



Tucson Community Supported Agriculture Newsletter

October 3, 2006 – Issue 56

Fall 06
Week 5 of 13

This Week's Harvest

Summer squash
Bermuda onions
Roasted chiles
Bell peppers
Arugula
Apples
Potatoes
Sweet potatoes

Recipes

Spaghetti with Arugula and Goat Cheese
Tex-Mex Summer Squash Casserole
Chiles Rellenos with Salsa



Newly harvested Bermuda onions

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We welcome your questions, comments, and suggestions.



New for Fall: Bermuda Onions

With the onset of fall, this week we're seeing Bermuda onions in our shares for the first time, instead of the Texas 1015Y sweet onions we've been enjoying all summer. The Bermuda onions we receive from Farmer Frank, with their flat, saucer shape, aren't favored by commercial growers because of their low yields compared to the New Mexico and Texas Granos and Granex varieties. The Bermuda is a short-day onion that stores well, however. "Short-day" refers to the hours of daylight required to initiate bulbing. These onions start to develop bulbs when the weather is cool and days are 11 to 12 hours long. Bermuda onions can be red, white, or yellow.

A note about mold: Farmer Frank stores his harvested onions in a dry and shaded outdoor area. Unlike commercial growers, Farmer Frank does not spray his onions with fungicides, so it is possible for them to develop a moldy outer layer. It is harmless, however, and does not affect the quality and flavor of the interior. Just peel off the outer layer and wash the onion before using. To help prevent mold, do not store onions in the refrigerator.

Crooked Sky Farms Busy with Fall Planting

Farmer Frank and Kelsey have been busy planting at the farm for the past two weeks. Here's what we have to look forward this fall and winter:

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| White Swiss Chard | Tango | Southern Giant Curled Mustard |
| Red Swiss Chard | Minutina | Florida Broadleaf Mustard |
| Yellow Rutabaga | Shungiku | Red Russian Kale |
| Carrots | Arugula | |
| Kohlrabi | Mizuna | |
| Leeks | Purple Osaka Mustard | |
| Green Onions | Purple-Top White Globe Turnips | |
| Radishes | Hakurei Turnips | |
| Dill | Cucumber | |
| Endive | Purple Queen Garlic | |
| Watercress | I-toi Onions | |
| Daikon Radish | Parsley | |
| Collards | Yellow Crookneck Squash | |
| Kale | Early White Bush Scallop (Pattypan) Squash | |
| Dandelion | | |
| Mache | | |
| Zucchini: Goldbar, Grey, Green, Golden | | |
| Beets: Chioggia, Detroit Red, Golden Burpee, Bull's Blood | | |
| Lettuce Mix: Romaine, Red Romaine, Green Salad Bowl, Red Salad Bowl | | |

We'll be writing more about them as they begin to appear in our shares.

Arugula



A friend of mine, recently deprived of his spinach at Trader Joe's, tried arugula instead, and discovered, quite to his surprise, what an interesting and flavorful green it truly is. With the temperatures starting to cool down, we're going to start seeing more greens appear in our shares.

Young, tender, small arugula leaves make a peppery addition to salads and on sandwiches. Larger, more mature leaves tend to be too spicy to enjoy on their own, but are tasty wilted with olive oil and garlic and tossed with pasta, cheese, and walnuts.

Spaghetti with Arugula and Goat Cheese

Christa

½ pound spaghetti (I like whole-wheat)
Salt and pepper to taste
1 bunch mature arugula
3 tablespoons olive oil, plus extra to finish
1 plump garlic clove, chopped
Several pinches of red pepper flakes (optional)
½ cup walnuts, toasted and chopped
½ cup goat cheese

1. Get plenty of water for the pasta. When it comes to a boil, add salt to taste and add the spaghetti. Cook until al dente (still a little firm, not completely mushy) and drain. While the spaghetti is cooking, stem the arugula, chop coarsely, and wash but do not dry.
2. Warm the oil in a large skillet with the garlic and pepper flakes. Cook over medium heat until the garlic turns light gold, a minute or so, then add the arugula with the water clinging to its leaves. Season with a few pinches of salt and cook until wilted and tender, about 3 minutes. Add the cooked spaghetti directly to the pan, then toss with the walnuts and goat cheese. Season with pepper and serve with a little more olive oil drizzled over the top.

Tex-Mex Summer Squash Casserole

Lyn Hart, TCSA member (adapted from www.EatingWell.com)

2-1/4 pounds summer squash, quartered lengthwise and thinly sliced crosswise (about 10 cups)
2/3 cup finely chopped yellow onion
2 to 3 tomatillos, chopped
About 2 cups drained and rinsed pinto beans
8 ounces chopped roasted green chiles
½ teaspoon salt, or to taste
2-1/4 cups grated extra-sharp Cheddar cheese (about 7 ounces, divided)
1/3 cup flour
¾ cup salsa
4 scallions, thinly sliced, for garnish
¼ cup finely chopped red onion, for garnish

Sour cream or Greek yogurt, for topping
Chopped avocado, for topping

Preheat oven to 400° and oil a 9 x 13 pan. Combine squash, onion, tomatillos, beans, chiles, salt, and ¾ cup cheese in a large bowl. Sprinkle with flour, and toss to coat. Spread mixture in the oiled pan, and cover with foil. Bake casserole until it is bubbling and the squash is tender, about 35 to 45 minutes. Spoon salsa over casserole, and sprinkle with remaining 1-1/2 cups cheese. Return to oven uncovered and bake until golden, 20 to 25 minutes. Sprinkle with scallions and red onions, and serve. Top individual portions with sour cream or yogurt and chopped avocado, if desired.

Chiles Rellenos

Amy Schwemm, TCSA member and volunteer
(from Amy's grandmother and great-grandmother!)

12 long green chiles, roasted and peeled (leave stems attached)
4 eggs, separated
½ pound ground beef, cooked and seasoned with garlic, onion, and salt (for a vegetarian version, try substituting seasoned or cheesy mashed potatoes)
3 tablespoons flour, plus ¼ cup for dredging
Dash of salt
Cooking oil, such as canola

Make one slit down each chile and remove as many of the seeds as you can easily can (it's better not to rinse them out, as you'll wash away the flavor of the chile). Leave the stem attached for a handle. Lightly coat the outsides of the chiles with flour and stuff with filling. With an electric mixer, beat the egg whites until you get soft peaks. Fold beaten egg yolks into the egg whites. Add 3 tablespoons of flour and a dash of salt, mixing thoroughly but gently. Heat about 2 inches of oil in a small heavy pan. Dip the stuffed chiles into the egg batter and transfer to hot oil with a generous amount of batter. Spoon extra batter onto uncovered portions of the chile: if there are parts of chile without batter, the chile will splatter more when it is flipped. Cook on both sides until golden brown and batter is cooked. Drain on paper towels and eat immediately. Serve with plenty of cool or room-temperature salsa (see below), especially if the chiles are very spicy, and rice and beans or lentils.

Salsa

15 ounces canned or fresh tomato, chopped
2 generous pinches of crushed, dried oregano, Mexican or Greek
1 or 2 small cloves of garlic, crushed
Salt and pepper to taste
2 to 3 tablespoons oil

Combine all ingredients. Pass the salsa with the chiles, spooning it over them only just before eating.