



November 22, 2005 – Issue 12

Tucson Community Supported Agriculture Newsletter

Happy Thanksgiving

**Fall 05
Week 9 of 10**

Recipes in this Issue

Not-So-Sweet Potato Casseroles
Spaghetti with Overgrown
Arugula and Ricotta
Coo-Coo from Barbados (okra
recipe)



Free-range, Black Mesa Ranch Nubian goats graze on 280 acres of diverse, chemical-free, high-desert property, eating whatever they are interested in at the particular time. These grasses are the bulk of their sustenance.

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www.tucsoncsa.org

Fri., Dec. 2: Winter Subscription Payment Deadline

12-week winter session (Dec. 6-Feb. 28; no delivery on Dec. 27):

- 1 x \$204 payment
- 2 x \$104 payment
- 3 x \$70 payment



Tues., Nov. 22 and 29: Sign Up for Your Winter Session Cheese Subscription (deadline to benefit from full season rate is Dec. 2)

Sign up for your cheese subscription during pickup on Nov. 22 and 29. Choose one or more flavors and customize your subscription: Plain, Herb, Chipotle, and Jalapeno.

- \$30 for 6 logs (one 6-oz. log every other week)
- \$50 for 12 logs (two 6-oz. logs every other week)
- \$70 for 18 logs (three 6-oz. logs every other week)



Tues., Nov. 29: David Heininger of Black Mesa Ranch

Sample BMR's award-winning farmstead artisan goat cheese and homemade candy, ask questions, and meet the rancher during the morning and afternoon pickups. Learn more about Black Mesa Ranch in the meantime at www.blackmesaranchonline.com.

Fri., Nov. 25, 8 am – 2 pm: Recycle Your Thanksgiving Turkey Cooking Grease

Grecycle, Pima County Waste Water Management, and the Tucson Regional Clean Cities Coalition are hosting the recycling drive at two locations:

- 3390 N Richey (at Kleindale, 3 blks N of Ft. Lowell, 5 blks E of Country Club)
- O'Rielly Chevrolet, 6160 E Broadway (just west of Wilmot)

The grease will be processed into clean, renewable, domestically produced biodiesel fuel. Read more at www.grecycle.com. Year-round drop-off locations are available at:

- Originate Natural Building Materials Showroom, 526 N Ninth Ave.
- Tania's, 614 N Grande Ave.

Fri., Nov. 25: The Future of Food Opens at the Loft Cinemas

Genetically engineered corn and canola have quietly slipped into over half the food on US grocery shelves over the past decade. This 90-minute documentary examines the consequences of our food choices and the controversy over unlabeled, patented, genetically modified foods. The film features interviews with farmers negatively impacted by this new technology and discusses the health implications of introducing genetically altered crops into our food supply. Filmed in the US, Canada, and Mexico, *FOF* examines the complex web of market and political forces that is changing what we eat as huge multinational corporations seek to control the world's food system and explores alternatives to large-scale industrial agriculture. Visit www.thefutureoffood.com and www.loftcinema.com and read the SF Chronicle review at www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2004/11/07/lvg709k7mv1.dtl.

Sweet Potato Casserole with Ginger

CooksIllustrated.com

Many people call sweet potatoes *yams*, although the true yam, a tropical vegetable, is seldom seen outside of Latin markets. What many people call *yams* are, in fact, the paler, drier-fleshed sweet potatoes. Both vegetables, however, are delectable sweet-fleshed tubers.

3 lbs. sweet potatoes (about 6 medium), peeled, halved lengthwise, and cut crosswise into ¼-inch slices
6 tbsp. unsalted butter, melted
2 tbsp. honey
3 tbsp. molasses
1 tbsp. grated fresh ginger or 1 tsp. powdered ginger
¾ teaspoon table salt
¼ teaspoon cayenne pepper
1-1/2 tablespoons cornstarch

1. Preheat oven to 375°F. Bring water to boil and parboil sweet potato slices over high heat until bright orange and the point of a paring knife easily pierces but does not break apart a few slices, 4 to 5 minutes. Drain potatoes and turn into buttered 13-by-9-inch baking dish.

2. Whisk melted butter, honey, molasses, ginger, salt, and cayenne in small bowl. Mix cornstarch with 2 tbsp. cold water until totally smooth, then whisk into butter mixture; pour over sweet potatoes and toss to coat well.

3. Cover dish tightly with foil and bake until liquid is bubbly, about 50 minutes. Remove foil, stir potatoes gently, and bake until liquid thickens to glaze potatoes, about 20 minutes longer. Serves 8 to 12.

Variations:

Maple Sweet Potato Casserole: Substitute 5 tablespoons maple syrup for honey and molasses above.

Orange Sweet Potato Casserole: Add 4 teaspoons grated orange zest to first part of Step 2 above.

Lemon-Bourbon Sweet Potato Casserole: Add 3 tbsp. lemon juice to Step 2 and ¼ cup bourbon to cornstarch.

Pecan-Topped Sweet Potato Casserole: Whisk together 6 tbsp. brown sugar and ¼ cup unbleached all-purpose flour. Add 4 tbsp. unsalted butter and toss to coat; pinch between fingertips until mixture is crumbly and resembles coarse cornmeal. Stir ½ cup chopped pecans into mixture; cover and refrigerate. After baking 50 minutes, sprinkle cold topping over potatoes.

Spaghetti with Overgrown Arugula and Ricotta

Adapted from Deborah Madison's Local Flavors

Big, overgrown arugula leaves can be too spicy to enjoy in a salad and the stems too stringy to eat, but the leafy material can be plucked from the stems and cooked.

sea salt and freshly ground pepper
½ pound whole wheat spaghetti
½ pound mature arugula
3 tablespoons olive oil plus extra virgin to finish
1 plump garlic clove, chopped
several pinches red pepper flakes
½ cup walnuts, toasted and chopped
½ cup ricotta or fresh mozzarella
freshly grated Parmesan cheese

1. Bring water to a boil, add salt and spaghetti, and cook until al dente; drain. While spaghetti cooks, stem arugula, chop coarsely, and wash. Do not dry.

2. Warm oil in large skillet with garlic and pepper flakes. Cook over medium heat until garlic turns light gold, a minute or so, then add arugula with water clinging to leaves. Season with a few pinches of salt and cook until wilted and tender, about 3 minutes. Add cooked spaghetti directly to pan, then toss with walnuts, ricotta or mozzarella, and grated cheese. Season with pepper and serve drizzled with extra virgin olive oil.

Coo-Coo from Barbados

Adapted from Elisabeth Lambert Ortiz's The Complete Book of Caribbean Cooking and contributed by CSA member Amy Schwemm (thank you, Amy!)

Basically polenta with as much sliced okra as you like. Good pan-fried the next day.

6 or more small, young okra
3 cups water
1 cup yellow cornmeal
3 tablespoons butter (optional)
salt to taste

Wash okra, cut off the stems, and slice into ¼-inch slices. Bring water to a boil, add salt and okra, and cook for 5 minutes. Whisk in cornmeal in a slow stream. Cook, stirring to prevent sticking, until thick and smooth, about 5 minutes. Serve hot with butter.



"There are two spiritual dangers in not owning a farm. One is the danger of supposing that breakfast comes from the grocery, and the other that heat comes from the furnace."-- Aldo Leopold, A Sand County Almanac