



Fall 2017

Harvest lists are online

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**Many more recipes
on our website**

Josh's Lamb Shares

Grass-fed, grass-finished lamb shares from Josh will be available for pickup starting October 25.

Reserve yours at the front desk with a \$20 deposit.

Tip: What to do with lots of Jalapeños

Of course you can eat them right away by making, for example, Jalapeño poppers, but you can also save them for later and eat 'em when you need 'em. Just freeze them whole in freezer Ziploc bag. Take one out when needed, cut out a piece with a sharp knife and put what you don't need back in the freezer.

It's great to have them readily available whenever you need them.

Finely chopped Jalapeños add a fabulous and spicy zest to salsas, stir-fry's, pizza toppings, pesto's, dips, salad dressing, potato salad, or to any dish.



Tucson Community Supported Agriculture

Newsletter 607 ~ October 9, 2017 ~ Online at www.TucsonCSA.org

Protecting fragile ecosystems from organic agriculture: a word from the Cornucopia Institute

Though organic agriculture promotes and enhances biodiversity, organic regulations do not explicitly protect sensitive native ecosystems from being converted into organic production—in fact, they incentivize it!

Burning down the rainforest to plant “organic” soybeans, or irrigating the Southwestern desert, often paving the way for factory-farm “organic” dairy production, needs to stop. These pristine lands have never had agrochemicals applied, so they can immediately be certified organic.

The National Organic Standards Board (NOSB) has proposed new regulations that will provide protections for these ecosystems by removing this incentive. This move is both needed and overdue; these additions to the organic regulations are important to prevent more valuable wild ecosystems from being turned into agricultural land.

However, Cornucopia’s allies at the Wild Farm Alliance (WFA) find that the NOSB’s proposed regulatory language contains material loopholes and needs to be strengthened. Otherwise, native ecosystems will continue to be at risk. Analysts at The Cornucopia Institute concur.

It’s imperative this regulatory language, for the protection of native ecosystems, is clear, concise, and well-defined—your voice is needed now to assure that organic standards truly protect the environment.

Organic producers and their certifiers need a clear regulatory background to support transitioning the right land into organic production.

The following are the major concerns of Cornucopia’s allies, scientists, researchers, and policy analysts when it comes to protecting native ecosystems from destruction by agriculture:

- The Organic Food Production Act of 1990 (OFPA) established that organic producers must conserve biodiversity and avoid any activities that would diminish it.
- Sensitive ecosystems are being lost to organic agriculture at an alarming rate. A change in the rule, as suggested by the NOSB’s regulatory addition, to disincentivize conversion of native ecosystems into organic production is needed immediately to stem this loss.
- Consumers assume that when they are buying organic products they are more environmentally friendly and sustainable—and this perverse incentive results in the loss of biodiversity and long-term sustainability.

Tell the NOSB to support clear language in the organic regulations to eliminate any incentive to convert native ecosystems to organic production.

Post your comments online today—deadline October 11, 2017.

To do so, follow this link to the Cornucopia Institute:

<https://www.cornucopia.org/2017/10/organic-regulations-protect-pristine-environments/>

Fresh Refrigerator Pickles

Wendy McCrady, Tucson CSA member

Here's an easy way to use your cucumbers. They are so tasty you'll be eating them straight from the jar. Use them on your burgers and chop them up for the potato salad, too.

6 cups sliced cucumber, peeled if skin is tough

1 cup sliced onion

2 cups white vinegar

1 cup water

¼ cup sugar (optional)

1 and 1/2 tablespoons salt

2 teaspoons pickling spice

1 teaspoon celery seeds

1 teaspoon mustard seed

Heat vinegar, sugar, salt, and spices, stirring until sugar dissolves. Boil about 10 minutes. Sterilize jars and lids with boiling water. Fill jars with cucumber and onion slices. Carefully pour in vinegar mixture. Cool then store in refrigerator. These will keep for several months. Note: strain leftover vinegar liquid and mix with olive oil for a flavorful salad dressing.

Simple Melon Salsa

Philippe Waterinckx, Tucson CSA

1/2 melon, peeled and seeded and cut in small cubes

2 cloves garlic, minced

½ red onion, chopped

½ cup cilantro, chopped

½ Jalapeño or Serrano pepper, finely chopped or 1/2 tablespoon chile flakes

Juice of 1 lemon or 2 or 3 limes

Salt

Gently mix all ingredients. Refrigerate for 1 hour before serving.

Green Chile Omelet

Green chile, cheese and eggs have a natural affinity.

2 roasted green chiles, skinned, seeded, and cut into strips

Fresh goat cheese

2 eggs

Salt and pepper

1 tablespoon butter

Season the eggs with salt and pepper and whisk them in a bowl with a fork. Melt the butter in a 7-inch nonstick skillet, then wait a good 5 seconds after its foaming has stopped. Swirl the slightly browned butter around to coat the pan, then add the eggs. Let them sit over high heat for 10 seconds to begin to cook, then swirl. When the eggs are set but still soft on top, add the chile and some crumbled goat cheese. Fold omelet over and roll or slide off onto plate.

Arugula Pasta

Sara Jones, Tucson CSA

Arugula goes really well with a hearty, whole wheat pasta. You can add more ingredients to this simple recipe, or leave it as is. I like mine best with garbanzo beans or toasted nuts or pine nuts, plus parmesan on top.

1-2 bunches Arugula or other green, washed and chopped

1/2 onion, diced

2 cloves garlic, minced

1 tablespoon olive oil

Cooked whole wheat pasta for 2-4 people, plus 1/4 cups reserved pasta water

Salt and pepper to taste

Cook onion in oil over medium heat, stirring often, until brown and caramelized. Stir in garlic and cook briefly then add greens and cooked pasta and water. Season with salt and pepper and cook until water is mostly evaporated and greens are wilted.

Roasted Chili & Cumin Cornbread

Ms. Dallas Scott, Tucson CSA

This recipe is gluten free, but you can use regular wheat flour as well.

In a large bowl mix together:

6 eggs

1/2 cup melted butter, ghee (a nice nutty flavor), earth balance or oil

1/3 cup agave or honey

3, or about 1/2 cup roasted chilis, skinned (the black parts and skin should slip right off), seeded and diced

1 teaspoon vanilla

1 teaspoon toasted cumin seed (place in a sauté pan, shake the pan back and forth keeping the seeds moving until their aroma begins to come out)

In another bowl whisk together:

1/3 cup cornflour & polenta -mixed 50/50

1/4 cup coconut flour plus 1/2 teaspoon xanthan gum or 1/4 cup regular flour

3/4 teaspoon baking soda

1/2 teaspoon salt

Butter a square 8X8" pan. Whisk dry mixture into the wet mixture until there are no lumps remaining. Bake in an 8×8" square pan at 400°F for 15-20 mins or until a light golden color. Let cool 5 minutes.