



# Tucson Community Supported Agriculture

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## Fall 2020

*Harvest lists are online.*

### Back Page Recipes

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*Find many more recipes on our website.*

### Turkey Thawing

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 immediately after thawing.

## Holiday Gifts at Tucson CSA

The holidays will be different this year as we try to retain some semblance of tradition and cheer whilst distancing to keep our loved ones safe. In an effort to support our local producers and provide Tucson CSA members with a safe way to buy holiday gifts and treats, we're hosting a different producer in the CSA courtyard each week for four weeks beginning next week. On November 24<sup>th</sup> & 25<sup>th</sup> Farmer Laurel Goslin will be selling veggie plant starts for a lush winter garden. The following week, on December 1<sup>st</sup> and 2<sup>nd</sup>, Agave Pantry Owner Shazieh Gorji will offer handmade goods and sweet treats. *If you would like to buy Agave Pantry's treats (below), be sure to pre-order them in the CSA Shop this week and next. Pre-ordered treats will be available for pickup on December 1<sup>st</sup> and 2<sup>nd</sup>.*

### Agave Pantry Offerings for Pre-Order

**Agave Pantry** is a custom bakery specializing in organic, non-GMO and, when possible, local ingredients. Agave Pantry offers handcrafted baked goods, pottery, infused salts, and spice blends, along with ceremonial items influenced by daily life in the Southwest. With quality ingredients blended, baked, and fired with care, these creations evoke the desire to slow down, take a moment and enjoy simple pleasures. Shazieh Gorji intentionally combine herbs and spices—such as cumin and cardamom, rose, orange blossom, saffron, lavender and rosemary—to create flavors that will leave you marveling at the mystery on your palate.



#### Lavender Honey Caramels

Organic butter and organic lavender-infused heavy cream, local raw honey and a little organic cane sugar. The subtle notes and flavors will delight your senses. Caramels come wrapped individually in wax paper. These caramels have a wonderful shelf life if refrigerated, and will last for up to a month - if they last that long! They also make wonderful gifts.

*Dozen \$14.95; Half dozen \$8.45 (including tax)*

#### Assorted Amaretti Cookies

Gluten free almond delights, these hand-crafted Amaretti cookies come with four of each flavor for a dozen total: Cardamom Rose, Orange Blossom and Lavender. The orange blossom Amaretti cookies utilize orange zest from Tucson's Urban Grove & Tucson CSA. For ultimate freshness, please keep your Amaretti cookies in an airtight container and they will last for at least a week.

*One dozen \$16.30 (including tax)*



## **Orange Veggie Ravioli with Brown Butter Sage Sauce**

Paula Redinger, Tucson CSA

Ravioli take some work, but you can make a large batch and freeze them. It's no work at all to pull them out of the freezer at a later date! I've always used parmesan, but I think the CSA goat cheese would be lovely here. This is a very elegant way to use your squashes, pumpkins or sweet potatoes. Depending on how much filling you use for each ravioli and how large they are, this recipe makes 25-50 ravioli

Filling – combine the following:

- 1/2 cup cooked and mashed “orange veggie” (winter squash, sweet potato, pumpkin)
  - 1/2 cup grated parmesan (or you could try the CSA goat cheese!)
  - 1 egg, beaten
  - Salt and pepper to taste
- Pasta
- 6-12 oz. pasta dough OR 25-50 pre-made wonton wrappers (amount needed varies depending on how full you stuff your pasta!)
- Sauce (per person)
- 1-2 teaspoon butter
  - 3-5 sage leaves

Roll, fill and cut the stuffed pasta as you desire. Freeze extra on floured cookie sheet and store in a plastic bag. For the sauce, simply put butter and sage leaves in a small sauce pan and heat over medium heat until the butter turns golden brown and the sage leaves are crispy. Boil the ravioli gently in salted water until done. Drain well and arrange on serving platter or individual plates. Drizzle brown butter over ravioli and garnish with the crisp sage leaves.

## **Braising Greens and Rice Pilaf**

Philippe Waterinkx, Tucson CSA

- 1 bunch of braising greens (or any greens), sliced in ribbons
- 1 medium onion, sliced in rings
- 2 cloves of garlic, crushed
- 2 tablespoons oil
- 1 two-ounce can anchovies (optional)
- 1 stalk lemon grass (optional), cut in 1 inch segments
- 1/4 cup grated Parmesan cheese
- 1 cup rice
- salt and pepper to taste

Sauté the rice in 1 tablespoon of oil until it begins to puff. Add 2 cups of water, a pinch of salt and a dash of black pepper. Cover and simmer for 15-20 minutes, or until water has evaporated. Sauté the onion rings, garlic, lemon grass and anchovies in the other tablespoon of oil for 5 minutes or until onions are tender. Add greens and stir gently for another 5-10 minutes until greens are soft but still vivid green. Salt and pepper to taste. Serve on a bed of rice and sprinkle with grated parmesan.

## **Chile and Green Tomato Soup**

Sara Jones, Tucson CSA

- 2 tablespoons oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 teaspoon ground cumin
- 7-10 freshly roasted green chilies
- 2-3 green tomatoes, diced
- 4 medium potatoes, peeled and cut into 1-inch cubes
- 1 quart water
- Shredded cheddar cheese and sour cream, to garnish
- Salt, to taste

In a large soup pot, sauté onions, garlic and cumin over medium heat. When onions are soft, add green chilies and tomatoes. Simmer 10 minutes, stirring every minute or so. Add potatoes and water. Cook over medium heat until potatoes are done, 10 to 20 minutes. Add salt to taste. Puree soup, or leave chunky, as desired. Garnish individual bowls with cheese and sour cream.

## **Spaghetti Squash Salad**

Sara Jones, Tucson CSA

How about using leftover, cooked Spaghetti Squash in a salad rather than a hot dish? Because of its nice shredded texture, it works well in something akin to a coleslaw. For best results, tease the squash strands apart while the squash is still warm then set in an open container in the refrigerator to cool and dry a bit.

- 2 cups cooked spaghetti squash, pulled apart
- 2 large handfuls greens cleaned and finely chopped
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1/4 cup toasted pecans, chopped
- 1/4 cup dried cranberries, rehydrated for 15 minutes in warm water and drained
- 1/4 cup crumbled blue cheese or goat cheese
- Salt and pepper, to taste

Gently toss squash and arugula with oil, vinegar and a bit of salt and pepper. Top individual servings with a sprinkling of nuts, fruit and cheese.