



Tucson Community Supported Agriculture

Newsletter 258 ~ September 27, 2010 ~ Online at www.TucsonCSA.org

Fall 2010 - Week 5 of 13

Harvest list is online

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*Many more recipes on
our online recipe archive*

Weekly E-Mails

If you don't want to miss out on special orders, such as meat share orders and pickups, cheese share pickups, or even subscription renewals, make sure you are subscribed to the e-mail list for your pickup day (there is a different one for each pickup day). You can subscribe the e-mail lists via our home page.

Parking Tickets

Please remember NOT to park in residents-only parking when you come to the CSA. ParkWise agents tend to be very vigilant in this area and fines are expensive! Please watch the parking signs. There is usually space available if you are willing to park a block away. Or ride your bike if you can!

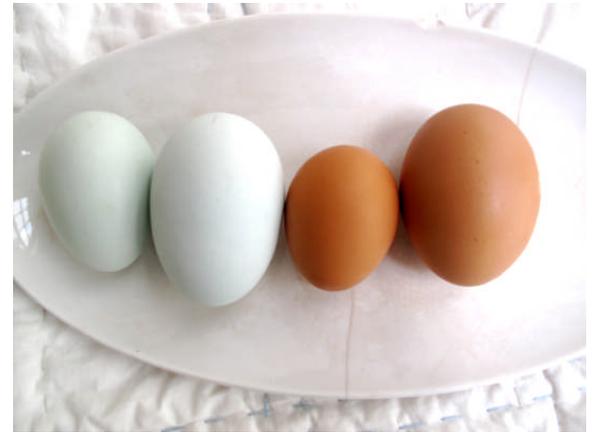
Fine Dining Event

Last chance to sign up for the Indian supper hosted by Rachel of The Organic Kitchen and Sara from Tucson CSA.

See theorganickitchen.com for details. Thanks.

JOSH'S EGGS

After the national Salmonella egg scare of a few weeks ago, our eggs sales nearly doubled and we now often run out of eggs before the end of each pickup day. Josh has been able to sell us some extra eggs, but his supply is limited and we don't always have eggs for all those who want to buy some. As some of our members are now returning to their habits of buying less expensive eggs elsewhere, things are getting a bit better. However, as the days get shorter, chickens will start laying



fewer eggs. As usual we expect our chronic egg shortage to last through the cold months. It's just a natural cycle. Ideally, we should eat more eggs in the summer when they are plentiful, and less eggs during the cold months, when chickens lay less.

We have pullet eggs on our shelves, as well as regular eggs. Many of you have asked what a pullet is. No, it's not some strange bird. A pullet is a young chicken, less than one year old. The word pullet comes from the French word "poulette", or young hen. Every year, Josh gets new baby chicks, and it takes a while for them to grow. At about 6 months of age, they start laying eggs. Their eggs are initially smaller than those of adult chickens, but they are just as good. They cost 50 cents less than regular Josh's eggs. They usually have pretty hard shells.

MORE ON CROOKED SKY FARMS' PISTACHIOS

The pistachios we got last week were freshly harvested ones. You can eat them right away if you wish but they will be soft and will taste like, well, fresh pistachios, not the typical crunchy and roasted ones you buy commercially. Because we received the pistachios as they come straight off the trees, they require extra steps before you can eat them. To process them, follow the instructions in last week's newsletter.

Tip: to make it easier to remove the hulls (i.e. the leathery skin around the shells), you can soak the pistachios in water for a few hours. The hulls will then soften so that you can then remove the hulls by pinching the pistachios out of them. You would do this before you set them out to dry for a few days.

Tip: if the shells aren't already opened, they can be cracked easily with a nutcracker.

The reason we receive the pistachios "unhulled" is simple. The pistachio processing co-operative in Willcox requires that you give them a certain volume before they will de-hull them. You can give them smaller volumes, but then they get mixed up with nuts from other producers and you don't get the pistachios that you brought in. Farmer Frank cannot do that because his pistachios are organically grown and he doesn't want them mixed with conventionally grown ones. However, Farmer Frank's pistachio harvest will soon increase in volume so that he will be able to have them de-hulled at the Willcox cooperative. This will make eating them a lot easier. Until then, we hope you'll enjoy the pleasures and accommodate the tribulations of small-scale organic farming.

