



# *Tucson Community Supported Agriculture*

*Newsletter 105 ~ Fall '07, Week 4 of 13 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

## Harvest list is online



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## **MANY MORE RECIPES ON OUR ONLINE RECIPE ARCHIVE!**



## For sale: Organic, GMO-free chicken feed (layer pellets).

We bought extra to get a bulk discount on the shipping. Now we need to sell it! We're selling it at our cost. Help us spread the word. Tell all the hens in Tucson! We're the only place that sells organic chicken feed.

Cost: \$26.25 per 50lb bag.

## Newsletter editors

Sara Jones & Wendy McCrady

## Looking forward to Fall Harvest Season

With September winding down and the passing of the Autumnal Equinox on Sunday, we begin now to look forward to the hearty produce of Fall. Get our your calendars and make your plans to celebrate the Harvest Season at local October Fall Festivals. You'll have opportunities to pick your own apples and pumpkins while touring the farms. We will try to keep you posted on all the happenings!!

Mark your calendars now for the Tomato Thyme Harvest Fest at Estancia Farm coming up in less than two weeks. Estancia Farm supplies our pastured eggs, and we hope to have their apple cider in soon. The event is Saturday the 6<sup>th</sup> and Sunday the 7<sup>th</sup> from 10:00 am until 8:00 pm. Families are welcome and the event is free, with the opportunity to buy fresh produce and baked goods. Check at the CSA for more information and directions to the farm.

## Herb Walk

This weekend, John Slatterly, who provides local, herbal teas to the CSA, will be hosting an Herb Walk through a local canyon. This is a good chance to get back outdoors and enjoy the weather. The Herb Walk will be this Sunday, the 30<sup>th</sup>, from 7:30 until noon. Participants will learn more about our Native Sonoran Desert botany and will discuss the healing potential of these herbs in our lives. The cost is \$15 per person. Call John for more information at 520-275-2105.

## How do I prepare these Pistachios?

We're thrilled to see these popular, and expensive, nuts appear in our shares this week. Unfortunately, the farm has not been able to find a way to get them hulled for us. They have searched, but the only local hulling facility (in Willcox) combines all incoming nuts for processing. This means that Farmer Frank's pistachios grown without chemicals would be mixed in with other farmers' conventionally grown nuts.

What does this mean for you, the CSA member? When you get your pistachios, you will need to remove the hull. You can do this by hand or by abrasive action such as rubbing them with coarse burlap. The easiest way by hand is to first pinch off the tip and apply pressure with the thumb and forefinger to eject the shell from the hull. We understand you would prefer ready-to-eat pistachios, but hope you will feel getting local organic pistachios is worth a little extra work.

Once they are hulled, you can open the shells further by soaking the nuts in a salt-water brine and then spreading them out in the sun to dry or roasting in a low oven (225° F) for 15 to 20 minutes. (In Turkey, the nuts are soaked in the brine with their hulls still on, which leaves a pinkish coloring on the shells.) Once fully dried, the pistachios can be stored in a plastic bag for at least a month in the refrigerator and they will last for months in the freezer.

### **Toasted Winter Squash Seeds**

Sara Jones, Tucson CSA

Don't throw out the seeds from your butternut squash. They are delicious and easy to prepare. Separate them as best as possible from the squash fibers, then set in a big bowl of well salted water (about a teaspoon salt per cup of water). You can then get back to your recipe and ignore them for a while, as the salt will prevent them from getting moldy or rotten too fast (put them in the fridge, in the salted water, if you don't plan on using them within a day). When you are ready, simply drain off the water, drizzle with oil and toss onto a baking sheet. Sprinkle with any spices you'd like, then bake for about 10-15 minutes at 300 degrees until crispy and lightly browned.

### **Stuffed Butternut Squash**

Sara Jones, Tucson CSA

Butternut squash come with a perfect compartment for filling. Simply cut in half lengthwise and scoop out the seeds and fibers. Remember to save your seeds for toasting!! In this recipe, wheat berries and lentils provide the protein and texture of cooked ground beef. If you like, you can substitute ground beef for the wheat and lentils.

1 butternut squash, cut in half and seeded  
1/3 cup wheat berries, cooked  
1/3 cup lentils, cooked  
1 bell pepper, chopped  
1 onion, chopped  
2 garlic cloves, minced  
2 tablespoons olive oil  
1/2 basket of cherry tomatoes, halved  
1/2 teaspoon oregano  
1/2 teaspoon thyme  
1/2 teaspoon cumin  
Salt and pepper to taste  
Mozzarella or goat cheese for topping.

Cook squash halves by covering cut side in oil, then placing oiled side down in an oven proof dish. Bake at 350 degrees for about 30-40 minutes until squash is mostly tender. While squash is cooking, prepare filling. Heat oil in skillet and sauté bell pepper, onions and garlic over medium high heat for about 5 minutes. Add herbs and spices, tomatoes, and salt and pepper. Combine all ingredients in saucepan and cook, covered, over medium low heat for about 10 minutes. Turn the squash cut side up and add a generous portion of the filling. Cover with cheese and bake for 15 minutes in a 350 degree oven.

### **Japanese Farmhouse Greens**

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. The tahini provides an excellent foil to the pungent bite of the mustards in this week's braising mix. If you still have greens from last week, doubling the recipe will result in a more substantial side dish. Use this as a filling for sushi, too.

1 or 2 bunches braising greens  
1 tablespoon tahini  
2 teaspoons miso paste  
Soy sauce to taste  
Sesame seeds to garnish

Blanche greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of water if necessary. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

### **Sweet Potato Cupcakes with Cream Cheese Frosting**

Lori Adkison, Tucson CSA member

Makes 12 regular sized cupcakes or 24 mini cupcakes

1/3 cup currants  
1/4 cup vegetable oil  
1/3 cup unsulfured molasses  
1/2 cup packed brown sugar  
1 cup mashed cooked sweet potato  
2 eggs  
1/4 cup maple yogurt thinned with 1/4 cup water (plain or vanilla yogurt will work also)  
1 1/2 cups all-purpose flour  
1 teaspoon grated nutmeg  
1 1/2 teaspoons baking soda

Preheat the oven to 375degrees. Mix together the wet ingredients until smooth. Add the currants. In a separate bowl, mix the dry ingredients. Combine the two mixtures until well blended. Put cupcake liners in a muffin tin and spoon the batter into the cups. Fill each cup two-thirds full. Bake for 20 minutes. If using mini muffin pans, check cupcakes after 10 minutes.

After cupcakes have cooled, frost with a standard cream cheese frosting. I topped these cupcakes with a piece of candied citrus and a calendula petal.