



Tucson Community Supported Agriculture

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Fall 2017

Harvest lists are online

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Thanksgiving Week

We will have pickup as usual during Thanksgiving Week

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.

A Week at My Table, by Paula Redinger

Admit it, you thought summer would never end. Of course, we always feel that way, but this year was exceptional, despite the fact I was working in northern Utah for most of it. Now that it's cooled down to the mid-80's, at least, I'm enjoying "pretending" at autumn. It's a bit of a trick, because I'm still not quite ready to get my oven roaring or even have my stove on for any length of time. So, to walk this fine line between seasons and food styles, I found myself using rich and warm spice blends. Eschewing my usual grilling, I cut my eggplant into large cubes, broiled it just enough to char it a bit, and turned the cubes into a quick stew with onions, garlic, tomatoes, chickpeas, and north African spices. The green peppers served as a base for a split lentil Indian dish – again with lots of warm spices – which I finished with our fresh cilantro. It's always nice to have a cool raita to contrast warm Indian sides, so it only made sense for my cucumbers to find their home grated, squeezed, and added to yogurt. I used my greens with pasta, as I so often do, but in addition to my usual garlic, olive oil, and chile flakes, I added a few mashed anchovies and some chopped walnuts. There are so many pasta dishes you can make when "there's nothing in the kitchen," and many of them take well to the addition of wilted greens. Just toss the fresh greens in the pasta pot right before you're ready to drain it! In another seasonal compromise, my roasted chiles did not become a pot of slowly simmering green chile stew, but were stuffed with a quickly sautéed mix of ground pork, dried sour cherries (harvested during my summer stay in Utah), tomatoes, onions and the like. A dollop of yogurt and a sprinkling of walnuts, and one could almost call them chiles en nogada. While spaghetti squash takes its name from Italian pasta, I find it to be much more like the rice vermicelli used in southeast Asian dishes. So, in a nod to our still warm days, into fresh spring rolls it went, along with sliced cucumbers, cilantro, thinly sliced shishito peppers, among other ingredients. All in all, not a bad way to celebrate a desert change of seasons.

Green Lemons

Green oranges and lemons are perfectly normal in our climate at this time of year. They are ready to be eaten. They just won't turn orange or yellow until nights become cooler where they grow. They are green simply because their skin is full of chlorophyll. It is only when the fruit is exposed to cold that the chlorophyll dies off and the orange or yellow pigments show. In tropical countries, oranges actually stay green all year round.



In the U.S., oranges that are picked during the early spring or in late fall, when the weather is still cool, turn orange all on their own. Those that see the hottest parts of summer stay green. The same goes for lemon. There are only two ways to make the green go away: exposed it to cold temperatures or gas it with ethylene, the latter of which is what most orange distributors do.

Unlike many fruits which are harvested unripe/green and left to ripen during storage and transport, citrus are generally harvested when ripe and, yes, green. Most green oranges or lemon are perfectly ripe and ready to eat.

Cucumber and Dill Pasta Salad

Philippe Waterinckx, Tucson CSA

A most refreshing dish!

1 pound pasta (rotelle, shells or bowties), cooked
2 medium lemon cucumbers, cut in quarters and sliced
Dressing: combine
2 cups yogurt (Greek yogurt is best)
1 cup milk
1/4 to 1/2 cup chopped fresh dill (to taste) (last winter, when we
got dill at the CSA, I froze mine in a quart freezer bag)
1 onion, chopped
2 cloves garlic, minced
1-2 teaspoon salt
1-2 teaspoon ground black pepper
1/4 cup vinegar or lemon juice

Mix pasta, cucumber and dressing. Serve cool.

Baked Greens “Chips”

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

For people like me who really don't like stewed or sauteed greens, here's a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
salt and pepper to taste

Preheat the oven to 325 F. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

Roasted Pumpkin or Squash Seeds

Paula Redinger, Tucson CSA

Cushaw seeds can be prepared just like pumpkin seeds. The trick to getting flavorful seeds is to boil them in heavily salted water before baking them. Put the rinsed seeds in a pan with about 4 times as much water as seeds. Salt the water heavily – 1-2 tablespoons water for each 2 cups of water, depending on your taste. Boil for 10 minutes. Meanwhile, pre-heat the oven to 400 degrees (or perhaps your oven is already on, since you are probably cooking your squash). Strain the seeds, place in a single layer on a lightly oiled baking sheet (or put them in the pan you might be cooking your squash in) and roast 10-20 minutes on the top rack of the oven, until they just start to lightly brown. You will wish that your squash or pumpkin had more seed.

Piperade, and Eggs Piperade

This traditional Basque dish calls for “piment d’Espelette” (a local Basque pepper) to spice it up. Basque Country is a region that straddles France and Spain across the western Pyrénées mountains.

5 green chiles, peeled and seeds removed, chopped
2 tomatoes, diced
1 onion, chopped
2 cloves garlic, minced
2 tablespoon olive oil
Salt

Heat oil in a skillet over medium high heat. Add green chiles and onions. Sauté for about 5 minutes until onions are translucent. Add garlic and sauté for another minute. Add tomatoes. Add salt to taste. Reduce heat to medium and cover. Cook for another 10 minutes. Serve with a baguette. Piperade is often served with scrambled eggs.

Eggs Piperade

One variation of this dish is to include the eggs in it instead of having them on the side, as in the style of a Spanish tortilla. Once the piperade is cooked, compact it with a spatula and pour 4 beaten eggs evenly over it. Cover, and cook for another 5-10 minutes or until the beaten eggs have set. Cut in wedges and serve with sliced baguette. It can be served hot or cold. It makes a great picnic dish.