



Tucson Community Supported Agriculture Newsletter

September 12, 2006 – Issue 53

Fall 06
Week 2 of 13

This Week's Harvest

Sweet potatoes
Trucker's Delight sweet corn
Melon
Green beans
Tomato and cucumber
Roasted AZ-20 green chiles
Parsley
Freshly harvested dry pinto beans

Recipes

Pinto Beans
Chipotle Mashed Sweet Potatoes
Persillade/Gremolata
Sweet Potato Frites
Spiced Sweet Potato Kebabs



Trudy, queen of the Black Mesa Ranch goat herd, is the star of an article about Black Mesa Ranch in the September issue of *Northern Arizona Living* magazine. You can read the entire article at www.namlm.com.

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We welcome your questions, comments, and suggestions.

www.TucsonCSA.org

TCSA to Offer Cooking Class on Saturday, September 30

On **Saturday, September 30**, Sara Jones, our Tuesday-morning volunteer, will host a cooking class designed especially for CSA members. The class will demonstrate how to create meals using our season farm produce. The goal of the class is to help participants grow more comfortable exercising their own creativity to adapt recipes and to create new recipes that accommodate the seasonal variation of produce. Basic techniques for handling fall vegetables, such as eggplant, chiles, winter squash, and cooking greens, will be included, along with detailed recipes and samples.

Sara has a great deal of experience cooking fresh produce from the several years she has spent working on farms, and she is looking forward to sharing her experience with the rest of us. (She's already provided loads of help to your newsletter editor newbie, so I encourage you to attend!) ☺

Date and Time: Saturday, September 30, 2:30 to 5:00 pm

Location: St. Mark's Presbyterian Church, 3809 East Third Street (near Speedway and Alvernon)

Cost: \$10 to \$15 (sliding fee, based on need)

To Register: Call Sara at **624-1157**.



CSA Taking Orders for Beefalo

The visit to Estancia Farm in Dragoon on Sunday, September 10 was a resounding success—Kim Webber was thrilled to see such a big turnout. Members walked home with grocery bags full of pounds of fresh apples and pears. Kim was also pleased that members had such a huge interest in his grass-fed beefalo. A **beefalo** is a cross-breed of domestic cattle and Bison (American Buffalo). The beef from beefalo has more protein than beef from ordinary cattle, and it has fewer calories and significantly lower levels of both total fats and saturated fats. You can learn more at www.ababeefalo.org.

If you are interested in ordering beefalo from Estancia Farm, please place a **\$20 deposit** with Philippe by **September 19**. The meat comes in 8-pound frozen packs that typically include about 2 pounds of ground meat, 2 pounds of stew meat, 2 pounds of steaks, and 2 pounds of roast. The total cost usually works out to \$5.50 per pound, and you should receive your beefalo by late September or early October.

Tomato Update

Today's introductory tomato is just the first tomato of the second tomato season of the summer. Get ready for more tomatoes in the weeks to come.

Temporary Egg Shortage

The rains are causing our hens to lay less, so please bear with us in these times of shortage. The hens should start laying again soon, we hope!

Pinto Beans



Indian and Spanish cooks in the old Southwest all relied on large amounts of various dried beans, but there are fewer varieties of beans in the modern Southwestern diet than in the past. The most common bean is the pinto bean. Its name means “painted” in Spanish, referring to the mottled brown-and-tan coloring of the raw bean. Freshly harvested pinto beans are not to be missed! Even though they will keep, we encourage you to use them now—their flavor will be simply outstanding.

Pinto Beans

2 cups pinto beans, sorted and soaked
 ½ cup chopped onion
 1 dried chile, optional
 Salt

Put the beans in a soup pot, cover them with 2 to 3 quarts water, and boil hard for 10 minutes. Remove any scum, then add the onion and chile. Lower the heat and simmer, partially covered, until they’re partially tender, 30 to 45 minutes. Add 1-1/2 teaspoons salt and continue cooking until they’re soft, 15 to 30 minutes more. Serve them with a little of the broth. Leftover beans should not be allowed to sit around for very long, since they turn sour rather quickly.

Chipotle Mashed Sweet Potatoes

Chad Weiler, TCSA member

The sweetness of the potatoes, the heat and smokiness of the chiles, and the tang of the goat cheese are a wonderful combination. I recommend leaving the potato skins on for maximum flavor, not to mention their nutritional value.

4 medium sweet potatoes or 2 large, cut into cubes
 4 ounces plain or chipotle goat cheese (if using chipotle goat cheese, no need for chiles and adobo below)
 1-2 chipotle chiles in adobo, chopped fine, plus 2 teaspoons adobo sauce, or 1-2 roasted chiles, sliced in thin strips
 2 tablespoons butter
 ¼ cup milk
 Salt and pepper to taste

1. Boil the potatoes in salted water until fork-tender and then drain. To avoid runny mashed potatoes, after you drain the potatoes, return them to the pot over high heat and boil off any excess water. But be vigilant, or you’ll scorch your potatoes! The water is gone when the hissing stops, usually in 2 to 5 minutes.
2. Place the potatoes and all of the ingredients in a bowl (except roasted chiles, if you are using those) and mash with a potato masher or electric mixer. If using roasted chiles, mash into potatoes after potatoes have already been mashed (otherwise, you’ll lose their flavor).
3. Season with salt and pepper and add more milk if the consistency is not what you desire.

Parsley



Parsley is more than just a visual garnish: it adds a fresh, clean taste that provides a lift to long-cooked flavors. The two classic chopped parsley garnishes are the French *persillade*, the mixture of finely chopped parsley and garlic, and the Italian *gremolata*, which is the same mixture plus lemon zest. A persillade added for the last few seconds to a dish of sautéing potatoes releases an explosion of parsley and garlic aroma. A gremolata is good with all kinds of dishes, including meats, soups, salads, grains such as rice, or even mashed potatoes.

Persillade/Gremolata

Gourmet magazine, March 1997 (www.epicurious.com)

2 tablespoons finely chopped fresh parsley leaves
 1 teaspoon minced garlic (about 1 large clove)
 1 teaspoon freshly grated lemon zest (optional)
 Salt and freshly ground pepper to taste

In a small bowl, stir together ingredients and season with salt. To make gremolata, add lemon zest. Makes about 3 tablespoons.

Sweet Potato Frites

Lorraine Glazar, TCSA member

This recipe is fast and easy, and makes a great side dish with grilled foods. My sons like them with hamburgers.

1 small sweet potato per person
 1 teaspoon melted butter
 ½ teaspoon red chili powder (or cumin, for milder flavor)
 Salt to taste

Scrub the skin of the sweet potato thoroughly. Cut into lengthwise sticks, as for French fries. Toss in the melted butter and place in a single layer on a cookie sheet. Sprinkle with spice and salt. Bake at 425° for 20 minutes.

Spiced Sweet Potato Kebabs

Chad Weiler, TCSA member

3 medium or 1 large sweet potato, cut into 1- to 2-inch cubes
 1 tomato, cut into 1- to 2-inch cubes
 1 teaspoon ground cardamom
 1 teaspoon ground cinnamon
 ¼ cup olive oil
 Salt and pepper to taste

1. Boil potatoes in salted water until fork-tender and drain.
2. Place potatoes and tomato in a bowl and drizzle with olive oil. Add spices, and season with salt and pepper.
3. Skewer and grill over medium heat for approximately 10 to 15 minutes, until starting to brown. If you don’t have a grill, you might try roasting the potatoes in the oven at 400 degrees for 20 to 30 minutes.