



**Fall 2017**

**Harvest lists are online**

**The Back Page**

- Fried Squash Blossoms
- Basil Walnut Pesto
- Eggplant Pasta with Pesto
- Puffed Pear Pancake
- Tomatillo and/or Apple Crisp

**Many more recipes on our website**

**Josh's Lamb Shares**

This is the last week to order a grass-fed, grass-finished lamb shares. They will be available for pickup starting next week, October 24.

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

**Midnight Friday deadline**

There are options on your online CSA account which you can only exercise from the day after your pickup day until midnight Friday, such as:

- Changing your subscriptions.
- Changing your pickup day.

Other options can be exercised at any time but must be done before midnight Friday if they are to affect the following week:

- Placing your subscription on hold for next week.
- Recharging your account if your balance is less than \$22. If it is less than \$22, your account will be closed (unless you only have a bread share, in which case the threshold amount is \$5.50).

**Why midnight Friday?**

Because on Saturday we must send the share orders to the farms and the bakery and we therefore need to figure out the exact number of members to order for.

**The Pickling Cucumber**



wiseGEEK

All varieties of cucumbers can theoretically be used as salad cucumbers, also known as slicing cucumbers, or as pickling cucumbers.

However, some varieties are much better suited for one type of preparation than the other.

Certain varieties of cucumbers have been bred specifically for use in pickling. By using these varieties, the home pickling enthusiast will end up with a crisper and more flavorful result.

Such varieties have names such as Pioneer, National Pickling, Saladina, Bush Pickling, County Fair Hybrid, Liberty Hybrid, Ballerina, Boston Pickling, and Eureka Hybrid. Salad cucumber varieties include Sweet Slice Burpless, Salad Bush, Straight 8, Burpee Hybrid, Sweet Success, Poinsett, Indio, and Dasher II.

Pickling cucumbers typically have thinner skins than the salad type, allowing for the vinegar, brine, or other pickling solution to better penetrate the skin and flavor the meat. They are short and squat, instead of long and lean. Pickling cucumbers also usually have "warts," the little bumps on the skin that are the trademark of the classic dill pickle; salad cucumbers usually have much smoother skins. Good pickling varieties will also have fewer seeds as well, unless they have been left too long to ripen.

Cucumber varieties bred for pickling are typically gradient in color: dark green at the stem end that fades to light green at the blossom end. Salad types will be a more uniform dark green from tip to tip. The belly is the side where the growing vegetable was in contact with the soil before harvest. A pickling cucumber will typically be a lighter green in that area than a salad cucumber.

As a general rule, salad and burpless varieties do not make outstanding pickles, except for relishes or bread-and-butter pickles where a softer texture is desirable. Garden-grown cucumbers should be refrigerated immediately upon harvesting, and at least within 24 hours. Refrigeration will minimize moisture loss, which is the key to crispness. Store-bought pickling cucumbers should always be refrigerated as soon as possible in order to increase the likelihood of producing a crispy, crunchy pickle.

**The Tomatillo**

The tomatillo is an unusual vegetable similar in shape to the tomato, but more closely related to the gooseberry. It has a tangy taste and is a classic in Mexican cuisine, but is also excellent in a wide range of dishes.



wiseGEEK

To use your tomatillos, you will first need to remove their papery husks. They also have a sticky residue on their skin that is easily removed by dunking them in water.

Tomatillos are typically used to make green salsa or green enchilada sauce. Grilling or skillet roasting whole tomatillos gives a smoky depth to their flavor. Just brown them over medium high heat, turning occasionally, until they are slightly charred. Grilled tomatillos and green onions make a delicious enchilada sauce, blended together with a little salt, pepper, lime juice and cilantro!

