



Tucson Community Supported Agriculture

Newsletter 564 ~ November 14, 2016 ~ Online at www.TucsonCSA.org

Fall 2016

Harvest list is online

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**Many more recipes
on our website**

How to safely thaw your turkey!

If you took home one of Josh's turkeys, store it in your freezer. Then figure out how far in advance to start thawing it using this formula:

Refrigerator Thawing

Allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40 °F or below. Place the turkey in a container to prevent the juices from dripping on other foods. It would take 4 days to thaw a 16-lb turkey.

A thawed turkey can remain in the refrigerator for a couple days or so before cooking.

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 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 pound turkey.

Cook the turkey immediately after it is thawed.

Say NO to Monsanto!

On Nov. 22, the Pima County Board of Supervisors is set to vote on a tax deal for Monsanto. We're strongly opposed to provide such a company any incentive to locate in our community. Two of things you can do:

1. Join County Supervisor Richard Elias on Nov.17 at the NO to Monsanto rally.
Where: Southside Presbyterian Church, 317 W 23rd St., Tucson
When: Thursday, Nov. 17, 6:30 to 8:00 P.M.
2. Come to the Standup Against Monsanto Community Meeting.
Where: Oro Valley Public Library, 1305 W Naranja Drive, Oro Valley
When: Saturday, Nov. 19, 2:00 to 4:00 P.M.

Meanwhile, back at the farm...

With such a warm fall, we have been lucky to see a second flush of tomatoes as well as an abundance of squash, cucumbers and okra. The season is coming to an end soon though and we can look forward to a plethora of greens, citrus and root vegetables in the coming months.

Navel oranges show up in our Tuesday share this week and are likely to be a common item on our harvest list throughout the winter. They may be a bit green now but they are still sweet and juicy and will continue to get sweeter in the next couple of months. Valencia oranges are usually harvested around February, as the Navel crop wraps up. Meyer lemons have been a special treat in Wednesday's shares. These lemons are delicious with a sweeter juice and thin, less bitter peel than regular lemons. You can add whole slices to roasting chicken or vegetables. A little later in the winter, grapefruit will be fairly common in both Tuesday and Wednesday shares.

We weren't able to offer flats of tomatoes for canning in the spring this year so we are crossing our fingers to have extra tomatoes for purchase this November. We will keep you posted with details in our weekly e-mail. Both of our farms have large, late summer plantings of tomatoes that have been doing well in our warm fall weather. At Sleeping Frog Farms, tomatoes are planted in an open-ended greenhouse for protection from the sun as well as cold weather. As the weather cools this week, the plants on the perimeter might be threatened but the majority of the crop should remain protected. If temperatures drop drastically, we will likely start seeing more green tomatoes in our shares.

Many long-term members and volunteers look forward to the winter greens season with great anticipation. For those of you who are less familiar with preparing greens, you can check out our handy online winter greens guide. Both farms will offer a wide variety of greens with different textures and flavors. Some of these leafy greens taste spicy or bitter. Blanching these greens before using can make them much milder. You can also look for recipes with pork, cheese or coconut milk, as their richness can help balance the flavor of the greens - check out the two recipes for mustard greens on the back page!

In addition to greens, we will start seeing turnips and radishes soon, plus carrots and beets later in the season. At Crooked Sky Farms, farmer Frank and his crew worked hard to get an early crop of broccoli, cauliflower and cabbage in the ground. He reports that the plants are doing quite well and he's looking forward to offering these veggies sometime early in the new year.

Coconut and Lentil Greens

Sara Jones, Tucson CSA

Mustard greens are perfect for this recipe, as the curry flavors and creamy coconut balance the pungent greens. You can use other greens if you need to. This dish could be served over rice or toast, or thin it out a bit and serve it as a soup.

1 or 2 bunches greens, washed and finely chopped
1/2 large onion, diced
2 cloves garlic, mashed
1 teaspoon red chile flakes if desired
1-2 inches ginger, grated and mashed with garlic
1 teaspoon mustard seeds
1 teaspoon cumin seeds
1 teaspoon coriander
1/2 teaspoon turmeric
1 tablespoon oil and/or butter
1/2 can coconut milk
2 cups cooked lentils or garbanzo beans
Lemon juice, to taste
Fresh cilantro, chopped, for garnish

Heat the oil in a large skillet over medium high heat. Add cumin and mustard seeds and stir for about 40 seconds, then add onions. Cook, stirring occasionally for about 5 minutes then add garlic and ginger paste and remaining spices. Stir quickly until fragrant then add mustard greens. Stir to coat with oil and spices, add coconut milk and cooked lentils, cover, and reduce heat to medium low. Cook for about 10-15 minutes, checking occasionally to make sure you don't need to add water to prevent burning. When greens are completely wilted, add salt and pepper, lemon juice and cilantro to taste.

Mustard Greens and Pork Casserole

Mustard greens are tasty when cooked with pork. The fat in the pork seems take the bite out of the greens and mellow out their flavor.

1/2 pound ground pork or 1/4 pound bacon (sliced)
1 onion, chopped
2 potatoes, cubed
1 share greens, coarsely chopped
1/4 teaspoon thyme (or other herb)
Salt and pepper to taste

Sauté meat, potatoes and onion in a skillet. If using sausage, break it up as you brown it. When meat is brown or rendered, add greens and thyme. Cover and simmer for 45 minutes or until potatoes are tender, stirring occasionally. Add 1/4 cup water or more if the mixture seems dry. Add salt and pepper to taste.

Cilantro Dip

Nora McGinnis, Tucson CSA

This is a great way to use up a lot of cilantro at once and make use of the cilantro stems. The stems actually contain much more flavor than the leaves and add a huge punch to recipes where their texture won't interfere. This recipe is very flexible and adjusts well to your taste.

2/3 cup toasted slivered almonds (whole and/or raw almonds also work just fine, as does almond meal or flour)
1 garlic clove
1 and 1/2 tablespoons chopped jalapeno (with or without seeds to your taste)
1 packed cup cilantro, stems and all
2-3 tablespoons meyer lemon juice
3 tablespoons sour cream
1/4 cup mayonnaise
1 teaspoon salt

Toss everything in a food processor and pulse until smooth, scraping down sides as needed. Serve as a dip with crackers, tortilla chips, or veggies, or use as a spicy pesto on pasta. (If using whole almonds, it can speed up the process to pulse them first on their own until roughly chopped, and then add the other ingredients).

Miso Sesame Sauce for Cold Cucumber Salad

Sara Jones, Tucson CSA

2 tablespoons miso
3 tablespoons rice wine vinegar
1 tablespoon soy sauce
2 teaspoon toasted sesame oil
Freshly grated ginger, minced garlic and red chile flakes to taste

Pour sauce over sliced cucumbers and toss to coat. Let sit for at least 30 minutes before serving.

Grilled Summer Squash

Philippe, Tucson CSA

Summer Squash

French or Italian dressing. Note: you can make your own quick dressing by whisking together 4 tablespoons oil, 1 tablespoon vinegar, 1/4 tablespoon dry herbs (e.g. thyme, Italian herbs, oregano, etc.), salt and pepper.

Cut the squash lengthwise in 1/4" strips. Note: if seeds are mature, remove them; if they are still white and soft, you can leave them in. Coat all sides with dressing. Grill squash slices for 5 to 6 minutes on each side.