



Tucson Community Supported Agriculture

Newsletter 660 ~ November 19, 2018 ~ Online at www.TucsonCSA.org

Fall 2018

Harvest lists are online.

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Find many more recipes on our website.

Your Favorite Holiday Candy Has Arrived!

Here at Tucson CSA, there's no surer sign of the holidays than the arrival of artisan fudge, bon bons, caramels, and toffee from Black Mesa Ranch. These exquisite candies are made in small batches with premium Belgian chocolate. The milk chocolate candies – which we call “goat candies” – are made with milk from the ranch's goats.

This year, we are selling Original Fudge (dark chocolate fudge studded with walnuts) and Fudge on Fire (spicy chocolate fudge infused with locally grown Concho chiles and studded with pecans) for \$8/box.

You can also buy boxes of butter almond toffee, a variety of bon bons, and vanilla bean caramels for \$13/box. These holiday candies are great to share with others at holiday gatherings, give as gifts, or keep all to yourself.

These seasonal Black Mesa Ranch candies will be available until we sell out.

C Stands for Community

Written by Shelby Thompson

Illustration by Lynne Beard

The “C” in CSA stands for community, a word that so accurately describes the 250+ members and volunteers that make up Tucson CSA. We come together each week to support local agriculture and as a result share joy, loss, recipes, and a lot of laughter. Although we might not be sitting around the same table this Thanksgiving, we will no doubt be giving thanks for you and the wonderful community of humans (and dogs) that exists within our organization.



This year, we hope you get to spend Thanksgiving cooking good food and sharing it with people you care about. With the fresh local produce, eggs, meat, and more from Tucson CSA, it won't take more than a few hours to make a delicious feast. Ina Garten's recipe for Perfect Roast Turkey is all you need to make that pasture-raised turkey taste amazing—no brine or beer can necessary. Simply liven up a stick of butter by mixing it with fresh thyme, lemon zest, and a heavy pinch of salt before rubbing it under the skin of the bird and roasting it for a few hours. For a smaller gathering – say two to four guests – roast one of Josh's pasture-raised chickens instead. You'll be rewarded with the same heavenly aroma in much

less time. Whip up a few seasonal sides to accompany the pièce de résistance and the meal will be better than any catered Thanksgiving dinner could ever be.

You can use the produce from your CSA share to make a variety of both healthy and indulgent side dishes and in return get leftovers that will last the rest of the long weekend. Sara's recipe for Creamed Mustardy Mustard Greens (see the back page) is good enough to convince anyone to eat their greens – even on a holiday where beige-colored foods dominate. Every Thanksgiving table requires a casserole, but it doesn't have to be the soggy, processed kind you grew up eating. Instead, try Julie Cohn's recipe for Roasted Butternut Squash Casserole with Herbed Goat Cheese, which (along with many other seasonal recipes) can be found on our website. Alongside classics like mashed potatoes, stuffing, and the can of cranberry sauce someone insisted on bringing, these seasonal sides will bring an air of freshness to the table. End the meal with Winter Squash Flan, made from the oddly shaped winter squash you've been squirreling away these last few weeks, and maybe even a plate of the fudge, truffles, caramels from Black Mesa Ranch that we offer exclusively during the holiday season.

With so much incredible food on our tables, it's impossible not to feel thankful for the farmers and producers who work tirelessly to ensure that we can eat organically grown produce, handmade goat cheese, naturally leavened bread, pasture-raised eggs and meat, sprouts, and mushrooms each week. We are especially thankful for these people—Frank, Clay, Laurel, David, Don, Josh, Mike, Aaron, and their respective teams—who grow, raise, and make our food with decided integrity. This Thanksgiving, we give thanks to them, and to you, for making Tucson CSA the special community that it is. Thank you!

Cilantro Chimichurri Sauce

Rani Olson, Tucson CSA

This is a perfect sauce to jazz up your Thanksgiving leftovers!

