



Tucson Community Supported Agriculture

Newsletter 412 ~ November 4, 2013 ~ Online at www.TucsonCSA.org

Fall 2013

Harvest list is online

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Many more recipes on
our website

Thanksgiving Turkeys

Three more weeks until
Thanksgiving! We are still taking
orders for Josh's pasture-raised
turkeys.

UNIVERSITY OF ARIZONA ANNOUNCEMENT

Participate in a University of Arizona study about consumer food choices and decision making

We want to understand how you shop for, prepare, consume and discard food in your household. As a study participant, we will interview you at the beginning and end of a two week time period. Between interviews, we will ask you to fill out a brief online record of your food choices every day (food quantities and ingredient lists not required). In all, you should expect to spend about 4-5 hours participating in the study over a 2-3 week period. In appreciation for your time and effort, you will be compensated for participating in this study.

To learn about this study and sign up as a participant, please visit:

<http://cals.arizona.edu/foodstudy>

A WEEK AT MY TABLE, by Philippe

Spaghetti squash is not on top of my list of favorite vegetables. I had never bought one before my CSA days and it took me while to find recipes for it which I liked. But as it is a squash which grows well in our climate, and one which we regularly get in our shares, I've learned to use it and found excellent recipes for it. As usual, the Tucson CSA recipe page and the cooking demos in the courtyard were a great help.

Initially I would use it as a substitute for spaghetti, as its name implied that that was how I should use it. But I found that using it that way didn't generally work for me, mainly because I always missed the flavor and texture of pasta. There is, however, one exception: spaghetti squash topped with a *Pesto* sauce in which I just make a pesto out of basil, walnuts, garlic, Parmesan cheese, salt and olive oil. Last week, half of my squash went into making that. I also used eggplant, diced and sautéed in olive oil until soft and added it as a second topping. It was also a good way to use my potted basil plants which have been growing profusely all summer long and must now be fully harvested before the nights get too cool.



With the other half of the squash I made Sara's *Spaghetti Squash Latkes*. Sara's recipes cleverly uses spaghetti squash instead of grated potatoes. It's clever because cooked spaghetti squash is naturally grated. I had never made this before and it was a big hit. I just mixed spaghetti squash, eggs, flour, onions and seasonings into a thick batter to which I also added the bunch of thinly sliced tendergreens. It's easy to make and it smells wonderful when you fry them. You can top the latkes with a dollop of tomato salsa, yogurt or mayonnaise. It's really, really good and it is a great way to slip spaghetti squash into your loved ones.

There is yet another dish I like to make with spaghetti squash: *Spaghetti Squash At Its Sweet Best*, with cinnamon, nutmeg, ginger and honey. Sometimes I also add raisins to it. The result very much resembles apple sauce. I made this at a cooking demo in the courtyard once and many members could not believe they were actually eating spaghetti squash.

My pie pumpkin went into *Grilled Pumpkins* slices. I had never made this before, but I will make it again! Pumpkin in itself doesn't have a strong flavor, so I seasoned the pumpkins slices with generous amounts of salt, pepper, cinnamon, herbs, and a little bit of sugar. It made a tasty and original side dish for beans and rice.

The arugula and Red Russian kale went into a potato and greens salad, along with some walnuts, a thinly sliced onion and a home made Italian salad dressing. The potatoes were diced and sautéed in olive oil until brown and then mixed into the greens just before serving. It made a delicious luke warm salad: the hot potato cubes lightly wilted the greens and gave them a smoother, softer texture.

Recipes used above are in italic and are available on the Tucson CSA recipe page.

Pumpkin Risotto

Sara Jones, Tucson CSA

This is a hearty and creamy dish for a fall supper. Serve with greens sautéed with garlic. If you like, add crumbled bacon with the cheese!

1 1/2 cups diced pumpkin or winter squash
1 cup Arborio rice
2 tablespoons oil or butter
1 small onion, minced
1/2 cup white wine
1/2 teaspoon dried sage
About 5 cups hot broth or water
1/4 cup Parmesan
Salt and pepper to taste

In a medium stockpot, heat oil or butter over medium heat. Add onion and sauté until wilted. Add pumpkin and rice and stir well to coat. Pour in wine and sage, and cook, stirring, until mostly absorbed. Begin adding broth, about 1-2 cups at a time, stirring *very* often. (You don't really need to stand over the pot stirring, you can get other stuff done around the kitchen while you work, just make sure you are stirring frequently.) Continue to add broth when previous addition is mostly absorbed. When the rice is creamy and al dente (you may not use all the stock), add the cheese and season with salt and pepper. Garnish with bacon, if using.

Eggs Florentine

Lorraine Glazar, Tucson CSA

1 bunch CSA greens, rinsed, any tough stems removed
2 eggs
Olive oil or butter
Garlic to taste
1-2 tablespoons Parmesan cheese

Heat an oven to 350 degrees. Cut greens 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.

Pumpkin Pie

Karen, Tucson CSA

1 1/4 cups pumpkin puree
1/2 cup maple syrup or honey
1/2 cup brown sugar
1/2 teaspoons salt
1/2 teaspoon ground ginger
1/4 teaspoon nutmeg
2 teaspoons ground cinnamon
3 eggs, lightly beaten
1 tablespoon flour
1 cup evaporated milk, undiluted
2 tablespoons water

1/2 teaspoon vanilla extract
9-inch pie crust, unbaked

Preheat oven to 425. In mixing bowl, combine pumpkin, sugar, maple syrup, salt, ginger, cinnamon, nutmeg and flour. Add eggs; mix well. Add evaporated milk, water and vanilla; mix well. Pour pumpkin pie mixture into a 9-inch pastry crust. Bake at 425 for 15 minutes. Reduce heat to 350 and bake pumpkin pie for about 35 minutes longer, until filling is set. Insert toothpick (or chopstick) in center; if it comes out clean, it's done. Let cool for a while. Filling will settle down somewhat.

Lemon Basil Potato Salad

2 1/2 pounds small potatoes, cut into eighths
2 tablespoons olive oil
1/4 cup fresh squeezed lemon juice
4 garlic cloves, finely minced
1/3 – 1/2 cup chopped fresh basil (lemon basil or sweet basil)
1 tablespoon Dijon mustard
1 teaspoon salt
1/2 teaspoon freshly ground pepper
2/3 cup olive oil
1/2 medium-size purple onion, thinly sliced
3-4 thick bacon slices, cooked and crumbled (optional)

Toss potatoes with olive oil and place on a foil-lined jellyroll pan. Roast at 450°F stirring occasionally, 20 to 25 minutes or until tender and golden. Whisk together lemon juice and next 5 ingredients; whisk in 2/3 cup olive oil in a slow, steady stream. Gently toss potato and onion with vinaigrette. Sprinkle with bacon if desired.

Spanish Egg Drop Soup

Sara Jones, Tucson CSA

Use milder greens, like chard, spinach or tendergreens for this simple soup. You can add diced ham for a heartier soup.

1-2 bunches greens, cleaned and cut into strips
3-4 cloves garlic minced
1 tablespoon olive oil
2 eggs
1 teaspoon each of salt and pepper
1 tablespoon flour
4 cups soup stock
Green onion, chopped, to garnish

In a soup pot, sauté garlic in olive oil until fragrant, add stock and bring liquid to a boil. Mix together eggs, salt and pepper and flour. Pour egg mixture through a colander and into boiling broth. Stir briefly, add greens (and ham, if using) and stir again. Cook until greens are wilted, just a few minutes. Serve, garnished with chopped green onion.