



Tucson Community Supported Agriculture Newsletter

October 9, 2006 – Issue 56

Fall 06
Week 6 of 13

This Week's Harvest

Apples
Potatoes (Yukon Gold/Red LaSoda mix)
Braising mix (young arugula, mizuna, and mustard greens)
Choice of winter or summer squash
Herbs (choice of parsley, basil, lemongrass, cilantro)
Green beans
Roasted chiles
Okra

Recipes

Quick Pickled Okra
Chile and Cheese Soup
Baked Apples
Apple Chips
Chile Relleno "Soufflé"



Newly harvested crops along Farmer Frank's fields

TCSA Coordinator
Philippe Waterinckx

Newsletter Editor
Christa Selig

Crooked Sky Farms to Host Pumpkin Patch October 21-31

Crooked Sky Farms will host a **free** Pumpkin Patch event from October 21-31. There will be pumpkins, gourds, corn stalks, hay bales, produce photo-boards, a pumpkin-ometer, and more! Dates and hours are as follows:

Saturday, October 21	3:00 to 8:00 pm
Sunday, October 22	3:00 to 8:00 pm
Monday, October 23	Closed
Tuesday, October 24	Closed
Wednesday, October 25	3:00 to 8:00 pm
Thursday, October 26	3:00 to 8:00 pm
Friday, October 27	3:00 to 8:00 pm
Saturday, October 28	8:00 am to 8:00 pm
Sunday, October 29	10:00 am to 6:00 pm
Monday, October 30	3:00 to 8:00 pm
Tuesday, October 31	3:00 to 8:00 pm



Crooked Sky Farms is located at 5835 North 83rd Avenue in Glendale, Arizona, on the southeast corner of 83rd Avenue and Bethany Home Road. There is limited parking available along 83rd Avenue, on the east side of the farm—we recommend carpooling.

Crooked Sky Farms Open Day on Saturday, October 28

From **8:00 am to 1:00 pm** on Saturday, October 28, you'll have the opportunity to meet master gardener Farmer Frank Martin in person at Crooked Sky Farms, if you haven't done so already. Farmer Frank will give you a tour of his fields, stopping by each crop, sharing with us wonderful stories and insights about each vegetable. Frank always welcomes curiosity and questions about how our food is grown.

Your newsletter editor can tell you from personal experience that making a trip to the farm makes a difference. You'll never look at your food the same way again once you've harvested some of it yourself in person and listened to Frank's stories. I walked away last year with a bag-load of summer squash, okra, eggplant, greens, and freshly roasted chiles. The picturesque varieties of eggplant that Frank grows are just amazing, and I came away with a much better appreciation for the intimacy that Frank has with his crops that I had ever realized before.

We encourage you to take advantage of this opportunity to visit the farm. Wear comfortable clothes and good walking shoes, bring water and sun protection, and don't forget your hemp CSA bag! Directions to the farm are above.

Don't know what to do with your Lemongrass? Check our online recipes. Try a delish Lemongrass Lemonade, or a Thai Lemongrass Soup.

Quick Pickled Okra

Lorraine Glazar, TCSA member

I love okra, but occasionally, we don't really get enough to make a full side dish out of it. So the last time we received okra, I pickled it. It took me all of about **15 minutes!** The ruby-red okra looks great pickled, and I know I will have an interesting snack to share the next time my neighbors stop by.

1 jar
Enough okra to fit in jar
1 clove garlic, peeled
About 1 cup cider vinegar or white vinegar
1 teaspoon salt
½ teaspoon mustard seeds
½ teaspoon cumin seeds
1 small Jalapeño or dried hot pepper or ½ teaspoon red pepper flakes

Heat 2 cups of water to boiling, and remove from heat. Scald the jar by pouring the water to halfway up the jar, then (using a potholder to hold the jar) swirling the water around inside; then empty. Place the okra in the remaining water along with the garlic clove and Jalapeño, if using, for 1 minute; then drain.

Make a solution of two parts vinegar to one part water. Heat to boiling and dissolve the salt in the liquid. Place the okra in the jar (it looks very nice if you line the okra up going all in the same direction), along with the seeds, garlic clove, and Jalapeño, hot pepper, or pepper flakes.

Pour hot vinegar over all to cover everything. Replace the lid on the jar, and when cooled, **store in the refrigerator**. Allow one to two weeks to imbue the flavors before eating.

Chile and Cheese Soup

www.TucsonCSA.org

"Looking at this week's share," writes Lorraine Glazar, TCSA member and host of one of our remote pickup sites, "it's time to dust off the recipe on the TCSA Web site for Chile and Cheese Soup. Potatoes, onions, and roasted chiles go into one of the tastiest soups I've ever made." Thanks, Lorraine, for this timely reminder!

2 tablespoons butter
2 onions, diced
4 cloves fresh garlic, chopped
15 freshly roasted green chiles*
5 ripe tomatoes, diced
6 medium potatoes, cut into 1-inch cubes
16 cups water
2 pounds Longhorn Colby or Cheddar cheese, shredded
Salt to taste

In a large soup pot, melt the butter, and sauté the onions and garlic in the butter over medium heat. When the onions are soft, add the green chiles and tomatoes. Simmer 10 minutes, stirring every minute or so.

(continued in next column)

Add the potatoes and water. Cook over medium heat until the potatoes are done, 10 to 20 minutes. Add cheese. Over very low heat, simmer about 30 minutes. Add salt to taste. For best results, allow to cool overnight and serve the next day. Makes 6 servings.

***To roast chiles:** Dip each chile in olive oil and place on a cookie sheet. Place under broiler, about 3 inches from the heat source. Broil until the chiles are slightly scorched and blackened. Turn the chiles and repeat the process. It should take only 3 to 4 minutes for each side. Place the chiles in the freezer for 3 hours. Remove and pull the skin from the flesh of the chiles. Remove seeds and membranes. Use this method for any recipe calling for roasted green chiles.

Baked Apples

Lorraine Glazar, TCSA member

Apples say "Fall" to me. These recipes are simple, and my boys love them!

One apple per person
Butter
Raisins
Nuts (such as walnuts or local pecans from Farmer Frank)
Brown sugar or honey


Mix together the raisins, nuts, and brown sugar (if using). Core the apples and stuff each cavity with the raisin mixture. Place the apples in a baking pan. If using honey, drizzle over each apple cavity and top each apple with a dot of butter. Put about ¼ to ½ cup water in the bottom of the pan. Bake at 375° until tender. If feeling decadent, serve with whipped cream or vanilla ice cream!

Apple Chips

Lorraine Glazar, TCSA member

Core and slice each apple into thinnish slices, about ¼-inch. Slice the apples directly into a bowl of acidulated water (one quart water with ½ cup lemon juice or cider vinegar in it). Drain the apples and place on a baking sheet lined with parchment paper. Dry in a 250° oven for several hours. Begin checking them by taking a chip out and allowing it to cool, then checking the texture. Do not allow the apple chips to become brittle.

Chile Relleno "Soufflé"

 magazine, September 2006 (www.Sunset.com)

Lorraine Glazar sends us this recipe, which you can find on Sunset's Web site. She likes the idea of separating the eggs, which gives the chile relleno pie, which is basically what this recipe is, a lighter texture than traditional chile relleno pie. (This recipe is for a pie, different from the actual chile relleno recipe that Amy shared with us last week.)

Check our Lemongrass Lemonade recipe online