



Tucson Community Supported Agriculture Newsletter

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Fall 06
Week 7 of 13

This Week's Harvest

1 pie pumpkin (4 to 6 pounds)
1 bunch arugula
1 bag baby raising mix
3 Beauregard sweet potatoes
2 Floridade tomatoes
2 Red Knight bell peppers
1 bag roasted chiles
4 apples

Recipes

Salad of Young Braising Greens
Green Chile Soup
Pumpkin Purée, Seeds, and Pie
Arugula Pesto
Linguine with Arugula, Pine Nuts,
and Parmesan Cheese



Jack-o'-lantern pumpkins—very different than the pie pumpkins we're receiving in this week's share—ready for the Pumpkin Patch at Crooked Sky Farms

Newsletter Editor
Christa Selig

Many common questions can be answered above at our Web site.

Pumpkins Galore at Crooked Sky Farms

Farmer Frank will not be bringing us jack-o'-lantern pumpkins this year. Instead, we are receiving small pie pumpkins as part of our share. If you want to get local, organic jack-o'-lantern pumpkins, Farmer Frank will give TCSA members a special deal (\$4 and \$5 per pumpkin) at the Crooked Sky Farms pumpkin patch (see Newsletter No. 57 online). You can also find local organic pumpkins at the Santa Cruz River Farmer's Market, located in the parking lot of the Santa Cruz River Park, one block south of Speedway, on the west bank of the Santa Cruz River. The market is open every Thursday from 4 to 7.

Grass-Fed Organic Beefalo Ready for Pick-Up

The packs have different sizes, contents, and prices. **We also have a few extra packs available.** Members who have reserved a pack with a deposit will get the first pick. The rest will be available for purchase next week. Check with Philippe during pick-up if you'd like to purchase an extra pack.

Grass-Fed Organic Beef and Lamb—Order Your Packs Now!

We are gearing up for our season bulk purchase of grass-fed **lamb** from San Ysidro Farm in McNeal, Cochise County. Packs come frozen, weigh 6 to 8 pounds at \$8 per pound, and contain a mix of cuts. The number of packs available, however, is limited. A \$20 deposit is required to reserve your pack. Delivery is expected in mid-November.

We are also taking orders for organic grass-fed **beef** from A Bar H Ranch. Just as above, the packs come frozen, are expected to weigh approximately 8 pounds, and the price is to be determined, but expected to be around \$6 per pound. A \$20 deposit is also required to reserve your pack, and the packs are limited in number, so order soon. Delivery is expected in mid-December.

Stay Tuned for Fresh Chocolate and Candy from Black Mesa Ranch

We're also gearing up for a bulk order of chocolate and candy from our goat cheese supplier, Black Mesa Ranch. Remember how good it was last time? If you're new to the CSA, you're in for a treat. Visit www.BlackMesaRanchOnline.com for more details. We'll let you know as soon as David decides what he'll be preparing for us this year.

Chile Season Coming to a Close

It's almost the end of chile season. We may get roasted green chiles perhaps one more time after this week. Remember, you can freeze them for a special treat during the winter. If you'd like more, check with Philippe or a volunteer during pick-up—we have some frozen surplus from previous weeks, to which you're welcome.

Tucson CSA E-Mails Blocked by UA Servers

Some of the e-mails we send to UA e-mail addresses are being blocked by campus CCIT servers. In some cases, you can work around this problem by adding Philippe's e-mail and the Tucson CSA e-mail to your "trusted senders" list. If the problem continues, you may want to consider switching your TCSA e-mail to a non-UA address.

Salad of Young Braising Greens

The braising greens we've been receiving are so young and tender, they can be eaten as a salad. Just add some walnuts and Parmesan and a sprinkle of olive oil and balsamic vinegar, and you're set!

Green Chile Soup

Paula Karrer, TCSA member

Adapted from *Southwest the Beautiful* (Beautiful Cookbooks, 1994)

1 boned, skinned chicken breast, cut into ½-inch cubes
1 boneless pork chop, cut into ½-inch cubes
1 onion, finely chopped
1/3 cup flour
1 teaspoon ground cumin
1 clove garlic, minced
6 cups chicken stock

6 roasted green chiles, diced

1 bell pepper, roasted and diced

Additional hot pepper as desired, such as Jalapeño, chiles de arbol (toasted and crushed), etc.

