



November 1, 2005 – Issue 9

# Tucson Community Supported Agriculture Newsletter

*Know where your food comes from*

**FALL 05  
WEEK 6 OF 10**

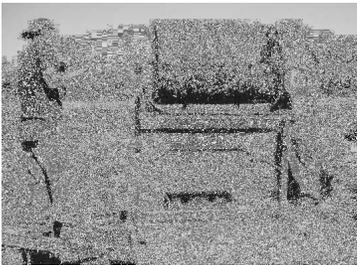
## RECIPES IN THIS ISSUE

Slow Cooker Mediterranean Stew  
Fried Okra  
Barbecued Okra

## NICE DAY AT THE FARM



Frank talking to CSA members



Roasting chilies



Okra in bloom

## TCSA Contact

Philippe Waterinckx  
[www.tucsoncsa.org](http://www.tucsoncsa.org)

## GOAT CHEESE, EGGS AND HONEY

Some members have asked if they could buy local organic goat cheese, free range eggs and honey through the TCSA. We could provide them. Before we do, we would like to roughly gauge the demand among our members. If there is sufficient interest, we'll talk to the suppliers and get back to you with specific plans and prices. Prices may depend on the quantities we buy.

If you are interested in one or more of these products, let Philippe know.

Approximate prices would be:

- goat cheese: \$4-5 per 6-oz log (from award winner Black Mesa Ranch)
- eggs: \$2-3 per dozen
- honey: \$5-6 per pint

## TALK ON BIOTECHNOLOGY, GLOBALIZATION AND THE FUTURE OF OUR FOOD

When: Tuesday, November 8 at 7pm

Where: AME Building, Room 202 (NE corner of Mountain and Speedway)

Brian Tokar, director of the Biotechnology Project at the Institute for Social Ecology in Vermont, will speak at the University of Arizona Tuesday, November 8, 2005 at 7pm in the Aerospace and Mechanical Engineering (AME) Building, Room 202. He will speak on "**Gene Traders: Biotechnology, Globalization and the Future of our Food.**"

The central theme of the talk is that genetic engineering (GE) technology in agriculture concentrates power over the food supply and public health with negative social consequences. Global trade agreements, international financial institutions, governments, and agribusiness corporations further this development. Brian Tokar will discuss the hazards posed by genetic engineering, examine the interests furthered by this technology, and describe ways that people around the world are improving nutrition and medicine more effectively.

**FRIED OKRA**

8 oz okra  
1 cup corn or wheat flour  
1 egg  
1 cup ice cold water  
oil for frying

Wash and trim okra. In a large bowl, whisk egg until frothy, add flour and water, and whisk together (until batter is also frothy).

Heat the oil in a large frying pan, dip okra in batter, cook in oil for 1-2 minutes (or until lightly brown).

Drain on absorbent paper and serve with lemon wedges and salsa.

**BARBECUED OKRA**

(foodnetwork.com)

1 teaspoon salt  
1 teaspoon paprika  
1 teaspoon sugar  
1 teaspoon ground coriander  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon cayenne pepper  
1/4 teaspoon celery seed  
1 pound fresh okra  
1 tablespoon unsalted butter, melted, or olive oil

Preheat the grill to high.

Place the salt, paprika, sugar, coriander, black pepper, cayenne, and celery seed in a small bowl and stir to mix.

Rinse the okra under cold running water and blot dry with paper towels. Trim the tips off the stem ends of the okra but do not cut into the pods. Place the okra in a large mixing bowl, add the butter and toss to coat. Add the rub mixture and toss to coat.

When ready to cook, arrange the okra on the hot grate so that they are perpendicular to the bars or you may wish to skewer 4 or 5 pods side by side with bamboo skewers (that have been soaked in water) to keep any stray okra from falling through the grates and into the fire. Grill the okra until nicely browned, about 2 to 4 minutes per side, turning with tongs as needed. Transfer the grilled okra to a platter or plates and serve immediately.

**SLOW COOKER MEDITERRANEAN STEW**

(Maggie Newman, adapted from allrecipes.com)

A nice hearty stew that is wicked easy. Prep Time: approx. 30 Minutes.

Cook Time: approx. 10 Hours. Ready in: approx. 10 Hours 30 Minutes.

Makes 10 servings.

1 butternut squash - peeled, seeded, and cubed  
2 cups cubed eggplant, with peel  
2 cups cubed zucchini  
1 (10 ounce) package frozen okra, thawed  
1 (8 ounce) can tomato sauce  
1 cup chopped onion  
1 ripe tomato, chopped  
1 carrot, sliced thin  
1/2 cup vegetable broth  
1/3 cup raisins  
1 clove garlic, chopped  
1/2 teaspoon ground cumin  
1/2 teaspoon ground turmeric  
1/4 teaspoon crushed red pepper  
1/4 teaspoon ground cinnamon  
1/4 teaspoon paprika

In a slow cooker, combine butternut squash, eggplant, zucchini, okra, tomato sauce, onion, tomato, carrot, broth, raisins, and garlic. Season with cumin, turmeric, red pepper, cinnamon, and paprika.

Cover, and cook on Low for 7 to 9 hours, or until vegetables are tender.