



Tucson Community Supported Agriculture

Newsletter 462 ~ November 3, 2014 ~ Online at www.TucsonCSA.org

Fall 2014

Harvest list is online

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Many more recipes on our website

NEXT WEEK IS THE LAST WEEK TO ORDER JOSH' S TURKEYS!

We will take orders for turkeys until November 12.

Josh's pasture-raised turkeys cost \$4.40 per pound (a reduction from \$4.50 last year) and weigh from 14 to 22 pounds, with the majority of them weighing around 16 pounds (you'll be able to pick one of your choice at pickup time).

Turkeys can be ordered at the front desk with a \$20 deposit per turkey. They will be frozen and available for pickup on Nov. 18 and 19 (week before Thanksgiving).

You can also order a turkey for Christmas and we will ask Josh to set it aside until then. If you're ordering for Christmas, be sure to tell us that when you order it.

GIVE A SPARK TO YOUR SPAGHETTI SQUASH!

Remember that spaghetti squash can be a lot more than a spaghetti substitute. It gets better the more creative you are!

Check our online recipes for spaghetti squash latkes, kugel, soup, pad-thai and even a spaghetti squash dessert!!!

We're really fond of the latkes!

LOCAL EXTRA VIRGIN OLIVE OIL ANYONE?

Yes, extra virgin olive oil is made right here in Arizona from locally grown olives! And it is delicious! Queen Creek Olive Mill has "Marketplaces", or stores, in Queen Creek (the location of the olive grove and mill), Phoenix, Scottsdale **and Tucson**. The Tucson Marketplace is located at La Encantada. It carries the three signature extra virgin olive oils the mill produces, along with a spectacular range of herb and citrus co-pressed extra virgin and spice-infused extra virgin olive oils, and other olive oil based products, including food and body products. It is a beautiful store and if you haven't been to it yet we highly recommend you do. We love it!



This Saturday, November 8, from 11am to 4pm, Tucson's Queen Creek Olive Mill Marketplace will be celebrating its first anniversary in the La Encantada courtyard.

During this event, guests will be able to meet owners, Perry and Brenda Rea, and witness olives being pressed into extra virgin olive oil. Masterblender Perry Rea will be pressing olives from the farm in Queen Creek, Arizona using the cold pressed method while explaining the process of making extra virgin olive oil. Guests will be

able to taste fresh oil straight from their mobile milling machine. The first 60 people through the door will receive a complimentary mini bottle of their Tuscan Estate Balanced Extra Virgin Olive Oil. Local vendors Valley Honey, Urban Oven, Peanut Butter Americano and Tucson author Janet E. Taylor of The Green SouthWest cookbook will be in attendance showcasing their products. Join them for this interactive, educational experience and witness the process of making true Arizona extra virgin olive oil.

Queen Creek Olive Mill is the state's only producer of Extra Virgin Olive Oil. A visit to the mill in Queen Creek, Arizona offers information and tours about sustainable farming, olive tree varieties, harvesting, the milling process and the health benefits of olive oil. It features an on-site eatery serving breakfast, lunch and dinner, weekend live entertainment, wine tastings, product samplings, and tastings by local product vendors. For more information on the Queen Creek Olive Mill or any of its three additional retail locations, go to www.QueenCreekOliveMill.com

WHEN AND WHERE: Saturday, November 8, from 11am to 4pm in the La Encantada courtyard. The store is located at La Encantada Shopping Mall, 2905 E. Skyline Drive, Suite #167, in Tucson (next door to the Apple store).

If you would like to know more about Queen Creek Olive Mill and its olive oils but can't make it to the event, come talk to Dana at the CSA on Tuesdays. Dana staffs the Tuesday bread stand at the CSA and she also works at Tucson's Queen Creek Olive Mill Marketplace. You will also see Dana at this Saturday's event at La Encantada.

Squash Mint Dip

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. You can also use eggplant in addition to or instead of squash.

