



Tucson Community Supported Agriculture

Newsletter 558 ~ October 3, 2016 ~ Online at www.TucsonCSA.org

Fall 2016

Harvest list is online

Fall Salad-new
Jhatpat Bhindi (traditional Indian okra dish)
Cocido
Beet and Carrot Bolognese Sauce

Many more recipes and ideas on our website and our Facebook page.

Upcoming NO BREAD days

- Tuesday, Oct. 11
- Tuesday, Oct. 25
- Wednesday, Oct. 26

Subscription Expirations when on Delivery Hold

Remember that subscriptions expire when a CSA account balance dips below \$22, even if a Delivery Hold is set.

This is to prevent subscriptions from having Delivery Holds extended indefinitely with no assurance of being resumed.

If you put your subscription on Hold, make sure that you have enough funds in your CSA account for one more pickup.

Delivery Holds

Delivery Holds set all of your shares on hold. If you wish to just hold one of your shares, for example, produce, sprouts, bread or cheese, you must remove that share from your subscriptions (you can do so via your online CSA account on Thursdays and Fridays).

Remember that you must keep a minimum of 1 produce share or 1 bread share to remain subscribed.

Josh's Thanksgiving Turkeys

It's time to order Josh's Thanksgiving turkeys. Like Josh's eggs, beef, lamb and chickens, his turkeys are 100% pasture-raised on his farm near the Chiricahua Mountains. The turkeys are fed supplemental non-GMO grains. Being raised naturally, they are leaner and a more flavorful than the supermarket varieties.

Josh's turkeys cost \$4.50 per pound and typically weigh between 12 and 22 pounds, with a few outliers.

Most of them weigh around 16 pounds. They will be delivered frozen.

To reserve your turkey, pay a \$20 deposit per bird at the front desk. The remaining balance will be due when you pick up the turkey during regular CSA pickup hours on Nov. 15 or 16 (the week prior to Thanksgiving). We'll take orders from Oct. 4 until Nov. 9.

If you have specific wishes for the size of your turkey, or don't want to be limited to just a few choices, you should come early when you pick up that week for maximum selection.

Josh's Lamb Shares

We are also having a last offering of lamb shares for this year. We'll take orders from Oct. 4 to Oct. 19, and the lamb shares will be available for pickup starting Oct. 24. This is some of the best Arizona lamb there is: Josh doesn't cut any corners in how he raises his herds. Josh's herds are 100% grass-fed and grass-finished on pastures that offer a variety of different grasses and legumes to meet all their nutritional needs.

Lamb shares weigh 8-9 pounds, the average cost is about \$9.50/lb., and the shares typically include ground meat (~1 lb.), a roast (2-3 lbs.), shanks (1-2 lbs.), chops (~2 lbs.) and riblets (~1 lb.).

Lamb shares can be ordered at our front desk during pickup hours. A \$20 non-refundable deposit is required at the time of ordering. The balance of the payment is due when the shares are picked up.

For more info on Josh's farm (Chiricahua Pasture-Raised Meats), go to his website at www.cprmeats.com

Book Review: The Medicinal Chef - by Alyce, Tucson CSA member

I'm always looking for a new cookbook and a good friend encouraged me to check out *The Medicinal Chef* by Dale Pinnock. It is a great cookbook with great pictures but also it talks about various conditions and food that can play an important role in the healing process and help us become more healthy. There is a great section about ingredients and medical conditions that the ingredients may affect beneficially. Also there is a section on the conditions that you may experience and what foods/nutrients may be helpful and what to avoid along with a list of recommended recipes from the book. The book is also available from the Tucson Public Library so you can "check it out" that way.



Fall Salad-new

Sara Jones, Tucson CSA

It is exciting to see greens in the shares again! Here arugula is paired with end of the season corn and black eyed peas. Toss everything with cooked pasta or grains if you like.

