



# Tucson Community Supported Agriculture

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**Fall 2015**

**Harvest list is online**

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**Many more recipes  
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## Cool as Cucumbers

On the flip side of the "hot foods on hot days" argument is of course "cool foods on hot days." This idea is particularly favored in Ayurveda - the ancient Indian science of health and well-being.

Ayurveda is based on the seasons and summer is considered a time of high "pitta" - a fiery intense energy that can easily rise out of balance this time of year. To counteract pitta, Ayurveda recommends certain cooling foods with high water content, which includes the cucumbers that are a big part of the CSA's summer bounty.

Cilantro and melon is also recommended this time of year, so treat yourself to a cucumber and melon salad liberally sprinkled with lime juice, cilantro and a touch of salt.



## Transitioning To Fall With Your CSA

Ah, hope you've been enjoying those first delicious fall breezes (even though we're not quite done with our summer fling of highs in the 90's!) It's true we're not ready to bundle into our sweaters or dust off the fireplace like many other parts of the country. But the sun is starting to slant, casting a golden glow peculiar to this time of year, the nights and mornings are cooling off and we're getting pie pumpkins in our share!

Your CSA gives you a direct connection to the unique seasonal cycles, weather patterns and rhythms of where we are living right now - not in California or the Midwest or Cape Cod. It binds us to a land that is still pushing out summer tomatoes along with winter squash while the rest of the U.S. starts winding down. So celebrate the start of one of our most beautiful seasons with some of these local-flavored combinations:

- Add roasted pumpkin to tomato soup.
- Make a curry with eggplant, tomato and winter squash. And if you still have some leftover Marconi peppers, they would fit right in. (And remember, the Marconi's may look like spicy chiles, but they taste like sweet bell peppers.)
- Use roasted winter squash as a filling for enchiladas with a tomatillo sauce.

And of course don't forget to check our recipes on the back!

## Tips For Roasting Your Own Pumpkin Seeds



When you slice up those pie pumpkins to make Pumpkin Risotto or Pumpkin Puree (see back) or whatever tickles your fall fancy, remember these orange globes offer a whole other culinary option: pumpkin seeds! There's a bit of a 'grody' factor involved and some tips to keep in mind, but when I followed this method from the *Oh She Glows* blog (written by Angela Liddon), I was rewarded with satisfying,

salty snacking. And seeds from pie pumpkins tend to turn out crispier than those from the bigger Jack O'Lantern pumpkin types. Here's an overview with some tips:

1. **Clean:** This is the aforementioned 'grody' factor. Tip: Plunk the guts in a bowl of water - the seeds float to the top for easier scooping.
2. **Boil:** Add the seeds to a medium pot, fill with water and 1 tsp salt, bring to a boil and simmer for 10 minutes. It may be counterintuitive, but this step helps to crisp up the shells.
3. **Dry:** Drain the seeds and let them dry. Tip: They don't have to be 100% dry - just pat them down.
4. **Bake:** Transfer to a baking sheet, drizzle with some olive oil and salt and roast in a 325° oven for about 20 minutes, stirring halfway through. Tip: Keep a close eye those last 5 minutes! Start cracking a few open and make sure the inner seeds are golden. If they start turning brown, they're burning.

To get the full scoop, go to: <http://ohsheglows.com/2012/09/17/how-to-roast-perfect-pumpkin-seeds-easy-crunchy-addictive/>

## **Pumpkin Risotto**

Sara Jones, Tucson CSA

This is a hearty and creamy dish for a fall supper. 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 large onion, minced  
1/2 cup white wine  
2 teaspoons dried sage  
About 6 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 two cups at a time, stirring 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, add the cheese (and bacon if using) and season with salt and pepper.

## **Pumpkin Puree**

If you search for pumpkin recipes you will find that most call for canned pumpkin. It is easy to make your own pumpkin puree to freeze and use in recipes. Any winter squash can also be prepared this same way and used in place of pumpkin in your recipes.

To begin, cut your pumpkin or squash in half and scoop out seeds and fibers. Oil the interior and set the cut sides down on a baking sheet. Make sure to coat flesh with oil.

Bake at 350° for 45-90 minutes (depending on the size of squash), until tender.

Once cool, scrape flesh off of skin and mash by hand or in a food processor. Set in a colander lined with cheesecloth or coffee filters and cover with a large plate or plastic wrap. Place the colander in a bowl and place in the refrigerator overnight to drain.

Measure out one cup per small freezer bag and freeze for convenient use later in recipes. Keeps well in freezer for several months.



## **Cucumber Coconut Milk Curry (from Bangladesh)**

Tony, Tucson CSA

1/2 teaspoon whole cumin seeds  
1 teaspoon ground turmeric  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
1 teaspoon chile powder  
1 tablespoon ghee or butter  
1 onion, chopped  
1 or 2 cucumbers, seeds removed, and scooped out in little balls (or cubed)  
1 16-ounce can coconut milk  
1 cardamom pod  
1 1-inch cinnamon segment  
1 bay leaf  
2 cups water  
Salt

Heat ghee or butter in large skillet and sauté cumin seeds and onion in it until onion is slightly caramelized. Make a curry powder by mixing together the ground spices (turmeric, coriander, cumin and chile powder) and add to the onion mix. Fry the curry powder in the onion mix for five minutes or so. Add one cup of water. Reduce until mixture develops a pasty texture. Add cucumber and sauté for five more minutes. Add the coconut milk, one cup of water, the cardamom, cinnamon segment and bay leaf. Reduce further until the mixture thickens to creamy consistency (10 to 20 minutes). Add salt to taste. Serve with rice.

## **Panzanella**

Sara Jones, Tucson CSA

An easy and tasty recipe that use stale bread with the fresh veggies of the week.

2 to 3 mixed red and green tomatoes, cut into wedges  
2 tomatillos, cleaned and cut into wedges  
1 medium cucumber, peeled and cut into half moons  
1 large or 2-3 small onions, diced  
2 to 3 cloves garlic, minced  
3 slices stale bread, cut into cubes  
1 teaspoon paprika  
1 teaspoon ground oregano  
1 teaspoon thyme  
2 tablespoon olive oil  
1 tablespoon vinegar or lemon juice  
Salt and pepper to taste

Mix vegetables together, drizzle with the vinegar, one tablespoon of the oil and a pinch of salt and pepper. Heat the remaining one tablespoon of oil in a large skillet over medium high heat. Add bread cubes to skillet and stir to coat with oil. Sprinkle bread with herbs and spices, and sauté, stirring occasionally until crispy and beginning to brown. Add hot bread directly to vegetables and toss to combine. Serve at room temperature.