1 large squash, diced
1 clove garlic, minced
2 tablespoons olive oil
1 tablespoon crushed dry mint
Red pepper flakes, to taste
1/4 to 1/2 cup greek yogurt or labneh
Salt to taste
Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of the mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste. To serve, put squash mixture into a medium size bowl. Heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes and stir quickly and pour over the top or squash mixture. Sprinkle with chopped walnuts and serve with pita or baguette for dipping.

Bell Peppers and Eggplant Preserved in Garlic Oil

Amy Schwemm, Tucson CSA

Serve this delicate dish between split slices of focaccia smeared with goat cheese.

Makes 2 pint jars

5 small eggplants, unpeeled, sliced half inch thick
1 bag roasted sweet pepper, peeled and seeded
1 cup olive oil
3/4 cup cider vinegar
3 cloves garlic, peeled and sliced
1/2 teaspoon pickling salt
1/4 teaspoon dried red pepper flakes
10 large basil leaves

Broil the eggplant circles on a greased cookie sheet about 4 inches from the flame, turning once, until they are lightly browned, 15-20 minutes. Heat the oil, vinegar, garlic, salt and red pepper flakes. Simmer for 4-5 minutes. Alternate layers of eggplant, peppers, and basil into two clean, hot pint jars. Top off with the hot oil mixture, leaving 1/2-inch of headspace. Remove any traces of oil from the rim of the jar. Cap, seal, and process for 20 minutes in a boiling water bath canner. Let the flavors marry for 10-14 days before using.

Quick Okra Pickles

Lorraine Glazar, Tucson CSA

One share okra (about 10-15 pods, on the smaller side)
3/4 cup vinegar, cider, rice or balsamic
1/4 teaspoon salt, more to taste
1/4 teaspoon red pepper flakes OR 1 teaspoon whole pickling spices
Good pinch of whole peppercorns
One nice clean jar that holds 8-10 ounces
Whole herbs if you have them, such as basil or dill (optional)
A few slices of peeled, vertically sliced onion (optional)

Clean the okra while leaving the pod intact. Pack into a clean jar, then add red pepper flakes, peppercorns, onions, and any whole herbs you have at hand. Boil the vinegar in a small saucepan and dissolve salt into the solution. Take off the heat and let cool for 3-5 minutes. Pour over the okra in the jar, seal with lid, and then store in the refrigerator. These make great snacks or additions to salads.

Spaghetti Squash Soup

Paula Redinger, Tucson CSA

3-4 tablespoons butter
1/2 medium onion, minced
2 (or more) cloves garlic, minced
1/4 cup rice (short grain, but long grain will work)
Chile/Paprika
1 lb cooked/chopped spaghetti squash
6 cups broth of your choice
Parmesan rind if there's one in your fridge
2 eggs
1-2 tablespoons lemon juice
1/4 to 1/2 cup chopped herb of your choice (I used chives)
Salt and pepper
Grated parmesan

Melt 3 tablespoons of butter in a soup pot and sauté onions until soft. Add garlic, cook for a few seconds, then add the rice and stir to coat with butter. Stir in chile powder or paprika as desired and cook briefly in butter, stirring. Add spaghetti squash and sauté until excess liquid is reduced – until it begins to stick to pot. Add broth, parmesan rind if you have one. Bring to the boil, then reduce to a simmer. Simmer uncovered for 20 minutes or so, until rice is cooked. Beat eggs in a large heat proof bowl until frothy. Beat in lemon juice. Take one ladle of soup (mostly broth, not too many vegetables) and slowly dribble into beaten eggs, whisking vigorously while doing so. Repeat once or twice more, then slowly pour the egg/broth mixture back into the soup pot while stirring the soup. The soup should not be boiling vigorously when you do this. (This technique allows the eggs to give body to the soup, without scrambling in the hot broth.) Correct seasoning with salt, pepper, additional chile, paprika, lemon as needed. Tasting carefully here can make a big difference! Stir in herbs. Stir in an additional lump of butter. Garnish individual servings with grated parmesan.