



Tucson Community Supported Agriculture Newsletter

September 19, 2006 – Issue 54

Fall 06
Week 3 of 13

This Week's Harvest

Acorn squash
Trucker's Delight sweet corn
Tomatoes
Cucumber
Bell pepper
Roasted AZ-20 green chiles
Okra
Braising greens (kale)
Garlic

Recipes

Braising Greens with Lemon and Garlic
Salad Relish of Okra, Corn, Chile, and Herbs
Baked Acorn Squash



Kelsey, from Crooked Sky farms, roasting green chiles

TCSA Coordinator

Philippe Waterinckx

Newsletter Editor

Christa Selig

We welcome your questions, comments, and suggestions.

www.TucsonCSA.org

TCSA to Offer Cooking Class on Saturday, September 30

Get your aprons out! Join Sara Jones, our Tuesday-morning volunteer, on **Saturday, September 30**, for 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** or sign up at the CSA during pickup.

Estancia Farm Hosting U-Pick Day Every Sunday Through November

Kim Webber of Estancia Farm in Dragoon is opening up his orchard to the public all day every Sunday, 8 am to 5 pm, until the end of the fruit season in mid- to late November. Visitors can pick their own apples and pears and purchase the farm's own apple cider (which is unpasteurized and frozen). Tell Farmer Kim you're a Tucson CSA member to get a discount. Directions to the farm can be found online in Newsletter No. 52.

Hygiene Standards at Crooked Sky Farms

After the recent bagged-spinach E. coli outbreak that just hit the country, some of you have likely wondered about cleanliness standards at Crooked Sky Farms. Two things to note: (1) Farm workers have access to their own full bathroom at the farmhouse, which is adjacent to the field. The bathroom includes a shower, bathtub, washbasin, and toilet. (2) Farm workers wear latex gloves while picking and handling produce.

Acorn Squash Tip

Another great addition to acorn squash, after baking or steaming it, is to add a dollop of pesto to the cavity. This is a great idea if you've taken our advice about making basil and other greens into pesto for long-term storage!

Braising Greens



Signs of fall begin to appear in our shares this week with the appearance of braising greens. Not only are they nutritional powerhouses (they're a great source of calcium, iron, folic acid, vitamins A and C, and fiber), they also offer a great bouquet of flavors that people aren't normally used to

savoring. Though they can be eaten raw, cooking them helps to mellow their strong, assertive flavors, resulting in tender, succulent greens with a flavorful bite. **Braising** refers to a cooking method in which tough cuts of meat or vegetables are nearly submerged in liquid and slowly simmered until tender. Most greens, however, need only a brief sauté with a little extra-virgin olive oil and garlic to render them tender and delicious. Because they're mostly water, greens will shrink considerably when cooked. Greens may not be glamorous, but they are easy to prepare, inexpensive, healthy, and delicious.

Braising greens are surprisingly versatile. Here are some ideas how to use your bunch this week:

- Toss a couple of handfuls of braising mix into a stir-fry.
- Cook some diced bacon until crispy, sauté some onion in a tablespoon of the bacon grease, then add the greens, cook them until they're wilted, and toss with pasta and freshly grated Parmesan cheese.
- Toss some chopped braising greens into soup or a frittata.
- Serve them sautéed with pancetta, pine nuts, and golden raisins and heaped atop crusty toasted or grilled bread rubbed with garlic.
- Braising greens also make for a more unusual, pungent salad base than standard lettuce or mesclun mixes. Be sure to balance their slight bitterness with contrasting or sweet flavors such as persimmon, apple, pear, baby beets, citrus, a vinaigrette spiked with honey or a syrupy balsamic vinegar.

Braising Greens with Lemon and Garlic

1 bunch braising greens ¼ teaspoon salt
1 tablespoon extra-virgin olive oil Juice of ½ lemon
1 clove garlic, grated or minced

Place the greens in a large bowl of cold water. Heat a large skillet or sauté pan over medium heat and put the greens, undried and dripping with water, in the pan. Reduce the heat to medium-low, cover, and cook for about 2 minutes. Uncover the pan. The greens should be wilting and there should be liquid in the pan. If not, add ¼ cup water. Cover and continue to cook until the greens are thoroughly wilted but still bright green and colorful, about 6 minutes.

Pour off any liquid and add the olive oil, garlic, and salt. Increase the heat to medium-high, stirring to coat the greens with the oil, and cook off excess liquid, 1 to 2 minutes. Add the lemon juice, which will sizzle, then transfer the greens to a serving dish. Serve immediately, piping hot.

Salad-Relish of Okra, Corn, Chile, and Herbs

1 or more roasted chiles, chopped, to taste
3 tablespoons red wine vinegar
½ teaspoon sugar
½ teaspoon salt
Pepper
3 tablespoons olive oil
½ to 1 teaspoon minced oregano or savory
2 ears corn, husked
15 okra
¼ cup chopped parsley
¼ cup slivered basil leaves

1. Combine vinegar, sugar, salt, pepper, and oregano in a small bowl. Whisk in olive oil.
2. Set corn on a steamer rack over boiling water and cook, covered, until tender, about 5 minutes. Set aside to cool.
3. Arrange okra on steamer rack, cover, and cook until not quite tender, about 3 minutes. Drop into ice water, then drain and dry well.
4. Cut corn kernels from cobs. Cut okra into thin slices, discarding caps.
5. Combine okra, corn, and chile, and toss with dressing. Toss with parsley and basil.

Baked Acorn Squash

Acorn squash are another early harbinger of fall, arriving earlier than you might guess. They are good for stuffing with either an apple/raisin mixture, or just a basic pesto sauce.

1 acorn squash, cut in half lengthwise and seeded
Vegetable oil
Salt and freshly ground black pepper to taste
1 tablespoon butter, softened

1. Heat oven to 400 degrees. Slice off just a sliver of the outside skin of each squash so they will sit flat. Lightly grease a roasting pan with vegetable oil. Add the squash, cut-side down. Bake for 35 minutes.
2. Remove pan from oven, turn squash cut-side up, and fill (see variations below), or simply season with salt and pepper and ½ tablespoon of butter to each half. Bake for an additional 10 minutes or until the flesh is fork-tender all the way through.

Apple, Walnut, and Raisin Variation

In a small bowl, mix the tablespoon of softened butter called for in the master recipe with ¼ cup chopped walnuts, 1 cup diced apple, 1-1/2 tablespoons dark brown sugar, and 1 tablespoon dark raisins. Bake squash halves as directed in Step 1, remove from oven, season each half liberally with salt and pepper, fill, and bake an additional 15 minutes.

[More recipes on our website](#)