



Fall 2017

Harvest lists are online

The Back Page Recipes

- Sweet Butternut Turnovers
Two-Potato Gratin
Sweet Potato Biscuits
Garlic Walnut Breadcrumbs

More Recipes Online

Black Mesa Ranch Candy

From now until about Valentine Day, we will carry Black Mesa Ranch's delicious chocolate candy. It's a seasonal thing, as David only makes it when it's cool enough for the chocolate to perfectly set.

They come in 1/2 pound boxes and cost \$12 per box, except for the mints which come in smaller boxes and cost \$8 per box.



BMR candies are made with premium Belgian chocolate, and the milk chocolate ones are made with the milk from Black Mesa Ranch's goats. We call them goat candies.

- Dark debris
Milky rubble
Butter almond toffee
Gourmet chocolate sampler
Vanilla bean caramels
Buttercream mints
English toffee with sea salt
English toffee with chipotle
Chocolate truffles
Caramel Sauce
Fudge

Giving Thanks

We have many, many things to be thankful for. But perhaps our loudest thanks go to farmers, because without farmers we would not have food, and food is such a central part of our lives. In particular we give thanks to Farmer Frank and his Crooked Sky Farms crew, and to Clay and CJ and their crew from Sleeping Frog Farms. They all work incredibly hard, in often unforgiving conditions, to grow the food we eat. Farmer Frank had to take care of health issues over the past two years and he is thankfully doing better now. Sleeping Frog Farms is slowly recovering from this fall's devastating grasshoppers invasion, and, until their crops get back on their feet, Crooked Sky Farms will continue to help supplement our Wednesday shares.

We give thanks to Barrio Bread's Don Guerra, a genuine artisan whose every loaf reflects the love and skill he puts into his art. His breads are a fantastic addition to our CSA and we are immensely grateful for having it.

We give thanks to Michael Chrisemer from Patagonia Greens, who is forever meticulously adjusting the controlled environment of his greenhouse so he can get his amazingly fresh sprouts to us week after week.

We give thanks to David and Kathryn Heining and their beloved goats, without whom we would not enjoy award-winning goat cheeses and mouth-watering holiday candies.

We give thanks to Josh Koehn, whose childhood passion for raising chickens has blossomed into an environmentally sustainable ranch operation which produces high-quality pasture-raised beef, lamb, pork, chickens, turkeys and, of course, eggs so many people rave about.

We give thanks to our members who amaze us with their smiles, their kindness and their patient understanding of the ups and downs of small scale food production. We feel blessed to see you every week and we love watching your children grow up.

And of course, we give thanks to Earth, who shares with us her abundance and whose beauty never ceases to fascinate and inspire us.

Mole Powders for Thankgiving Leftovers



Chances are you are contemplating several days of post Thanksgiving turkey sandwiches, ham sandwiches, and reheated vegetables. One of my favorite ways to fix Thanksgiving meat and vegetable leftovers is to serve them with a mole sauce.

Moles, pronounce moh-less, are spices mixes from Mexico which go back to the Aztecs: the word mole comes the Nahuatl mōlli, "sauce." Mole powders are Mexico's answer to curry spices and they are truly amazing. They consist of blends of dried chiles, fruit, nuts, seeds, spices and herbs. To prepare them, just sauté them in some oil to release their fragrance, add broth, simmer and serve. The many kinds of mole powders will enhance any dish.

We sell locally made moles at the CSA. They are made by our very own volunteer Amy Valdez Schwemm who has been making her Mano Y Metate moles for years.

For more info on Amy's moles, go to https://www.manoymetate.com/

Sweet Butternut Turnovers

Paula Redinger, CSA Member

Butternut squash is so sweet you don't need to do much to it to make a great dessert. These turnovers are a nice alternative to pumpkin pie. You can use homemade pie dough or buy frozen pie dough or puff pastry for an easy option.

