuff peppers or squash.

2 tablespoons olive oil
4 carrots, shredded
1 onion, diced
3 cloves garlic, minced
1 large can diced tomatoes
2 tablespoons tomato paste
1 teaspoon dried thyme
1 teaspoon dried oregano
Red pepper flakes, to taste
Salt to taste

Use a large pan or pot with a heavy base, to distribute heat evenly. Over medium heat, cook carrots and onions in olive oil, stirring occasionally, for about 20 minutes. The vegetables should be soft and browning. Add garlic, herbs and spices and tomato paste and cook an additional 5 minutes. Add diced tomatoes and cook about 10 minutes. Salt to taste. Toss with cooked spaghetti or use for soup or chile.

Soft Taco with Roasted Green Chile and Goat Cheese

2 roasted green chiles, skinned, seeded*, and cut into strips
1 large tortilla
Fresh goat cheese
Chopped cilantro

Place the tortilla in a dry skillet over medium heat. As soon as the bottom is warm, flip it over. Put the chile on top, crumble the cheese over it, and add the cilantro. (You can add salsa, too, if you like.) When the cheese starts to soften, slide the tortilla onto a plate, then fold it in half. Press down, wrap in a napkin, sit down, and enjoy!

Variation: Mash the chile flesh with 1 clove of chopped garlic to make a simple relish (*chile verde*) and spread it on the tortilla instead of using chile strips. This is one of twelve "feasts in simplicity" suggested by Huntley Dent in *The Feast of Santa Fe*.

**Tip: Avoid rinsing chiles in water to remove the seeds! Doing so removes the oils, which hold much of the chiles' flavor. Rinsing with water partially explains why commercially processed chiles are never as flavorful as fresh. Instead, use your fingers to remove seeds, then rinse your fingers.*

Eggs Florentine

Lorraine Glazar, Tucson CSA

This Italian dish makes greens into a breakfast or brunch dish. This also makes a great light supper.

1 bunch CSA greens (depending on bunch size, one might serve two people)
2 eggs
Olive oil or butter
Garlic to taste
1-2 tablespoons parmesan cheese

Heat an oven to 350 degrees. Prepare the arugula. Just wash and cut into one inch pieces. Heat olive oil in a sauté pan and brown the garlic. Add the greens, toss to coat with oil, and steam with the lid on. Butter or oil a small oven-safe dish. Place the sautéed greens in the dish. Crack eggs and place atop the greens. Bake for 10 minutes or until the eggs are done to your liking. Top with parmesan cheese.