



# *Tucson Community Supported Agriculture*

Newsletter 463 ~ November 10, 2014 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## **Fall 2014**

### **Harvest list is online**

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#### **CSA HOLIDAY SCHEDULE**

We will be open as usual during Thanksgiving week. If you don't want your share(s) during that week, make sure to place your subscription on hold for that week before midnight Friday, Nov. 21.

We will be closed during the two weeks of Christmas and New Year. There is no need to place your subscription on hold for those two weeks.

The last pick up in December will be Wednesday, Dec. 17, and pickups will resume after the New Year on Tuesday, Jan. 6.

#### **NECK PUMPKINS**



This is a photo of one of Crooked Sky Farms' neck pumpkins, aka. Pennsylvania Dutch crookneck squash, cradling an acorn squash. We're getting them in our shares this week. They weigh from 5 to 15 lbs and taste just like butternut squash.

## **THIS IS THE LAST WEEK TO ORDER ONE OF JOSH' S PASTURE-RAISED TURKEYS!**

This Wednesday, Nov. 12, is the last day to order a turkey at the front desk (\$20 deposit required). After Wednesday and until Sunday, Nov. 16, you can still order one by e-mailing us and we will charge your CSA account for the deposit (plus the usual 5% fee for the CSA account debit).

The turkeys will be delivered next week, on Tuesday, Nov. 18 and Wednesday, Nov. 19.

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 a turkey of your choice at pickup time, subject to availability).

You can also order a turkey for Christmas and we will set it aside until Dec. 17 (our last pickup day of the year). If you're ordering for Christmas, be sure to tell us that when you order.

## **A KIND WORD FROM LONGTIME MEMBERS**

A CSA is not an ordinary business. It is a partnership with a farm where the farmer and the members share the risks and rewards of farming. We're always thrilled when our members tell us how good they feel about the CSA and how well they have adapted to it and understand its principles. Laurence and Silvia, thank you for writing this:

"When we think about our participation in Community Supported Agriculture, we feel a sense of fulfillment even in Kantian terms. It's simply the right thing to do.

Every time we make our pick-up, we feel the CSA community, no matter how much or how little we talk to other members. Every generous volunteer and every other member allows us to feel that community, a field of beliefs and simple actions that support something we all value: the very food we eat and how it is produced.

Eating locally and supporting agriculture are very different things. When we eat locally, we shop for what we want, buy or don't buy, or we don't shop at all. We may buy from a vendor, but we make no promise of support to anyone. We may never be back.

Through our CSA membership, we enter into a lasting relationship with Farmer Frank. He can count on our payments to allow him the independence to produce what he wants and in the ways he thinks best for the environment and us. We keep him from the banks, a system that would either drive him out of agriculture or turn him into a conformist factory farmer who works for a market to produce the most he can for the least effort and expense.

We feel community. We support an agriculture we believe in on many levels, and we get a wonderful assortment of food as well. We also feel that the first two benefits fulfill us because we accept the third as a gift of our participation and feel grateful for whatever the content and however much we find in our share—even if we miss getting our share one week.

We feel grateful for the CSA, look forward to every visit, and we thank Philippe for making the CSA happen originally and all the volunteers and members who make its continuance possible."

- Laurence and Silvia

## Eggplant with Pasta Pesto

Philippe, Tucson CSA

1 pound fusilli pasta, cooked  
2-3 cups eggplant, diced  
1 tablespoon olive oil  
1/2 cup basil walnut pesto

Sauté the eggplant in olive oil until tender (about 10 minutes). You can also grill the eggplant in the oven or barbecue, by slicing them in halves, rubbing them with olive oil.

### To make basil pesto:

1 cup basil leaves, tightly packed  
2 cloves garlic  
2 tablespoons oil  
1/2 cup walnuts  
1/4 cup Parmesan or Romano cheese, grated

Blend all ingredients until you obtain a textured paste (slightly granular). Add some water to obtain desired consistency. (Pesto can be served on top of pasta, sautéed summer squash, acorn or spaghetti squash, or used as a spread for sandwiches.)

Combine cooked pasta, eggplant and pesto. Serve hot. Using the spiralled fusilli with their augmented exposed surface allows the pesto to thoroughly coat all the grooves of the spirals, making for incredible explosions of flavor with every bite.

## Eggplant and Roasted Chiles Dip

Sara Jones, Tucson CSA

This is essentially a Baba Ganoush with roasted chiles added. This dish, which is reminiscent of hummus, is popular even with those who generally dislike eggplant. Roasting the garlic with the eggplant makes it milder and smoother, so don't be afraid to use the full quantity of garlic.

3 medium or 1 large eggplant  
1/2 head garlic  
2 tablespoons tahini  
1 tablespoon olive oil  
1 bag roasted chiles, peeled and seeded  
Juice of half of one lemon  
Salt to taste

Add to taste any of the following: ground cumin, mint, parsley.

If using narrow Japanese eggplant, prick in several places with a toothpick. If using round globe eggplant, cut in half, oil cut sides and lay cut side down on baking sheet. Oil garlic, with skin on and place on baking sheet. Cook in a 350° oven for 30-45 minutes, until eggplant is meltingly tender.

Once cooled, scrape eggplant flesh from skin using a spoon. Cut off tops of garlic and squeeze out roasted garlic cloves. Remove skin and seeds from roasted chiles.

Put eggplant, garlic and chiles in blender or food processor along with other ingredients and blend until smooth. Serve with raw vegetable slices or pita bread.

## Sautéed Shishito Peppers

Philippe, Tucson CSA

Shishito peppers are mild but are packed with flavor. Cooking them this way release their amazing aroma and makes a delicious snack. Note: although they are usually mild, 1 in 20 is medium hot.

Heat 1 tablespoon of olive in skillet to high heat. Put the shishito peppers in the skillet. They will soon start popping. Toss them a few times to cook them evenly. Remove from heat when slightly charred. Sprinkle with sea salt.

## On Braising Mix

We're very excited to get our first greens of the season. We normally start getting them earlier, but with the three successive floods at the farm this past September, the newly planted greens were repeatedly destroyed. They are now finally starting to make their appearance.

Braising mix typically includes mustard greens, kale, arugula, mizuna or other Asian leafy greens. It is called braising mix because they are generally meant to be cooked, i.e. braised, steamed, stir-fried, or added to soups and stews..

This week's braising mix is composed of very young greens and although you can cook them, they you can definitely eat them raw as well, in a salad, with sliced radishes.

Later in the season, as they mature, they are better cooked: an easy way to prepare a braising mix is to stir-fry the leaves in some olive oil, with chopped onions and garlic. Season with salt and pepper. To finish, add a dash of soy sauce, and/or sprinkle with grated Parmesan cheese before serving.

## Braising Mix and Radish Salad

1 bag braising mix, thinly chopped  
1 bunch radishes, sliced  
3 tablespoons Parmesan cheese, grated (optional)  
1/4 cup crushed walnuts (optional)  
Salad dressing of your choice

Just mix and eat!

Note: **radish tops** (greens) are perfectly edible, but must be cooked because they are a bit leathery. Just sauté them as in the cooked braising mix recipe described above . . . .