



Tucson Community Supported Agriculture

Newsletter 755 ~ October 26, 2020 ~ Online at www.TucsonCSA.org

Fall 2020

Harvest lists are online.

Back Page Recipes

- Pumpkin Puree
- Spaghetti Squash Latkes
- Whole Wheat Apple Muffins
- Spanish Egg Drop Soup

Find many more recipes on our website.

Extra Apples for Sale

We have extra golden delicious apples from Angle Orchard for sale in the CSA Shop this week for \$3/lb. Use them for pies, applesauce, or just plain snacking!

Food Justice Book Club

Our Food Justice Book Club starts in January, and we'd love to have you there! Please see the last newsletter for info.

Pre-Order Your Pasture-Raised Turkey

It's once again time to put in your order for a pasture-raised turkey from Josh of **Chiricahua Pasture Raised Meats**.

Turkeys will weigh anywhere from 14-20 pounds and will come frozen. They will be available for pickup on November 17 & 18.

If you'd like to pre-order a turkey, please put down a \$20 deposit with the CSA Shop volunteer.

Back on the Farm: The Great Squash Harvest



The 12 acres of winter squash that Frank planted in the spring have grown into what we're sure would be prize-winning gourds, and are ready to be enjoyed by Tucson CSA members. Last week we made the trip out to Frank's farm in Duncan to roll up our sleeves and harvest multicolored squash from his fields. Dotting the vine-covered land were over 10 varieties of winter squash,

including blue hubbard, delicata, butternut, acorn, kabocha, red kuri, Magdalena big cheese, Georgia candy roaster, and spaghetti. Once the harvest is over, Frank and his crew will have harvested thousands of pounds of winter squash. Luckily, when cured properly, winter squash can be stored in a cool, dark place for up to eight months without spoiling. Get your squash recipes ready!

Meet Daniela, aka the "Chili Boss"

Daniela met Farmer Frank back in 2003 when she and Philippe were conducting UA graduate research for the Community Food Bank, which led to the birth of Tucson CSA. He used to call her "chili boss" for the old days when he would bring the chili roaster into the Historic Y courtyard and "allow" Daniela to turn the hot, heavy drum. After over a decade of unloading your produce behind the scenes, Daniela has returned in a co-leadership role to join forces with Sara and Shelby. Daniela is thrilled to be able to apply her extensive experience as an executive leader, entrepreneur, and community advocate to the continued growth of Tucson CSA. And it was a joy to rekindle that relationship while harvesting pumpkins this past week out at Crooked Sky's fields in Duncan with Frank himself!



Zeba's Kitchen: Learn How to Make Labra

There's a new recipe (and face!) on our YouTube channel! Join longtime CSA member Zeba in her kitchen as she teaches you how to make labra, a versatile comfort dish from West Bengal in India, using fall and winter vegetables like winter squash, eggplant, and potatoes. *Find us on YouTube @TucsonCSA.*

RECIPES

Pumpkin Puree

If you want to use your pumpkin as more than just a decoration, consider pureeing and freezing it for future use in pies, breads, and soups. This is a fun weekend project that takes some time up front but is incredibly rewarding in the future. Any winter squash can be prepared this same way and used in place of pumpkin in your recipes.

1 pumpkin or winter squash

To begin, cut your pumpkin in half and scoop out seeds and fibers.

Oil the interior and set the cut sides down on a baking sheet. If the halves are too large for the sheet, cut them into quarters, or smaller, to make them fit. Make sure to coat flesh with oil.

Bake at 350 degrees for 1-1 ½ hours, or until tender. Once cool, scrape flesh off of skin and mash by hand or in a food processor.

Set in a colander lined with cheesecloth or coffee filters and cover with a large plate or plastic wrap. Place the colander in a bowl and place in refrigerator overnight to drain.

Measure out one cup per small freezer bag and freeze for convenient use later in recipes. Keeps well in freezer for several months.

Spaghetti Squash Latkes

Sara Jones, Tucson CSA

This is a great recipe for those who aren't fond of this mild, stringy squash. Fried in oil until golden brown and crispy, these latkes make spaghetti squash taste delicious. The strands of spaghetti squash are just like grated potatoes, and their texture holds up nicely in these pancakes. Add a bit of finely chopped greens to the mix, if you like.

1/2 of one small spaghetti squash, seeds removed and roasted
3 green onions or ½ yellow onion, chopped
1/2 cup finely chopped winter greens (optional)
2 eggs
1/4 cup flour
Salt and pepper to taste
Oil for pan-frying

With a fork, scrape strands of squash out of skin into a medium bowl. Mix with other vegetables. Stir in the two eggs, then add the flour. Add a pinch of salt and pepper, to taste. To cook, heat skillet over medium high heat and add enough oil to coat bottom. When oil is hot, drop spoonfuls of mixture onto skillet and press lightly to flatten. Cook for about three to four minutes on each side, until golden brown. Remove to drain on paper towel or newspaper and continue frying, adding more oil as necessary, until finished. Top with your favorite garnish.

Whole Wheat Apple Muffins

Shelby Thompson, Tucson CSA

Adapted from Smitten Kitchen

1 cup (120 grams) whole wheat flour (I used spelt) 1 cup (130 grams) all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1 tablespoon cinnamon
1/2 cup (115 grams) unsalted butter, at room temperature 1/4 cup raw honey
1/4 cup dark brown sugar, packed, plus more for topping 1 large egg, lightly beaten
1 cup buttermilk (235 ml) or yogurt (230 grams)
2 large apples, peeled, cored, and coarsely chopped

Heat the oven to 450 degrees. Prepare a 12-cup muffin tin. In a bowl, whisk together flours, baking powder, baking soda, salt, and cinnamon. In a separate bowl, beat together the butter, honey, and brown sugar until evenly combined. Add the egg and mix until it is evenly combined. Gently stir in the buttermilk, then the flour mixture. Fold in the diced apples. Divide the batter evenly between 12 muffin cups (about 1/3 cup of batter per muffin). Sprinkle each with a big pinch of brown sugar. Bake for 10 minutes, then turn the oven temperature down to 400 degrees and bake for another 5-10 minutes, or until the muffins are baked through. Allow to cool before eating.

Spanish Egg Drop Soup

Sara Jones, Tucson CSA

This light soup is the perfect way to enjoy some of the first tender greens of the season. You can add diced ham for a heartier soup.

1-2 shares baby greens, cleaned and cut into strips
2-3 cloves garlic minced
2 teaspoons olive oil
2 eggs
1 teaspoon each of salt and pepper
1 tablespoon flour
4 cups soup stock
Green onion, chopped, to garnish

In a soup pot, sauté garlic in olive oil until fragrant, add stock and bring liquid to a boil. Lower heat to keep liquid at a simmer. Mix together eggs, salt and pepper and flour. Pour egg mixture through a colander and into boiling broth. Stir briefly, add greens (and ham, if using) and stir again. Cook until greens are wilted, just a minutes or two. Serve, garnished with chopped green onion.