



Tucson Community Supported Agriculture

Newsletter 513 ~ November 9, 2015 ~ Online at www.TucsonCSA.org

Fall 2015

Harvest list is online

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**Many more recipes
on our website**

Last week to order a pasture-raised turkey for Thanksgiving!

The turkeys will be delivered,
frozen, next week.

As last year, Josh will likely
have turkeys left after
Thanksgiving, so if you want
one for Christmas or later, you
can order one after this week.

No Barrio Bread this Tuesday

Don Guerra is teaching a class
on Tuesday, Nov. 10 and can't
bake bread at the same time.
But Don's bread will be there
as usual on Wednesday, Nov.
11!

Gluten Free Bread Shares

You will be able to add a
gluten free share to your
subscription in any week
starting the day after your
pickup day until midnight
Friday (like any other change
to your subscription). Gluten
Free shares cost \$7.00 per
pickup. No payment is
required at the time you add a
share to your subscription so
long as the balance is
sufficient to cover the total
cost of your next pickup. The
cost of the share will be
deducted from your CSA
balance for each pickup day.
And next time you recharge
your account, the cost of the
added share will be included.

Quash Your Hesitations About Spaghetti Squash

We're getting some spaghetti squash this week from Farmer Frank and we know there are some folks who are not big fans. I would chalk it up to bad - or at least misleading - branding. It's that name "spaghetti" - 'coz nobody's fooling anybody with that moniker. Sure, it's super cool that a winter squash cooks up into forkfuls of strands that look like shards of vermicelli. The first time I roasted one up and raked a fork through its flesh, I was amazed how it transmuted into thousands of velvety strands. But let's face it, you're not going to twirl it up on your fork with a marinara sauce and be swept into fantasies of dining on a terrace restaurant in Tuscany. So let's chase those expectations out of our heads and really see cucurbita pepo for what it is: a unique, fun way to eat squash.



Although it may not really be like pasta and the flavor is very mild, there's some pretty cool texture going on here and good dose of nutrition that will help bulk up some strongly flavored dishes like a spicy curry. Or it could be a foil to pungent feta cheese, crunchy roasted pecans and olives. Dive into delicious CSA recipes from latkes to coleslaw to pad thai at

www.tucsoncsa.org/category/recipes/spaghetti-squash

But let's not forget another reason to hesitate - a concern in common with all winter squash - how to cut it open without escalating your chances of bodily

harm! Not to worry, there's a simple solution for the squeamish: bake it whole. Preheat your oven to 350°, poke a few holes in the rind and roast on a baking pan for about 90 minutes. Let it cool and then cut it in half, scoop out those seeds and pulp and let your fork work its magic.

“Dedicated” (formerly Got2B Gluten Free) offers two gluten free bread share options at the CSA!

1. **A Gluten Free Bread Share:** consisting of one loaf of gluten free bread. All breads are dairy and soy free. Three breads will rotate in succession:

- Regular Bread: a sandwich-style loaf bread, made with whole grain brown rice and tapioca. This bread has a fabulous bread texture and taste!
- Cinnamon Raisin Bread: their signature bread, with a cinnamon sugar swirl and raisins. This bread makes excellent French toast!
- Challah: a traditional soft bread, in a braided long loaf style. This bread is sweet and delicious!

2. **A Gluten Free Sweet Treat Share:** consisting of a selection of three goodies, rotating in succession:

- Coffee Cake: 2 moist cakes prepared with butter and sour cream, and topped with a generous brown sugar and cinnamon crumb layer.
- Triple Chocolate Vegan Brownies: 3 Triple Chocolate Vegan Brownies. These brownies are a popular favorite with non-vegans as well! They're rich and chocolaty, with dairy free chocolate chips throughout and a layer of chocolate on top
- Vegan Muffins: 4 Vegan Muffins, in a variety of flavors. Dairy and egg free, but still soft and tasty!

Spaghetti Squash Latkes

Sara Jones, Tucson CSA

This is a fabulous way to fix spaghetti squash! The strands of spaghetti squash are just like grated potatoes, and their texture holds up nicely in these potato pancakes. Add a bit of finely chopped greens to the mix, if you like.

1/2 of one small spaghetti squash, seeds removed and roasted
3 green onions or 1/2 yellow onion, chopped
1/2 cup finely chopped winter greens (optional)
2 eggs
1/4 cup flour
Salt and pepper to taste
Oil for pan frying

With a fork, scrape strands of squash out of skin into a medium bowl. Mix with other vegetables. Stir in the two eggs, then add the flour. Add a pinch of salt and pepper, to taste. To cook, heat skillet over medium high heat and add enough oil to coat bottom. When oil is hot, drop spoonfuls of mixture onto skillet and press lightly to flatten. Cook for about three to four minutes on each side, until golden brown. Remove to drain on paper towel or newspaper and continue frying, adding more oil as necessary, until finished. Top with your favorite garnish.

Pumpkin Pancakes

Shelly Adrian, Tucson CSA

Sift together:

1 cup flour
1 tablespoon baking powder
1/2 teaspoon salt
1 tablespoon brown sugar
1/4 teaspoon cinnamon

In a separate bowl, beat together:

1 egg
3/4 cup milk
1/2 cup pumpkin puree
1 tablespoon vegetable oil

Combine the wet and dry ingredients — do not overmix. Cook pancakes on griddle. Makes ten 5-inch pancakes.

Braised Pumpkin and Roasted Chiles

Philippe Waterinckx, Tucson CSA

1 CSA bag of roasted chiles, peeled, seeded and coarsely chopped
2 cups peeled, diced pumpkin
1 tablespoon olive oil
1 medium-sized onion, chopped
1 teaspoon ground cumin
Salt and pepper

In a skillet, heat olive oil to medium hot. Add sweet potatoes, onions and cumin. Cover and braise until tender (15-20 minutes), stirring occasionally. After 10 minutes, incorporate roasted chiles. Continue to stir occasionally. Add salt and pepper to taste. Serve with rice.

Green Chile Pork

Lisa Anderson, Tucson CSA (adapted from “Lower Valley Carnitas” recipe in The Border Cookbook)

4 teaspoons ground cumin
4 teaspoons oregano
2 teaspoons salt
1 teaspoon freshly ground black pepper
3–5 lbs. pork Boston butt (shoulder butt), cut into 2-inch cubes
Olive oil to sear pork and sauté onions
4 cloves garlic, minced or crushed
1 onion, chopped in large pieces
4–6 fresh green chiles, roasted or steamed, then peeled and seeded
1–2 bay leaves
1 cup chicken broth or other liquid

Optional Serving Suggestions:

Tortillas
Fresh Chopped Cilantro
Chopped Radishes
Lime Wedges

Stir together the cumin, oregano, salt, and pepper. In a large bowl, stir the spice mixture into the meat chunks. You may need to do this in two batches, and it’s fine to let the meat sit for a bit at this point while you prepare the onion, garlic, and chiles. In a large pot or Dutch oven, warm the oil over medium-high heat, add the pork and sear it quickly. Again, this may need to be done in two batches. Remove meat from pan, set aside, and use pan to sauté the onions and garlic until starting to be translucent. Return the meat to the pan with a small amount (a cup or less?) of chicken broth, along with the chiles and bay leaves. Cover and cook for 2–4 hours in a 325° oven or on the stovetop, stirring every 30–40 minutes or so. Near the end of cooking, remove lid, if needed, to boil off any excess liquid. Shred the meat by pulling apart with two forks. Serve with tortillas, fresh chopped cilantro, chopped radishes, and lime wedges.

Spicy Greens

Sara Jones, Tucson CSA

1 share bok choy
1/2 inch ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
2 teaspoons oil
1 splash soy sauce

This is a quick way to use your greens. Adjust the spice to your taste. Start by grating about 1/2 inch of fresh ginger and combine with a few cloves of minced garlic and red chili flakes. Wash and chop greens, leaving moisture on leaves (this should leave just enough moisture to briefly steam the greens without leaving them soggy). Briefly fry spice mix in about two teaspoons of hot oil, stirring quickly to avoid burning spices. Add greens and stir well to coat. Cover and cook for two or three minutes until greens are tender. Splash with soy sauce and serve.