



# *Tucson Community Supported Agriculture*

Newsletter 406 ~ September 23, 2013 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

**Fall 2013**

**Harvest list is online**

### **The Back Page**

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**Many more recipes on  
our website**

### **Beef Shares & Turkey Deposits**

Beef shares are ready for pickup this week and we will start taking deposits for Thanksgiving turkeys next week.

### **How to roast pistachios**

In a saucepan, add one teaspoon of salt to 1/4 cup of water and heat until the water comes to a boil.

Add two cups of pistachios, bring back to a boil, reduce heat to a slow boil, and stir until all the water has evaporated.

Preheat the oven to 300°.

Place the salted pistachios on a cookie sheet in a single layer and roast in the oven for 10 to 15 minutes. Shake the tray once or twice to ensure even roasting.



### **A WEEK AT MY TABLE** by Christina Williams

**Squash** - We don't often get these adorable young pattypan squash. They came in a variety pack - green globes, grey flying saucers, yellow ridged tutus. They were almost a shame to eat. Almost. I gazed at them lovingly, then took a knife and carved them into eighths, roasting them in olive oil, salt and pepper. It didn't take long before their skins were oh-so-brown and caramelized.

**Basil** - We might complain about our hot summers while the rest of the country starts to bundle up, but at least we still get basil! No surprise that I chose to make pesto. But my lesson this year was how flexible the classic recipe is - I used walnuts instead of pine nuts and a mix of lime and lemon. I also added more and more olive oil until I had a luscious pesto salad dressing. Which goes on...everything.

**Red LaSoda potatoes** - These potatoes are waxy and better suited to boiling for a potato salad or added to soup (the key here being lots of liquid). But I was roasting a chicken and if I have potatoes on hand, I can't help it, they end up in the pot with the chicken. The trick is to make sure they are immersed or basted in the drippings. These suckers will sop 'em up and oh-my-goodness - it works.

**Lemon cucumbers** - I have never seen these anywhere but in our CSA. I like to peel them, seed them, chop them up and let them sit in something acidic (usually lime or lemon juice with some salt and pepper) before adding them to a salad. They have cooling properties we can still appreciate this time of the year.



**Pistachios** - How cool - pistachios straight from the tree! I'd never seen them before and was fascinated by all their many layers. The CSA newsletter gave us good ideas for using them. I'm sad to report I haven't roasted them yet (where did the week go?) but I *did* peel them when I first got home and spread them out to dry. It was easy, just pinching the velvety pelt until that familiar pistachio bud emerges - quite soothing. Now I want a pistachio tree!

**Black beans + roasted bell peppers + onions** - My mother's from Cuba, so it's safe to say I know from black beans. And, as an alternative to roasted chilies, we got roasted bell peppers last week. Which means I had most of what I needed for my grandmother's black bean recipe! Soak the beans overnight together with the dried red chili that came with them. In the morning, drain the water. Cut up an onion, mince some garlic and sauté in olive oil, cut up the roasted bell peppers and add to the pan. In go the beans, some cumin, salt, pepper, a pinch of sugar and a bay leaf. Cover with water or broth, bring to a boil, lower the heat to a simmer and cook until the beans are melt-in-your-mouth tender and there's a nice dark bean gravy. ¡Que sabroso!

## Summer Vegetable Quinoa Salad

Pam Sutherland, Tucson CSA

NYTimes food writer Mark Bittman had a recipe “model” inviting various combinations of whole grain, veggies, and dressing. Using those guidelines and CSA veggies, here is a recipe.

2 cups quinoa  
Kernels cut from 3 ears of corn  
2 very thinly sliced sweet onions  
1 medium zucchini peeled into strips  
1 bell pepper, chopped  
1 bunch cilantro, chopped  
Dressing (juice of 2 limes, 1/2 finely diced serrano chile, twice as much olive oil as lime juice)  
Salt to taste

Bring 2 cups quinoa to boil in four cups water and pinch of salt. When it boils, turn down to simmer and cover. Simmer until the water has been absorbed (about 10 minutes).

Meanwhile, make dressing — put lime juice, serrano chiles, and olive oil in a jar and shake. Add corn as soon as water is absorbed and cover again and let sit for two to three minutes. Turn contents of saucepan into a bowl, and add all the remaining ingredients. Toss with dressing. Eat warm or at room temperature.

## Fresh Refrigerator Pickles

Wendy McCrady, Tucson CSA

Here’s an easy way to use your cucumbers. They are so tasty you’ll be eating them straight from the jar. Use them on your burgers and chop them up for the potato salad, too. If you don’t like sweet pickles, use just one tablespoon of sugar.

6 cups sliced cucumber, peeled if skin is tough  
1 cup sliced onion  
2 cups white vinegar  
3 cups sugar  
1 and 1/2 tablespoons salt  
2 teaspoons pickling spice  
1 teaspoon celery seeds  
1 teaspoon mustard seed

Heat vinegar, sugar, salt, and spices, stirring until sugar dissolves. Boil about 10 minutes. Sterilize jars and lids with boiling water. Fill jars with cucumber and onion slices. Carefully pour in vinegar mixture. Store in refrigerator. These will keep for several months. Note: strain leftover vinegar liquid and mix with olive oil for a flavorful salad dressing.

## Sara’s Stuffed Squash

Sara Jones, Tucson CSA

In this recipe, wheat berries and lentils provide the protein and texture of cooked ground beef. If you like, you can substitute ground beef for the wheat berries and lentils.

1 large or 2 medium squash  
1/3 cup wheat berries  
1/3 cup lentils  
1/2 cup shredded carrot (if available)  
1 onion, chopped  
2 garlic cloves, minced  
2 tablespoons olive oil  
2 tomatoes, chopped  
1/2 teaspoon oregano  
1/2 teaspoon thyme  
1/2 teaspoon cumin  
Salt and pepper to taste  
Mozzarella or goat cheese for topping

Sort wheat berries and lentils to remove any debris. Bring six cups of water to a boil in a large saucepan and add wheat berries. Keep berries at a low boil for 30 minutes and then add lentils. Boil for another 30 minutes until tender. Keep an eye on the mixture and add water as needed, then drain any excess water once tender. Heat oil in skillet and sauté carrots, onions and garlic over medium high heat for about five minutes. Add herbs and spices, tomatoes, salt, pepper and either the wheat berry lentil mixture or cooked ground beef. Cook, covered, over medium low heat for about 10 minutes. Cut squash in half lengthwise and use a spoon to scrape out seeds. Lay the squash halves cut side up in a baking dish and add a generous portion of the filling. Cover with cheese and bake for 30 minutes in a 350° oven.

## Raw Squash Salad

Sara Jones, Tucson CSA

This is a very simple but incredibly delicious salad. You can use any fresh, leafy herbs you have available. A combination of basil, mint and chives would be perfect. Ideally, you want small, thin slivers of squash for this salad. Do not grate it; it loses too much of its juice that way. If you don’t have the patience to julienne the squash, simply cut into thin coins or half moons. If you have any fancy olive oil or nut oil, this is a great place to showcase it.

1 medium squash, cut into small pieces  
1 clove garlic and/or 1/2 small onion, minced  
2 teaspoons vinegar or lemon juice  
1 large handful fresh herbs, finely chopped  
2 tablespoons good olive oil or walnut oil  
Salt and pepper to taste

Mix together herbs, garlic and/or onion and oil and vinegar. Toss gently with squash. Add salt and pepper and more acid, if needed, to taste.