



Tucson Community Supported Agriculture

Newsletter 514 ~ November 16, 2015 ~ Online at www.TucsonCSA.org

Fall 2015

Harvest list is online

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Many more recipes on our website

CSA Holiday Schedule

Thanksgiving: WE'RE OPEN

We will be open as usual during Thanksgiving week. If you don't want your share(s) during that week (Nov. 24-25), be sure to place your subscription on hold before midnight Friday, Nov. 20.

Christmas and New Year: WE'RE CLOSED

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 of 2015 will be on Wednesday, Dec. 16.

The first pickup of 2016 will be on Tuesday, Jan. 5.

Gluten Free Bread Shares

You can now add gluten free bread shares and/or sweet treats shares to your subscription.

See details in last week's newsletter.

Want More Turkeys?

Josh will still have turkeys after Thanksgiving. They can be ordered at the front desk while the supply lasts.

BLACK MESA RANCH HOLIDAY CANDY

We've waited nine months for it and it is finally here! From now until Valentine's Day you can buy and eat Black Mesa Ranch's delicious chocolate candy, including fudge, toffee, rubble, caramels, mints and truffles.

David Heininger from Black Mesa Ranch is our supplier of prize-winning fresh and aged goat cheeses. Before his goat farmer days David was a pastry chef and he now makes amazing chocolate candy.

What we have for you:

- Goat's Milk Fudge: \$7
- Butter Almond Toffee: \$10
- Dark Debris: \$10
- Milky Rubble: \$10
- Buttercream Mints: \$10
- English Sea Salt Toffee: \$10
- Vanilla Bean Caramels: \$12
- Choc truffles: \$12



This year we're offering the fudge in smaller packs (1/2 pound instead of 1 pound). This fudge is made with the milk from the ranch's goats, hence the name Goats Milk Fudge.

The fudge comes in two flavors: the *chocolate walnut fudge* we've had for years and the *fudge on fire* with local pecans and concho chiles which gives it a gentle kick.

HOW TO SAFELY THAW YOUR TURKEY!

If you took home one of Josh's turkeys, store it in your freezer. Then plan ahead to figure out how long to thaw it based upon the weight of the bird and the thawing method.

Refrigerator Thawing

Allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40° or below. Place the turkey in a container or leak-proof plastic bag to prevent the juices from dripping on other foods. It would take 4 days to thaw a 16-pound turkey. A turkey thawed this way can remain in the refrigerator for another couple days or so before cooking, so even if you lack freezer space for the turkey, it will work fine if it's a medium to large turkey and you put it directly in the fridge.

Cold Water Thawing

Allow about 30 minutes per pound. First be sure the turkey is in a leak-proof plastic bag to prevent cross-contamination and to prevent the turkey from absorbing water, resulting in a watery product. Submerge the wrapped turkey in a basin filled with cold tap water. Change the water every 30 minutes or so until the turkey is thawed. It would take 8 hours to thaw a 16-lb turkey. Cook the turkey immediately after it is thawed.

Stuffed Green Tomatoes

Sara Jones, Tucson CSA

If you have a favorite stuffing that you use for filling peppers or other vegetables, why not try it inside green tomatoes? Baking the tomatoes helps to mellow their tanginess.

3-4 medium green tomatoes
1 cup diced, stale bread
2 tablespoons cornmeal
1 teaspoon ground cumin
1 teaspoon ground dried oregano
2 tablespoons melted butter or oil
1/4 cup broth
1/4 cup shredded cheddar cheese
2 roasted green chiles, peeled, seeded and chopped
Salt and pepper to taste

Using a paring knife, core the tomatoes. Use a teaspoon to scrape out remaining seeds and juice from inside of tomatoes. Sprinkle inside of tomatoes with salt and pepper. Place tomatoes open side up on a glass baking dish. Mix together diced bread, cornmeal and spices. Drizzle mixture with melted butter and broth, adding more broth or water as necessary to moisten mixture well. Combine mixture with shredded cheese and green chiles, then spoon into hollowed out tomatoes. Bake in a 375° oven for about 30 minutes, until filling is browned on top.

Chile and Corn Stir-Fry

Philippe Waterinckx, Tucson CSA

4 green chiles, cut in half lengthwise (membranes and seeds removed – roasting the chiles is optional)
2 ears of corn, kernels cut off
1 tablespoon oil
1 or 2 tomatoes, quartered
1/2 onion, sliced
1 garlic clove, crushed
1/2 glass white wine
1/2 bunch cilantro or parsley, chopped
1 cup vegetable stock
1 cup rice

Sauté the chiles in oil for 5 minutes on each side. Add the onion and tomatoes and cook for another 3 minutes. Add the garlic, corn, wine and stock and simmer for 5 minutes. Stir in the cilantro or parsley. Serve on top of steamed or boiled rice.

Cucumber Noodles

Sara Jones, Tucson CSA

This is a great, refreshing side dish. If you want to make it into a simple meal, double the ingredients for the dressing and toss together with chilled soba noodles and cubed tofu or pre-cooked chicken.

2 cucumbers
2 tablespoons rice vinegar
2 teaspoons sesame oil
1/2 teaspoon red pepper flakes

1/2 teaspoon sugar
1 teaspoon soy sauce
1/4 teaspoon grated ginger
1 tablespoon toasted sesame seeds, to garnish

Peel cucumber and discard skin. Continue using peeler, making long, lengthwise cuts to make “noodles”. Continue cutting the “noodles” with the peeler, rotating cucumber until you reach the core of seeds. Discard seeds. Drain noodles in a colander while preparing dressing. Whisk all other ingredients together. Squeeze noodles to get rid of excess moisture. Toss with dressing and garnish with sesame seeds. Serve immediately.

Sauce Vierge

Philippe, Tucson CSA

This simple and elegant sauce is the French version of Mexican tomato salsa. It is easy to make and is perfect on grilled meats, fish, shrimp or pasta.

2 ripe tomatoes, seeded and diced
2 shallots, chopped
1/4 cup basil, finely chopped
1 pinch ground cumin
Juice of 1 lemon
1 tablespoon olive oil
Salt and ground black pepper to taste

Mix together all ingredients, except basil. Mix in the basil just before serving.

Corn Cob Stock

Sara, Tucson CSA

Left over corn cobs make an excellent addition to a vegetable or chicken soup stock. Winter squash or pumpkin peels will also make a delicious stock. All you need is a large soup pot and a few spare minutes. Use any assortment of vegetables you have on hand (this is a good time to clean out your produce drawers and use up any old vegetables). You should use at least one onion, with skin attached. Cut vegetables into large chunks. Scrape remaining kernels off of cobs and break cobs into pieces. Add any herbs you like and a few whole garlic cloves and then cover everything with a few quarts of water. Bring to a boil, then lower the heat and ignore it for an hour while it simmers on the stovetop. After an hour, strain liquid into a bowl and cool. The stock will freeze well or keep it in the refrigerator and use within a couple of days.