



Tucson Community Supported Agriculture

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Fall 2011

Harvest list is online

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**Many more recipes in
our online recipe archive**

Jack 'O Lantern Pumpkins

Yes, the organic Jack 'O Lantern pumpkins we got last week are edible. Very edible. These are not the bland and mealy Jack 'O Lanterns that you can buy commercially and which are indeed intended for carving only. And yes, when they are big, they can be a lot of food to handle. But they are worth every bite. Check some of the many recipes for pumpkin we have on our website. They include:

[Caribbean Black Bean Stew](#)
[Grilled Pumpkins](#)
[Pumpkin and Black Bean Chili](#)
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[Pumpkin, Corn, and Chile Soup](#)
[Roasted Pumpkin and Apple Soup
with Walnut Cilantro Pesto](#)
[Roasted Pumpkin Seeds](#)
[Twice Baked Pumpkin Pie](#)

You can also use many winter squash recipes, substituting pumpkin for the squash.

Tip: we just made a big batch of the Roasted Pumpkin and Apple Soup (above), but we increased the amount of apples significantly. It came out great!

PUMPKINS

So if you're over the whole carve a Jack-O-Lantern thing, fear not. There are plenty of other things you can do with the fine, autumn squash known as a pumpkin.

For starters, you can eat it!

Pumpkins are often sweeter than other winter squash and make a great base ingredient for soups, stews, casseroles, and pies. You can boil, bake, steam, roast or mash the meat, and roast and salt the seeds for a tasty snack. Even the flowers, if you are lucky enough to harvest them, are edible, fried or raw as a garnish. Smaller pumpkins tend to have more flavor than larger ones.

Though usually round and orange, pumpkins also come in oblong shapes of green, yellow, white, red, and gray. They can range in weight from one pound to one ton! The pumpkin's orange pigment makes it rich in beta carotene, which generates Vitamin A.

Native to North America, the pumpkin is part of the Cucurbita genus. Seeds found in Mexico date back 7,000 years. The word comes from the Greek "pepon," meaning "large melon." The French call it "pompon" and the British, "pumpion." When settlers came from Europe to America they called it "pumpkin." Now we use that word not just for the vegetable, but as a term of endearment: Hey, Pumpkin!

Pumpkins are monoecious, meaning both the male and female flowers grow on the same plant. Pumpkin production is greatly enhanced by honeybees that pollinate the flowers, in particular the native squash bee, *Peponapis pruinosa*. The decline of bee populations threatens pumpkin cultivation, as farmers have to pollinate plants by hand, which is costly and labor intensive.

A hardy plant, pumpkins can regenerate their vines easily if leaves are lost or damaged, but frost can still threaten a crop. Over a billion pounds of pumpkins are grown in the United States each year, primarily in Illinois, Indiana, Ohio, Pennsylvania, and California. The bulk of pumpkin grown for processing is grown in Illinois.

Pumpkin seeds are rich in protein, zinc, and other vitamins, and are believed to help lower cholesterol. Research at East China Normal University looking at the effect of pumpkin extract on type-1 diabetes in 1997 found that it helped promote the regeneration of damaged pancreatic cells, which can increase insulin levels in the blood. This suggests that pumpkin extract may have a healing effect on diabetics and could reduce the need for insulin injections.

That's a lot of versatility for the amazing pumpkin.

If you're not won over yet, you could always try "chucking" your pumpkin. Pumpkin chucking is a competition in which teams compete to see who can throw a pumpkin the farthest. Not free throws, mind you. They build machines such as catapults, ballistas, and air cannons to help propel their pumpkins. There's even a horticultural element: some competitors now grow special varieties of pumpkin specifically for chucking. They're bred to be light and fast! And stealthy too ... like the Great Pumpkin himself.

Roasted Green Chile Stew

Philippe Waterinckx, Tucson CSA

This dish lends itself well to use leftover vegetables. Don't hesitate to substitute or add more vegetables

1 tablespoon olive oil
1 onion, chopped
1-2 cloves garlic, peeled and minced
2 teaspoons ground cumin, or mole pipian rojo
2-4 potatoes, diced
1 lb. squash/zucchini, diced
6-8 roasted green chiles, skin and seeds removed, coarsely chopped
1 lb. diced tomatoes, fresh or canned
2 cups vegetable or chicken stock
1 bag braising mix (or mustard mix, or arugula), coarsely chopped
Salt to taste

In a deep skillet, sauté onion in medium hot oil until translucent. Add garlic, cumin (or mole powder), potatoes and squash. Sauté for 5 minutes. Add green chiles, tomatoes and stock. Simmer for 30 minutes. Add more stock to obtain stew consistency if necessary. Turn off heat. Add braising mix (or other greens) and let it wilt in stew for 5 to 10 minutes. Add salt to taste. Serve with corn bread or tortillas and rice.

Chile and Green Tomato Soup

Sara Jones, Tucson CSA

2 tablespoons oil
1 onion, diced
4 cloves garlic, minced
1 teaspoon ground cumin
7-10 freshly roasted green chilies
2-3 green tomatoes, diced
4 medium potatoes, peeled and cut into 1-inch cubes
1 quart water or chicken stock
Shredded cheddar cheese and sour cream, to garnish
Salt, to taste

In a large soup pot, sauté onions, garlic and cumin over medium heat. When onions are soft, add green chilies and tomatoes. Simmer 10 minutes, stirring every minute or so. Add potatoes and water. Cook over medium heat until potatoes are done, 10 to 20 minutes. Add salt to taste. Purée soup, or leave chunky, as desired. Garnish individual bowls with cheese and sour cream.

Spaghetti Squash At Its Sweet Best

Dallas Scott, Tucson CSA

Spaghetti squash
A few tablespoons butter, or earth balance for dairy free
Cinnamon and/or ginger and nutmeg
Agave nectar or honey
Water

Preheat oven to 350°F. Position a rack in the center. Halve a spaghetti squash long ways and scoop out the insides. Place a cooling rack onto a baking sheet and place the squash cut side down onto it. Open your oven and pull the rack out half way, place the baking sheet with the squash on the rack then add a half inch of water to the pan. Push the rack back into the oven and bake about 1 hour or until a fork can easily pierce the flesh and the insides come out easily. They should be tender, but still hold their snap when you bite them. Use a fork to scrape out strands of squash and toss immediately with butter, spices and sweetener. Serve warm.

Stuffed Green Tomatoes

Sara Jones, Tucson CSA

If you have a favorite stuffing that you use for filling peppers or other vegetables, why not try it inside green tomatoes?

3-4 medium green tomatoes
3/4 cup diced, stale bread
2 tablespoons cornmeal
1 teaspoon ground cumin
1 teaspoon ground dried oregano and/or thyme
2 tablespoons melted butter or oil
1/4 cup broth
1/4 cup shredded cheddar cheese
2 roasted green chiles, peeled, seeded and chopped
Salt and pepper to taste

Using a paring knife, core the tomatoes. Use a teaspoon to scrape out remaining seeds and juice from inside of tomatoes. Sprinkle inside of tomatoes with salt and pepper. Place tomatoes open side up on a glass baking dish. Mix together diced bread, cornmeal and spices. Drizzle mixture with melted butter and broth, adding more broth or water as necessary to moisten mixture well. Combine mixture with shredded cheese and green chiles, then spoon into hollowed out tomatoes. Bake in a 375° oven for about 20 minutes, until filling is browned on top.

Linguine with Arugula, Pine Nuts and Parmesan Cheese

Phoenix SW Valley CSA

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
Freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately.