



# Tucson Community Supported Agriculture

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## Fall 2016

Harvest list is online

### The Back Page

Tomatillo Soup  
Spaghetti with Mustard Greens  
and Goat Cheese  
Green Salsa  
Calaloo  
Braised Cucumbers  
Spaghetti with Mustard Greens  
and Goat Cheese

Many more recipes  
on our website

### Thanksgiving Turkeys

We'll be taking orders for Josh's pasture-raised Thanksgiving turkeys until next week, Nov. 9. They are \$4.50 per pound. \$20 deposit required. They will be delivered, frozen, the week before Thanksgiving.

### Josh's Pasture-Raised Lamb Shares Are Ready

If you reserved a lamb share and if you haven't picked it up yet, it is ready for you. Balance payment is due on pickup. You don't have to pick it up right away, but the sooner you pick it up the more choices you'll have (they vary slightly in weight and content).

### Recycling

In an attempt to minimize waste, we encourage you to bring your own bags to pack your veggies. We also ask you to bring back our plastic berry baskets.

Please put them in the milk crate we have near the check-in table.



## About Cucumbers

The cucumber (*Cucumis sativus*) is a vine that climbs on just about anything with the aid of its tendrils, and its large leaves form canopy over the fruits, protecting them from the sun - it often requires a trained eye to find the cucumbers fruit among the foliage. Cucumbers are a crop which requires pollination by bees.

Cucumbers are thought to have originated in Mesopotamia and are now cultivated worldwide. They are mentioned in the Bible as one of the foods eaten by the Israelites in Egypt and they were very popular in ancient Greece and in the Roman empire. The Romans are reported to have used cucumbers to treat scorpion bites, bad eyesight, and to scare away mice. Wives wishing for children wore them around their waists. They were also carried by midwives, and thrown away when the child was born. Cucumbers were reportedly introduced into England in the early 14th century, lost, then reintroduced approximately 250 years later. The Spaniards (through the Italian Christopher Columbus) brought cucumbers to Hispaniola (now Haiti and the Dominican Republic) in 1494. In 1535 the French explorer Jacques Cartier found "very great cucumbers" grown on the site of what is now Montreal.

Cucumbers are commonly divided in 3 categories: slicing, pickling and burpless. Slicing cucumbers are long, smooth and dark green and are commonly eaten raw. Pickling cucumbers are short, stockier with less regular shapes and often have little bumps and spines on their skin. Their color varies from dark green to pale yellow. They are traditionally pickled in a brine or in a brine and vinegar solution, with spices and herbs. Pickled cucumbers are called "pickles" in the U.S. and "gherkins" in the U.K. The third category, burpless cucumbers, includes a very large number of cultivars, including lemon cucumbers (see below) and Armenian cucumbers. The Armenian cucumber is actually a slightly different species (*Cucumis melo* var. *flexuosus*) which is a variety of melon. Burpless cucumbers tend to have a sweeter flesh and are easier to digest. They can be eaten raw or cooked. In India, they are often cooked in curries.



One cucumber we often get is the lemon cucumber. This old heirloom cucumber may have the shape and the color of a lemon, but that's as lemony as it gets: this little ball of sunshine is a bona fide cucumber, though it is one you will rarely find at the grocery store.

One of the benefits of being a CSA member is that you often get vegetables and fruit that are not available at commercial outlets because they are not practical, not cost-effective, have lower yields, shorter shelf life, etc. Sadly, one quality often lost along with those abandoned vegetable is flavor.

You can treat the lemon cucumber as you would any cucumber: it is tender and sweet with a clean, crisp taste. It has a lovely, mild flavor, even when quite mature, and the skins are relatively thin, so many people serve them with peels on. It is excellent for salads and pickling, and you can cook it too (check the "Braised Cucumbers" recipe on the back page).

### **Tomatillo Soup**

Sara, Tucson CSA

2-3 medium potatoes, chopped  
3 tomatillos, peeled and cleaned, chopped  
2 green chiles, preferably roasted, chopped  
3 cloves garlic  
1 teaspoon cumin  
5 cups broth or water  
Salt and pepper to taste  
2 tablespoons cream, if desired

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Add chopped tomatillos and simmer for about 25 minutes. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky.

### **Spaghetti with Mustard Greens and Goat Cheese**

Philippe, Tucson CSA (adapted from Vegetables from Amaranth to Zucchini, by Elizabeth Schneider)

1/2 pound spaghetti  
1/2 pound mustard greens  
4 ounces goat cheese  
1 tablespoon olive oil

Wash the mustard greens leaves, fold them in half and cut away the stems. Stack the leaves, roll them tightly and slice in super-thin slivers. Boil spaghetti until “al dente” then stir in half the greens and remove from heat. Drain. Toss with olive oil and remaining greens and crumbled goat cheese.

### **Green Salsa**

Sara Jones, Tucson CSA

1/2 pound tomatillos, husked, rinsed and dried  
2-4 roasted green chiles, seeds and skins removed  
1/2 to 1 jalapeno, for additional heat, if desired  
1 onion, chopped  
2 garlic cloves  
1/4 cup (firmly packed) fresh cilantro leaves  
1 tablespoon fresh lime juice (optional)  
1 tablespoon olive oil

Roast tomatillos in a baking pan set under the broiler until charred. In a food processor or blender, purée all ingredients until smooth. Add salt to taste.

### **Calaloo**

Dana Rosenstein, Tucson CSA

1 medium white onion, chopped  
1 to 2 tablespoons garlic, to taste  
1 share I’ittoi onions  
1 sweet red pepper and/or 1 carrot (optional, for color)  
2 roasted chiles, skin and seeds removed, diced  
1 share okra, tips removed, cut into 1/2 inch pieces  
About 2 cups pumpkin, cushaw or butternut squash, seeds removed, cut into chunks  
Two large handfuls of taro leaves (traditional) or mustard greens, chopped  
1 hot pepper (ghost/habañero/serrano/scorpion), whole!  
Pepper/salt to taste  
Olive oil  
1 tablespoon salted butter

Heat oil to medium hot and sauté onion and onion greens, garlic, green chiles and red pepper/carrot (if using) for a few minutes. Add okra, squash, taro, coconut milk and water. Cook on medium-high heat, stirring frequently, until the stew comes to a boil, then simmer on low heat. When the taro leaves have softened, add the hot pepper – whole! Do not burst the pepper! The stew will cook through in about 45-50 minutes. Add butter. Remove the hot pepper and use a swizzle stick (traditional), stick blender or transfer stew to blender to purée. The calaloo is properly swizzled when the taro is in bits and you can see the okra seeds. If you like, you can add whole crab (traditional), shrimp or salted meat (ox tail is traditional) 10-15 minutes before the calaloo is ready. The meat must be removed (with the hot pepper!) for swizzling, then placed back in the soup before serving. Using sweet red pepper, carrots, cushaw or butternut makes a sweeter calaloo.

### **Braised Cucumbers**

Philippe Waterinckx, Tucson CSA

1 cucumber (about 1 lb)  
1 tablespoon butter  
Dill, parsley or spring onions, chopped.  
Salt and Pepper

Slice the cucumber in half lengthwise. If the seeds are large, scoop them out with a spoon. If the seeds are still small and tender, you can leave them in. Slice the halves in half again, lengthwise, then chop the quarters into 1/2 inch segments. Heat butter in skillet over medium heat. Add cucumbers, cover and cook them until tender but still crisp, about 5 minutes, stirring occasionally. Season with salt and pepper to taste. Sprinkle with dill, parsley or chopped spring onions. This is a good side dish for fish and white meats.