Pear and Pecan Pasta

Sara Jones, Tucson CSA

A salad topped with pears, pecans and blue cheese is ubiquitous on restaurant menus across the country. Try this variation served over pasta for a heartier dish.

1 basket Asian pears, cored and sliced
3/4 cup pecans, chopped
About 1/2 cup blue cheese
1 onion, thinly sliced
2 large handfuls arugula, cleaned and chopped
1 package penne pasta, cooked al dente
1 1/2 tablespoons olive oil
1 tablespoon balsamic vinegar
Salt and pepper, to taste

Heat 1 tablespoon oil in a skillet over medium heat. Add onions and cook, stirring occasionally until well browned. Toss hot, freshly cooked pasta with onions, pecans, pears, arugula and cheese. Drizzle with oil and vinegar and add salt and pepper to taste. Serve hot or as a cold pasta salad.

CSA Greens Chopped Salad

Philippe, Tucson CSA

3/4 lb mixed greens such as mizuna, bok choy, arugula, and spinach, finely chopped
1/4 cup walnuts
2 tablespoons olive oil
1 tablespoon vinegar
1/2 onion, finely chopped
1/8 teaspoon salt
1/8 teaspoon black pepper

In a large bowl, whisk together vinegar, oil, onion, salt and pepper until emulsified. Add greens and toss until coated well.

Briam

Lorraine Glazar, Tucson CSA

1 small or three baby Japanese eggplants, chopped into one inch cubes
1 bell pepper, green or red, cored, seeded and cut into one-inch pieces
1 pound potatoes, cut into one-inch cubes, peeled if needed
1 pound zucchini or other summer squash, cut into one-inch cubes
1 large red or yellow onion, cut into one-inch cubes
1 pound tomatoes, chopped, or one 15 ounce can diced tomatoes, undrained
1/2 teaspoon ground nutmeg
1 bay leaf
1/4 cup chopped fresh oregano, or 1 1/2 teaspoons dried
2 tablespoons olive oil
Kosher salt and fresh ground black pepper

Preheat oven to 375 degrees. Mix all the ingredients together in a large mixing bowl. Put into a large non-reactive (i.e., not metal) baking dish. Bake, uncovered, stirring occasionally, 1 1/4 hours until vegetables are very tender and a sauce forms in the pan. This is even better the next day.

Eggplant Pasta in Yogurt Mint Sauce

Sara Jones, Tucson CSA

This recipe is adapted from a simple Turkish dish of grilled eggplant topped with yogurt sauce. If you can, try grilling the eggplant for a richer, smoky flavor. Many recipes also add ground beef or lamb to the dish.

1 large or 2-3 medium eggplant
1 teaspoon balsamic vinegar
1 tablespoon oil
1 1/4 cups plain yogurt
Juice from one lemon
2 cloves garlic, minced
1 tablespoon fresh mint, chopped
1 teaspoon chile flakes, optional
1 package pasta, cooked and drained
Salt and pepper to taste

Prepare the yogurt sauce first, up to a day ahead of time. Stir together yogurt, lemon juice, garlic, about half the mint, and chile flakes if using. Set aside. While pasta is boiling, prepare eggplant. If you are going to grill the eggplant, slice it in lengthwise strips and marinate briefly in oil, vinegar and salt and pepper. Grill over hot coals until browned on both sides. Chop into bite size pieces and proceed with recipe. To cook on the stovetop, heat oil in a large skillet and add chopped eggplant. Stir to coat in oil, then cover and cook, stirring occasionally, until beginning to soften and brown. Mix vinegar with about 1 tablespoon of water and pour over eggplant. Cover and let steam until completely cooked through. In a large bowl toss together cooked pasta, eggplant and yogurt sauce. Salt to taste. Serve sprinkled with remaining mint.

Raita or Tzatziki Salad

Sara Jones, Tucson CSA

These are yogurt based salads, great served with spicy foods.

1 cucumber, peeled and grated or finely diced
1/2 small onion, finely diced *or* 1 minced garlic clove
1 small tomato, seeded and diced
1 cup plain yogurt
Salt and pepper to taste
Add any variation of the following:
1 teaspoon ground cumin
1 teaspoon mustard seeds, toasted in a hot skillet
1 teaspoon cayenne pepper
Handful chopped fresh cilantro and/or mint

Mix all ingredients together and let sit at least 30 minutes before serving. Great as a dip or to cool a spicy curry.