1 share black eyed peas, shelled
2 ears corn, grilled or boiled
1 share arugula, cleaned and dried
1-2 roasted peppers, peeled, seeded and chopped
2 garlic cloves, minced
½ teaspoon mustard (Dijon is best)
2 tablespoons red wine vinegar
1 tablespoon olive oil
Salt and pepper

Cook shelled black eyed peas in a pot of salted water until tender (depending on the size of the peas this could take 10-35 minutes). Drain and cool. Cut kernels from cooked corn and toss with peas. In a small jar, mix garlic, mustard, oil and vinegar and salt and pepper to taste. Shake until well combined. Combine veggies in a large bowl and drizzle with dressing, toss well to combine.

Jhatpat Bhindi (traditional Indian okra dish)

2 tablespoons oil
4 green chiles, sliced
1 tablespoon ginger, finely chopped
4 medium onions, finely sliced
½ teaspoon turmeric powder
1/2 pound okra washed, pat dried and sliced into fine strips lengthwise or cut into rings. *(It is very essential that the okra is completely dry before slicing. Water droplets tend to make it mushy.)*
Salt to taste

Heat the oil in a heavy-base pan and fry the green chiles and ginger briefly until the ginger turns brown. Add the onion slices and sauté on medium heat for about 3 minutes or until the onions are translucent (do not brown). Add the turmeric powder and mix well. Mix in the finely sliced okra stirring gently and briefly on high heat until it is well coated with the oil and looks glossy. Mix in the salt, cover and cook on low for about 12 minutes or until the okra is tender and well cooked. Remove cover, and sauté briefly and gently until the okra is well fried and starts sticking to the bottom of the pan.

Cocido

Sara Jones, Tucson CSA

This soup is traditionally prepared with soup bones or short ribs, but it is also good as a vegetarian dish if you prefer. It is served with whole chunks of corn on the cob, which really helps to infuse the broth with flavor. Use a large squash, if you have one; its flesh will get tender and tasty. Serve with warm tortillas and lime wedges.

About 1/2 pound soup bones, short ribs or chuck roast, if desired
2 small onions, chopped into large pieces
3 carrots, chopped into large pieces

4 to 5 potatoes, chopped into large pieces
1/2 of a large squash or 1 medium squash, chopped into large pieces
2 to 3 ears of corn, husks and silk removed and broken into pieces
1 can garbanzo beans, drained
2 bay leaves
1 teaspoon oregano
1 teaspoon cumin
Red pepper flakes, to taste
Salt to taste

If using meat, bring 2 quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 to 1 ½ hours. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients. If making vegetarian cocido, start with all the ingredients together in a pot, with enough water to cover. Cook 1 hour, adding salt about half way through cooking. Add additional salt in the end, if needed. Serve in large bowls, ensuring that everyone has at least one chunk of corn on the cob.

Beet and Carrot Bolognese Sauce

Sara Jones, Tucson CSA

This is a great way to use carrots and beets and also works if you have to sneak either of these vegetables past anyone you are serving. You can make a vegan version with cooked lentils or use ground beef or pork.

2 beets, scrubbed and shredded
2 carrots, scrubbed and shredded
1 large onion, diced
1 tablespoon oil
2 cloves garlic, minced
1 tablespoon tomato paste
1 teaspoon dried oregano
1 teaspoon dried thyme
1 bay leaf
1/2 pound ground meat or 1 1/2 cups cooked lentils
1 large can diced tomatoes
Salt to taste

Heat oil in a large saucepan over medium to medium-high heat, add beets, carrots and onions and stir to coat in oil. Cook, stirring occasionally, until veggies are caramelized. (Depending on the heat this could take 10-30 minutes, the longer the better for flavor.) Stir in garlic and tomato paste and cook another few minutes. If using ground meat, add now and using a wooden spoon or spatula chop into small bits while browning. Add tomatoes and herbs (and lentils if using) bring to a simmer and cook for about 10-15 minutes. Salt to taste before serving.