2-4 cloves garlic
Large bunch of cilantro
1-2 tablespoons lemon or lime juice, or vinegar (any type you would want on a salad)
1/2 tablespoon dried herb, oregano or thyme would be best
1 teaspoon ground cumin powder
1/2 cup extra virgin olive oil (spanish varieties are best for this sauce, because they tend to be more peppery in flavor. other good oils will do, like a sesame oil)
1-2 teaspoons salt
Fresh ground pepper and additional salt to taste
Add more oil to thin, if desired.

Pulse garlic cloves in food processor for about 10 seconds, until finely minced. Add cilantro, lemon/lime/vinegar, dried herbs, cumin, and salt. Pulse for about 1 minute, until cilantro is chopped and ingredients are combined. Add oil and continue to pulse until well combined. Empty into serving dish and add fresh ground pepper to taste, along with more salt and oil, if desired.

Winter Squash (or Pumpkin) Flan

Adapted from Gourmet Sleuth.com

You may need to let your roasted, pureed squash drain a bit if it seems very liquidy. I usually set a colander over a large bowl and let it drain overnight to get the desired consistency. Remember, you will want it nearly as thick as the stuff right out of the can! You can skip the caramelized sugar step to simplify the recipe. Just grease the pan well with oil instead.

1/4 cup and 2 tablespoons sugar
2 cups sweetened condensed milk
2 cups roasted squash puree
1/2 cup half-and-half
2 eggs
2 egg yolks
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground nutmeg
pecan halves, toasted

Spinkle sugar into a 1 quart flan pan; place pan over medium heat. Using oven mitts, caramelize sugar by shaking pan occasionally until sugar melts and turns light brown; cool. (Sugar may crack as it cools.) Process condensed milk and next 7 ingredients in a blender or food processor until smooth, stopping to scrape down sides. Pour over caramelized sugar in flan pan. Place flan pan in a large shallow pan. Pour hot water into large pan to a depth of 1 inch or 1/2 way up the side of the flan pan. Bake at 350 degrees for 40 minutes or until a knife inserted in center comes out clean. Remove the flan pan from water; cool on a wire rack 25 minutes. Cover and chill 8 hours.

Creamed Mustardy Mustard Greens

Sara Jones, Tucson CSA

These creamed greens would make a great Thanksgiving side dish!

1-2 large bunches mustard greens (substitute other greens if needed)
2 teaspoons butter or olive oil
2 cloves garlic, minced
1/4 onion, diced
2 teaspoons Dijon mustard
Good splash (2-4 tablespoons) cream
Drizzle of red wine vinegar
Salt and pepper to taste

Bring well salted water to a boil in a large pot, add mustard greens and return to a boil. Cook about one minute and remove greens. Drain. Heat oil in a large skillet over medium high heat. Add onions and garlic and cook until beginning to brown. Squeeze excess moisture from greens and chop into small pieces. Add mustard greens to skillet and continue to cook while you combine mustard and cream. Pour cream mixture over greens, turn heat to low and stir well to completely coat all greens. Add more cream if necessary. Remove from heat and add a dash of vinegar and some salt and pepper to taste.

Potato Pancakes with Greens

Sara Jones, Tucson CSA

This recipe is a good way to use up any leftover potatoes. The best texture for the potatoes is just lightly mashed, but you can use creamy mashed potato leftovers as well. For a tasty surprise, you can stuff the potato patties with cheese before you cook them. These make a perfect meal post-Thanksgiving meal topped with fried eggs and served with a simple salad.

1 bunch greens, cleaned and chopped
2 cloves garlic, minced
2 cups leftover mashed potatoes
About 2 tablespoons oil
Flour to prevent sticking
Salt and pepper to taste

Heat about 2 tsp of the oil in a skillet over medium heat. Add greens and garlic to skillet and cook, stirring frequently, until greens are wilted. Remove from skillet and mix with potatoes, seasoning with salt and pepper to taste. Form potato mixture into small patties and coat with flour. Reheat skillet and add the rest of the oil. Cook patties over medium high heat until browned on both sides, about 4 minutes per side.