



October 4, 2005 - Issue 5

Tucson Community Supported Agriculture Newsletter

Cool as a cucumber!!

FALL 05 WEEK 2 OF 10

RECIPES IN THIS ISSUE

Braising greens and rice pilaf
Baked acorn squash
Kale ribbons
Curing eggplant



UPCOMING DAY TRIP TO CROOKED SKY FARMS.

Saturday, October 29.
Details in Issue 4.



ARE YOU MISSING PAST NEWSLETTERS?

Back issues are now online.



Contact us

Philippe Waterinckx

www.tucsoncsa.org

ABUNDANT CROPS OF EARLY FALL

Tomatoes: the Celebrity tomatoes have finally arrived. Although more flavorful than the Contessa and cherry tomatoes we've had this summer, Celebrities have a shorter shelf-life and are easily bruised (they were not designed for mass agriculture and mega-grocery store distribution). When picking them up at the CSA, try handling as few of them as possible to keep them good-looking throughout the day.

Eggplant: Crooked Sky Farms grows many varieties of small finger- and egg-shaped heirloom eggplant. Many of them can be cooked fresh, but a few varieties are more bitter and benefit from being cured in salt before cooking. To determine if an eggplant is bitter, cut a small piece of it and put it on your tongue. Put the bitter ones aside for curing.

ARE YOU ON OUR E-MAIL LIST YET?

If not, join it! It help to prevent you from missing season renewal deadlines and having to pay extra to renew. Most of the TCSA members who miss the deadlines are those not on the e-mail list. You can join it via our website.

With the more comprehensive information now provided in the weekly TCSA newsletters, we have decided to discontinue our weekly emails (unless a majority of members would like to keep it that way – speak up if you do). From now on we plan on e-mailing only with special announcements, events and reminders for subscription renewal and payment deadlines.

Note: produce lists will continue to be posted online every Monday (Harvest History page) for those who wish to know what's coming (or what was there).

FAIR TRADE/ORGANIC COFFEE FOR SALE

TCSA is offering Ugly Mug fair trade/organic coffee, hot chocolate and chai. All items are \$10 each. No cut is taken by TCSA. Part of what you pay goes to **Iskash*taa**, an organization supporting the Somali Bantu refugee community in Tucson.

A limited selection of Ugly Mug products are for sale at the TCSA for walk-in purchase but more can be special ordered. Orders can be picked up at the TCSA two weeks later.

This is a trial run that will last through the Fall season. If successful, we'll continue it. If not... bye bye fair trade coffee.

NEW PUBLICATION - FROM WORLDWATCH INSTITUTE

In *Happier Meals: Rethinking the Global Meat Industry*, Worldwatch researcher Danielle Nierenberg documents the harmful effects of factory farming in both industrialized and developing countries and explains the range of consequences for the environment, human health, and communities. From transmission of disease and loss of livestock diversity to hazardous and unsanitary processing methods, this book shows clearly why factory farming is an unsafe, inhumane, and ecologically disruptive form of meat production.

On the brighter side, Happier Meals tells you how you can make a difference by supporting local, organic, or pasture-raised animal products; embracing alternative production methods; or including a few vegetarian meals a week to help ensure that meat is made better for people, the environment, and the animals themselves.

Available for \$7 at <http://www.worldwatch.org/pubs/paper/171>

BRAISING GREENS AND RICE PILAF

(Philippe Waterinckx)

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

Sauté the rice in 1 tbs oil until it begins to puff. Add 2 cups of water, 1 tsp salt and a dash of black pepper.

Cover and simmer for 15-20 minutes.

Sauté the onion rings, garlic, lemon grass and anchovies in 1 tbs oil for 5 minutes or until onions are tender.

Add greens and stir gently for another 5-10 minutes until greens are soft.

Salt and pepper to taste.

Serve on a bed of rice and sprinkle with grated parmesan.

BAKED ACORN SQUASH

(reluctantgourmet.com)

1 Acorn Squash, halved
2 pats of butter
2 teaspoons of honey or maple syrup
2 tablespoons of brown sugar
Salt & pepper

Scoop the seeds out of each half with a spoon.

Add 1 pat of butter, 1 teaspoon of honey or maple syrup, 1 tablespoon of brown sugar, salt and pepper to the hollow scoop of each half.

Place upright on a greased cookie sheet and roast for 20 to 30 minutes or until tender when flesh is poked with a fork.

This is a delicious, quick and easy side dish that is great anytime of the year.

KALE RIBBONS

(Chef Stephanie Green)

1 tablespoon olive oil
2 cloves garlic, finely chopped
24 Tuscan kale leaves cut into ribbons
1-2 tablespoons fresh lemon juice
Salt and black pepper, to taste

In a large sauté pan, heat olive oil over medium heat.

Add garlic and cook for about 1 minute.

Add kale and cook for about 2-3 minutes, stirring frequently; kale will become tender with a bright green color.

Add lemon juice and cook for 1 more minute.

Season to taste with salt and black pepper.

CURING EGGPLANT

(Science of Cooking)

If you are worried that the eggplant might be bitter, slice or cube it, then salt it liberally and allow it to drain for an hour or so [in a colander] before cooking. Putting salt on the eggplant triggers osmosis, which draws out excess moisture and the bitterness along with it. Remove any excess salt by wrapping the eggplant in a kitchen towel and pressing on the slices or cubes, which removes even more water. Pressing the eggplant also collapses some of the eggplant's air cells, so it absorbs less oil if it's sautéed.

Note: even non-bitter eggplant will get bitter with age. So, eat your fresh sweet ones as soon as possible.