One CSA butternut squash (yielding about 1 lb cooked flesh)
¼ to ½ cup brown sugar, to taste
¼ cup almonds or pecans, toasted and finely chopped
Ground cinnamon, cloves, nutmeg, ginger to taste
1 teaspoon vanilla

Cut the squash in half, place in a buttered baking dish and bake at 350 degrees until soft (30-45 minutes). Let cool slightly and remove the flesh into a bowl. Add the sugar, chopped nuts, spices and vanilla and mix thoroughly. Be sure that the mixture has cooled completely before proceeding. Roll out pie or pastry dough and cut roughly 3" squares. Place a spoonful of butternut mixture in the center of each square and fold in half to form a triangle. Use the tines of a fork to seal the edges. Brush pastries with cream or an egg wash if desired. Bake the pastries for 20-30 minutes until light golden brown. Serve warm or at room temperature.

Two-Potato Gratin

David Allen, Tucson CSA

This is a great Thanksgiving side dish. You could even cook it in the microwave to free up oven space, though it might be nice to finish it under the broiler before serving.

3 medium potatoes
2 large sweet potatoes
Salt & freshly ground pepper
Chopped fresh rosemary
1 1/2 cups heavy or whipping cream
1 1/2 cups grated gruyere cheese
1/2 cup grated Parmesan cheese

Scrub and thinly slice all potatoes, keeping separated by color. In a 10 x 12 microwave safe casserole, place half the white potatoes on the bottom in a thin layer, overlapping slightly. Sprinkle with salt, pepper and chopped rosemary. Cover with a layer of half the sweet potatoes; sprinkle with salt, pepper and rosemary. Repeat layering using up all remaining potatoes, sprinkling each layer with salt, pepper and rosemary. Pour cream over potatoes and cover casserole (with lid or plastic wrap).

Microwave on HIGH for 18 minutes. Meanwhile, mix grated cheese. When potatoes are done, remove cover and sprinkle evenly with the cheese mixture. Microwave UNCOVERED for 3 more minutes at HIGH power or place under the broiler until cheese is bubbly and browning.

Sweet Potato Biscuits

Lorraine Glazar, Tucson CSA

Here is a great way to use up any leftover Thanksgiving sweet potatoes!

2 cups all purpose flour
1 tablespoon sugar
2 teaspoons baking powder
½ teaspoon salt
5 tablespoons chilled unsalted butter, cut into small pieces
1 cup puréed cooked sweet potatoes, cooled
1/3 cup fat free milk
Cooking spray

Preheat oven to 400 degrees. Lightly spoon flour into a measuring cup, level with a knife. Combine flour, sugar, baking powder and salt in a bowl, Cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Combine sweet potato and milk in a small bowl, add potato mixture to flour, stirring just until moist. Turn dough out onto a lightly floured surface, knead gently 5 times. Roll dough to a ¼ inch thickness, cut with a 2 inch biscuit cutter into 10 biscuits. Place biscuits on a baking sheet sprayed with cooking spray. Gather remaining dough. Roll to a ¼ inch thickness. Cut with a 2 inch biscuit cutter into 6 biscuits. Place the biscuits on prepared baking sheet, discard any remaining dough. Bake at 400 degrees for 15 minutes or until lightly browned. Remove from baking sheet and cool 5 minutes on wire rack. Serve warm or at room temperature.

Garlic Walnut Breadcrumbs

Sara Jones, Tucson CSA

This breadcrumb mixture is a great way to dress up a simple side of steamed or sautéed greens. Use it to top casserole dishes and gratins as well. Stale bread will work best. If you only have fresh bread you may want to toast and cool the slices before proceeding. Then place a couple slices in a blender or food processor and pulse until bread is in small crumbs.

About 3 slices stale bread
1/3 cup chopped walnuts
4 cloves garlic, minced
2 teaspoons oil
1 tablespoon butter or additional oil

Break bread into small crumbs. Heat 2 teaspoons in a skillet and add bread crumbs. Stir well to coat with oil and cook until beginning to brown slightly. Add nuts, garlic and butter or additional oil and stir well to coat. Stir frequently to prevent burning. When nuts begin to brown, remove mixture from pan and sprinkle with salt and pepper. If you plan to keep any for later use, make sure to cool crumbs completely before storing in an airtight container in the fridge.