2 tomatoes, diced

Fresh cilantro, minced
Salt and pepper
Grated cheese

Brown the meat in its own cooking fat, then drain and reserve.

Sauté the onion until soft. Stir in flour and cook 2 to 3 minutes, stirring constantly. Add garlic, cumin, and crushed dried pepper, if using. Cook and stir for another minute. Stir in chicken stock and whisk until thickened and smooth. Add reserved meat and all remaining ingredients except cheese and simmer 10 minutes or so. Serve with cheese on side.

Pumpkin Puree

Shelly, TCSA member

I used to boil pumpkin, but it lost a lot of flavor; now I bake it like acorn squash.

Preheat the oven to 375°. Remove the seeds and strings and cut the pumpkin into eight pieces. Arrange the pieces on a shallow baking pan with the skin-side up. Add half a cup of water or so. Cover tightly with aluminum foil. Bake for 1-1/2 hours until very tender. Uncover, cool, and discard juices. Scoop the pumpkin pulp off the skin using a large spoon or ice-cream scoop. Purée the pumpkin. I like to freeze it in 1-cup portions for baking later.

Pumpkin Seeds

Shelly, TCSA member

Don't throw those seeds away! Separate the seeds from the strings, but do not wash them. Toss the seeds with 1 tablespoon vegetable or olive oil. Add salt if desired. Spread the seeds on a baking sheet, and bake at 250° until dry, about 1-1/2 hours. Eat as is, or toss with some seasoning such as curry powder or soy sauce, and toast briefly in a 350° oven.

Pumpkin Pie

Karen, TCSA member

1-1/4 cups pumpkin purée	3 eggs, lightly beaten
½ cup maple syrup	1 tablespoon flour
½ cup brown sugar	1 cup evaporated milk, undiluted
½ teaspoon salt	2 tablespoons water
½ teaspoon ground ginger	½ teaspoon vanilla extract
¼ teaspoon nutmeg	9-inch pie crust, unbaked
2 teaspoons ground cinnamon	

First of all, make sure you are using a *pie* (sugar) pumpkin. Not all pumpkins are the same!

You can use Shelly's method (left) for pureeing the pumpkin, or try the following microwave method:

Cut pumpkin in half and remove seeds. Use a fork to poke several holes in the flesh. Place the halves skin-side up on a plate. Cover with wax paper or an upturned bowl. Microwave on HIGH for 14 to 20 minutes, depending on your microwave and the size of the pumpkin. Check after 14 minutes, and if the skin is soft, turn the pieces over for the last bit of cooking. The pumpkin is done when the inside is very soft. The skin will be brown and easy to puncture.

Remove the pumpkin flesh with a spoon and discard the skin. Purée the pumpkin and measure enough for the pie.

Alternatively, you can mash the pumpkin, combine the other ingredients, and then purée the entire pie mixture at the end before pouring it into the crust. This method is useful if you don't have a mixer—you can purée it in one step in the blender.

Preheat the oven to 425°. In a mixing bowl, combine the pumpkin, sugar, maple syrup, salt, ginger, cinnamon, nutmeg, and flour. Add the eggs, and mix well. Add the evaporated milk, water, and vanilla, and mix well. (Purée now if you haven't already done so.)

Pour the pumpkin pie mixture into the prepared pastry crust, and bake for 15 minutes. Reduce the temperature to 350° and bake for about 35 minutes longer, until the filling is set. To test for doneness, insert a toothpick or chopstick in the center; if it comes out clean, the pie is done.

Let the pie cool for a while, during which time the filling will settle somewhat.

Arugula

Arugula (*Eruca sativa*) is the Italian name for this pungent green, which is also known as *rocket* in French and *rocket* in English. Harvested when about 2 inches long, young arugula is distinguished by bright-green, spear-shaped leaves, sometimes with one or two indentations, or notches, at the base. The leaves taste nutty, with a hint of pepper.

We have two great recipes for **Arugula Pesto** and **Linguine with Arugula, Pine Nuts, and Parmesan Cheese** at www.tucsonca.org. You can also use arugula raw in salads and cooked in soups, stuffings, sautés, and pasta dishes.