## Fried Squash Blossoms

Heidi DeCosmo, Tucson CSA

1 large egg  
½ cup ice water  
Pinch of sea salt  
½ cup all-purpose flour  
Vegetable oil for frying  
6 squash blossoms

Sea salt, freshly ground black pepper, and fresh lemon juice  
In a mixing bowl, lightly beat the egg and pour in the ice water; mix to combine. Add the salt and flour, and continue to mix until the batter is the consistency of heavy cream. While the batter is resting, carefully clean the fragile blossoms. Remove the yellow stamens as gently as possible so as not to tear the blossoms. Remove any green leaves near the stem, and clip the stem, if necessary. Gently wash the blossoms, shake them, and lay them on a paper towel to dry. Heat 2 inches of vegetable oil over medium-high heat to 375 degrees. Dip 2 blossoms at a time in the batter and coat them completely, letting the excess drip off. You may want to fry one flower first to test the oil. The blossom should be light-brown when fried and crisp. Fry the flowers in the hot oil for 2 minutes until crisp and golden brown.

## Basil Walnut Pesto

Philippe Waterinckx, Tucson CSA

1 bag CSA basil, woody stems removed  
2 cloves garlic  
2 tablespoon oil  
1 handful walnuts  
¼ cup Parmesan or Romano cheese, grated  
1 teaspoon salt

Blend all ingredients until you obtain a textured paste (slightly granular). Serve on top of pasta, sautéed summer squash, acorn or spaghetti squash, or use as a spread for sandwiches.

## Eggplant Pasta with Pesto

Philippe Waterinckx, Tucson CSA

½ pound fusilli pasta, cooked  
2-3 cups eggplant, diced  
1 tablespoon olive oil  
½ cup basil walnut pesto (see basil pesto recipe on this site)

Sauté the eggplant in olive oil until tender (about 10 minutes). Combine cooked pasta, eggplant and pesto. Serve hot. Using the spiralled fusilli with their augmented exposed surface allows the pesto to thoroughly coat all the grooves of the spirals, making for incredible explosions of flavor with every bite.

## Puffed Pear Pancake

Amy Schwemm, Tucson CSA. Adapted from Jane Brody's Good Food Book

FRUIT  
6 apples  
1 tablespoon butter  
2 tablespoons sugar  
1 teaspoon vanilla  
a few dashes cinnamon

BATTER  
1 cup white flour (whole wheat works, but it is much heavier in this)  
1 cup milk  
4 eggs  
1 tablespoon sugar  
¼ teaspoon salt  
Confectioner's sugar for dusting, if serving as a dessert.

Peel, core and slice fruit. Melt butter in a skillet. Add apples and sprinkle with 2 tablespoons sugar. Cook, gently stirring, until most of the liquid has evaporated. Add vanilla and cinnamon. If skillet isn't ovenproof, transfer to a deep dish pie plate.

Mix batter ingredients. Pour over hot fruit and bake at 425 degrees for 20 minutes. Reduce oven to 350, and bake for 10 to 15 minutes more, until puffed and brown. Dust with confectioner's sugar if desired. Serve immediately.

## Tomatillo and/or Apple Crisp

Rachel Yaseen, The Organic Kitchen

What a great surprise that you can use tomatillos in a sweet crisp! Of course it would be fantastic with just apples instead, or if you have some tomatillos left, use a combination of both.

Tomatillos and/or apples diced— enough to cover bottom of oven pan  
¼ cup coconut sugar  
1 ¼ cup dried coconut flakes  
1 ¼ cup oats  
1 cup coconut sugar  
1 stick butter, cold, cut into 8 pieces  
½ teaspoon cinnamon  
½ teaspoon salt

Preheat oven to 350 °. Mix tomatillos and apples with ¼ cup sugar and spread over bottom of 9×14 inch pan. Mix oats, coconut, coconut sugar, salt, and cinnamon in a separate bowl. With your fingers or the back of a spoon, smooch the butter into the dry mixture until it blends in. Sprinkle on top of the tomatillo mixture. Bake 45 minutes. Serve warm or room temperature