



# Tucson Community Supported Agriculture Newsletter

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Fall 06  
Week 11 of 13

## This Week's Harvest

Cushaw squash  
Beauregard sweet potatoes  
Sweet Bermuda onions  
Dry lima, pinto, or tepary beans  
Purple-top white globe turnips  
Baby braising greens  
Spring salad mix  
Dill or cilantro

## Recipes

Roasted Winter Squash and Apple  
Soup with Walnut-Cilantro  
Pesto  
Roasted Squash Seeds  
Himmel und Erde  
Tia's Beans  
Turnip Tip

## Turnip Tip

Mashed turnips are wonderful seasoned with fresh **dill**, which we have in our shares this week!



*Tepary beans are a native Tohono O'odham staple and a local specialty*

**Newsletter Editor**  
Christa Selig

[www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter Session Open for Registration

Reminder: subscribe by **Tuesday, November 21** to benefit from the \$17-per-week rate. Subscription details are online.

## Crooked Sky Farms Receives "Certified Naturally Grown" Certification

*Certified Naturally Grown* is a grassroots alternative to the USDA's National Organic Program. It is intended primarily for small farmers who distribute through local channels such as farmers markets, roadside stands, local restaurants, CSA programs and small local grocery stores.



The CNG standards and growing requirements are no less strict than the USDA National Organic Program rules. The primary difference between Certified Naturally Grown and the USDA organic program is the cost to the farmer and paperwork requirements.

Why is such an alternative necessary? Simply because once the National Organic Program was implemented in 2002, farmers who had proudly referred to themselves as "organic" for decades were no longer allowed to do so unless they were certified as such by the USDA. The cost of the new USDA program, both in terms of money and paperwork requirements, was simply too prohibitive for many small farmers to afford. The paperwork required for small multi-crop farmers is far more onerous than that required for large agribusiness mono-crop plantings.

The Certified Naturally Grown program was created by small farmers for small farmers, and it continues to be managed, maintained, and run by small farmers who hold each other accountable for high and consistent standards. This is the same group of farmers that created, nurtured, and grew the organic label to such phenomenal public recognition and acceptance over many decades before it was co-opted by agribusiness. The organic label did not originate with government control and high licensing fees—it was grown and developed through the sweat and idealism of farmers helping each other to improve and to stick to those ideals. While the USDA program forbids farm inspectors from making suggestions to improve a farmer's practices, the Certified Naturally Grown program encourages sharing and advice between farmers.

The crux of the Certified Naturally Grown program is that it uses other organic or CNG farmers as inspectors. Farmer inspectors are uniquely qualified to observe and note whether neighbors are adhering to CNG standards. The results of their inspections are posted online for public access any time. Learn more at [www.naturallygrown.org](http://www.naturallygrown.org).

## Are You a Blogger?

Join the Crooked Sky Farms blog online to share recipes, cooking and storage tips, and to share stories with other CSA members about how you incorporate your produce into your meals. Farmer Frank also has CSAs active in Flagstaff and Phoenix, and the blog provides a forum for all of us to interact with one another. The blog is available at <http://crookedskyfarms.blogspot.com>.

## Cushaw Squash



Winter squash are not grown or harvested in the winter, as one might think from their name. Instead, they are harvested in autumn, when they are fully ripe, and stored until spring. Their thick, hard skins protect them during their winter storage, as long as they're not allowed to freeze, making them very useful in the days before

freezers. Winter squash can, however, be stored frozen after baking: simply bake the squash, scoop out the flesh, and freeze it.

The variety of Cushaw squash (*Cucurbita mixta*) we receive from Farmer Frank is a native Tohono O'odham heirloom squash, and it is a perfect substitute for pumpkin. In fact, commercially available pumpkin pies are commonly made from Cushaw squash, not pumpkin, as one might think.

And don't throw away the seeds from either your pumpkins or your squash! Instead, transform them into a tasty snack by roasting them (see the recipe below).



## Roasted Winter Squash and Apple Soup with Walnut-Cilantro Pesto

Philippe, TCSA

- 1 large winter squash (such as Cushaw or Hopi) or sugar pumpkin, cut in half, seeds removed
- 2 large onions, chopped
- 2 apples, peeled, cored and quartered
- 3 cloves garlic, peeled
- 2 tablespoons olive oil
- Salt and red chile powder to taste
- 4 vegetable bouillon cubes

Toss all ingredients into the squash halves, put in a baking tray filled ½-inch of water, and bake for 1-1/2 hours at 400°.

Scoop out the contents of the squash, leaving only the squash skin behind, and blend. Add water (1 to 2 cups) to bring the pulp to your desired consistency.

Serve hot with a scoop of walnut-cilantro pesto (see below).

### Walnut-Cilantro Pesto

Philippe, TCSA

- 1 cup walnut pieces
- 2 cups cilantro leaves
- 1 jalapeño pepper
- 2 tablespoons cider vinegar
- 2 tablespoons olive oil
- Salt to taste

Blend all ingredients. Add water to bring the paste to your desired consistency.

## Roasted Squash Seeds

Shelly Adrian, TCSA

Separate the seeds from the strings, but do not wash. Toss the seeds with **1 tablespoon vegetable or olive oil**, and add salt if desired. Spread the seeds on a baking sheet, and bake at 250° until dry, about 1-1/2 hours. They're ready to eat as is, or toss with seasoning such as curry powder, soy sauce, or whatever strikes your fancy, and toast briefly in a 350° oven.

## Himmel und Erde (Heaven and Earth)

Lorraine Glazar, TCSA

*This is an old Slavic peasant recipe of my family's. Potatoes were first known as "earth apples" in eighteenth-century German (and still are in France to this day) - hence, the recipe's name. It is very simple, but it offers an unexpected combination of flavors.*

Cook separately (by boiling, steaming or baking) **turnips, potatoes and apples**. Mash together and season with salt, pepper, butter or olive oil, and any spice you like. Nutmeg is traditional, but why not try cinnamon or cumin?

## Tia's Beans

Lorraine Glazar, TCSA

*Because it's made in the crockpot, this recipe is super-easy. Although the recipe makes a lot, leftovers freeze beautifully.*

- 2 cups dried pinto or tepary beans
- 1-2 quarts water (1 quart makes beans, 2 quarts makes bean soup)
- 1 strip bacon or 2 chipotle peppers in canned adobo sauce plus 2 teaspoons sauce
- 1-1/2 teaspoons oil
- 2 carrots, sliced
- 2 cloves garlic, crushed

Clean beans and remove any bits of dirt or rock. Rinse well with warm water. In a large crockpot, add the beans, water, and all ingredients listed above. Cover the top of the crockpot with aluminum foil and top with the lid. (Why? Because that's the way Tia did it!) Cook on high for 4 to 6 hours or on low for 8 to 9 hours

One half-hour before the beans are done, add:

- 5 dashes Worcestershire or soy sauce
- 1 teaspoon chile powder, or more to taste
- 1 medium tomato, diced
- 1 small onion, diced
- ½ cup chopped cilantro
- ½ cup chopped bell pepper
- 1 teaspoon salt

Stir gently and continue cooking on high heat in the crockpot until the beans are done.