



# Tucson Community Supported Agriculture

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**Fall 2015**

**Harvest list is online**

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**Many more recipes on our website**

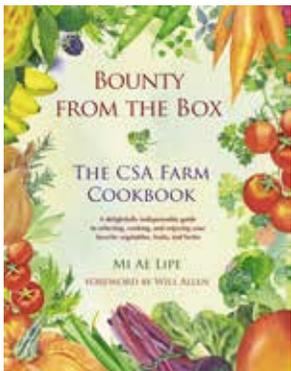
### REMINDER about our Winter Holiday Break

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

The last pick up of 2015 will be on Wednesday, Dec.16.

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

### The Perfect Holiday Gift to Yourself or to a Local Foodie Friend!



And guess what? The book includes five Tucson CSA recipes! We have a sample copy at the front desk for you to look at.

Available at: [www.bountyfromthebox.com](http://www.bountyfromthebox.com)

## Moles: The Flavors of Mexico!



*Mano Y Metate mole powders*

Moles (pronounce MÓ-less) are to Mexico what curry powders are to India. Mole is a generic term attributed to a number of spice mixes which generally use chili peppers as the main ingredient, along with herbs, nuts, fruits and other ingredients. Some moles contain 20 or more ingredients! Ingredients are typically roasted and/or dried and then ground into a powder. The powder is then used to make a thick sauce which is typically served over meat or poured over enchiladas. Moles can also be used as a rub for meats or a seasoning to enhance dishes.

Moles come in many colors and many flavors and their aromas and flavors are mouth-watering! At the CSA we often use moles as a seasoning to vary the flavors of dishes. For example, just sauté a tablespoon of any mole powder in some olive oil before adding chopped onions and greens. Mole powders can be added to tomato sauces to give them a richer and more complex flavor.

Classic moles are mole poblano, mole negro, mole pipian and mole verde. There are many more. Mole recipes are often passed down through generations and are generally prepared for special events. The preparation of a mole is a long process often including many women in a family.

A classic in Tucson's Mexican restaurants is the mole dulce, which includes chocolate and is generally served on top of chicken.

Some of the best moles in Tucson are at the Tucson CSA and are made by Amy Valdés Schwemm, who has also been a CSA volunteer for over 10 years! Amy makes her own moles from scratch. Check her website at [www.manoymetate.com](http://www.manoymetate.com) or better, buy one of the mole tins at the front desk. Here is what Amy says about her moles:

"I grind fresh, whole spices, nuts, seeds, and chiles in small batches, so making moles, the celebrated Mexican sauces, in your kitchen is as easy as sauté, simmer, and serve.

Sauté a tin of Mano Y Metate mole powder in two tablespoons oil to make an aromatic paste. Add broth and simmer to finish the sauce. ¡Qué suave! Serve your fresh homemade mole with meat or veggies. Unlike commercial mole paste, Mano Y Metate Mole powder is cooked in the oil of your choice, fresh every time.

Mole Dulce is dark from four kinds of chile and sweet from chocolate, raisins, and bananas. Mild. Mole Verde features fire-roasted, hand-peeled green chiles, cilantro, parsley and epazote. Medium. Pipian Rojo has vibrant red chile enriched with pumpkin seeds, almonds, and Mexican cinnamon. Mild. Adobo starts with brick-red chile and sesame seeds, and is spiked with Mexican oregano. Medium-hot.

A mano and metate is a stone grinding tool traditionally used to prepare moles. My great grandmother's metate inspires me in my kitchen. I hope you enjoy Mano Y Metate moles as much as my family and friends do. ¡Buen Provecho!"

### Vinaigrette with Chile Flakes

Philippe, Tucson CSA

1/4 cup white or red wine vinegar  
3/4 cup olive oil  
1 teaspoon salt  
1 tablespoon Dijon mustard  
1 small onion, quartered  
1 clove garlic  
1 teaspoon red chile flakes  
1 teaspoon Herbes de Provence or Italian Herbs. You can really use any herbs, such as thyme, basil, dill, oregano, etc...

Place all ingredients in blender and blend until smooth and creamy. Bottle it and keep in the refrigerator. Will keep up to a month.

The mustard and onion help emulsify the dressing and it should stay emulsified for a while. If it separates, just shake the bottle vigorously before using.

### Shishito Romesco Sauce-new

Sara Jones, Tucson CSA

This is a great way to use up any old, dry bread. Use it as a dip or spread or thin it out and use as a pasta sauce.

1/3 cup pecans, toasted  
3 cloves garlic  
About 8-10 dried shishitos, stems removed  
1/4 cup fire roasted tomatoes  
2-3 slices bread, toasted and torn into pieces  
1 tablespoon red wine vinegar  
1/2 cup olive oil  
Salt to taste

Add half of the olive oil to a skillet set over medium low heat. Gently sauté peppers and garlic, stirring frequently, until peppers soften (about 10 minutes). Add all ingredients to a blender or food processor and pulse until chopped and incorporated.

### Greens Soup

Rachel Yaseen, Two Spoons

2 tablespoons olive oil  
1 small onion, chopped fine  
2-3 cloves garlic  
1 tablespoon ginger, grated fine  
1 bunch greens (kale, chard, mustard, radish, beet, endive or a combination)  
1 white potato or sweet potato, chopped small (with or without skin)  
1/4 teaspoon cayenne  
1/2 teaspoon cumin  
3 cups broth or water

Sauté onion in olive oil on medium for 10 minutes, or until translucent. Add garlic and ginger, cook three more minutes. Add remaining ingredients, mix one minute, then add the water and cook until vegetables are soft. Puree in batches. Salt to taste.

### Beans and Rice with Pork and Greens

Philippe Waterinckx, Tucson CSA

1 cup dry beans (pinto or black beans for example)  
1 pound pork (ground pork or sliced fresh side)  
1 or 2 bunches greens, chopped  
1 onion, chopped  
1 clove garlic, minced  
3 dried shishito peppers, crushed  
1 tablespoon dried oregano  
1 teaspoon ground cumin  
Salt and pepper to taste

Soak beans overnight, then drain. Sauté the ground pork until browned. Add salt and pepper. If using sliced fresh side (aka sliced pork belly), cut the slices in strips, sauté as you would bacon bits and season with salt, pepper, herbs and mustard powder. Add 1/4 cup vinegar at the end and let evaporate. Add onion and garlic and sauté for another few minutes until onions are cooked. Place drained beans in pot. Add water until beans are just covered. Add meat mixture and seasoning. Cover, bring back to a boil and simmer for an hour. Mix in chopped greens and cook for another 20 minutes. Serve with rice.

### Greens with Soy Sauce & Oyster Sauce

Adapted from consciouschoice.com

1 bunch winter greens, washed and chopped  
1 tablespoon water  
1 tablespoon oil  
1/4 teaspoon salt  
1 teaspoon soy sauce  
1 teaspoon oyster sauce  
1/2 tablespoon unsalted butter

In a skillet, heat oil over moderately high heat and stir-fry the greens with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir fry until crisp-tender, one to two more minutes.

**WE WISH YOU ALL HAPPY HOLIDAYS!**

