



Tucson Community Supported Agriculture

Newsletter 106 ~ Fall '07, Week 5 of 13 ~ Online at www.TucsonCSA.org

Harvest list is online



The Back Page

Mustard Saag
Pac Choi Gyoza/Dumplings
Peanut Butternut Soup
Green Chile Enchilada Sauce

Leafy greens are back in season! Check the Online Recipe Archive for many recipe ideas for your greens.



Newsletter editors

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Food Conspiracy Co-op Announces Contest Results

Congratulations go to Barbara Eiswerth who took top honors in the “Cooperate for Community” sustainable foods contest for her work with the Iskash*taa Refugee Harvesting Network. The Food Conspiracy Co-op selected Iskash*taa for their incredible work organizing “several hundred refugees and volunteers to harvest a total of 65,000 pounds of produce – improving the nutritional health of over 700 refugees newly resettled in Tucson, Arizona.” We appreciate the many donations Iskash*taa has made to our surplus basket and are pleased that we have also been able to donate surplus produce to them in the past as well.

The CSA was honored as a finalist, along with Suzanne Dhruv of the Ironwood Tree Experience at Prescott College, and will receive \$50 from the Food Conspiracy Co-op to support the work we do to promote sustainable food distribution in Tucson.

Estancia Farm Festival

The Tomato Thyme Harvest Fest at Estancia Farm is this weekend! Load up the family and head out for a 65 mile drive to the farm on Saturday or Sunday between 10 am and 8 pm. The event is free, and you’ll have the opportunity to buy fresh produce and baked goods.

Directions from Tucson:

- Head east on I-10 for 54 miles from the Alvernon Way exit.
- Exit at Dragoon Road (Exit 318).
- Turn right on Dragoon Road and drive 9 miles.
- Turn right on Star View Way. Watch for Estancia Orchard and Farm signs.
- After ¼ mile, turn right on Clear View Way.
- After another ¼ mile, turn left on Mars View Way.
- Go another few hundred feet, and you have arrived!

How to Roast Your Fresh Green Chiles

Roast your green chiles to bring out their wonderful flavor. Just lay clean, dry chiles on a pan in the preheated broiler portion of your oven. Pretty soon, you’ll be able to smell them roasting and you may even hear a pop or two. This is simply the sound of the charred skin splitting because of steam build-up inside the pepper. When the skin is blackened on the top, use tongs to flip them over. They will char more quickly on this side. Keep turning to blacken the sides if there is a lot of green still showing. Remove the chiles with tongs and place in a plastic bag. Close it loosely and let the chiles steam for half an hour or until cool enough to handle. The peel will now come off easily. Next, remove the stem, seeds, and ribs from the inside. It may be tempting to rinse the seeds off in water, but this also rinses away delicious flavor. Be patient and run your fingers down the chile to remove the seeds manually. You can dip your fingers in a bowl of water periodically to rinse the seeds off. Enjoy in your favorite recipes!

Mustard Saag

Sara Jones, Tucson CSA

You will want two bunches of greens for this recipe. If you have extra mustard greens from last week, use those. Or, add the leafy parts of your tatsoi or pac choi to your mustard greens. This dish goes well with rice and lentils.

2 bunches mustard greens, washed and finely chopped
1/2 green chile (or to taste), finely chopped
2 cloves garlic, mashed
1 inch ginger, grated and mashed with garlic
1 teaspoon cumin seeds
2 teaspoons oil and/or butter

Heat the oil in a large skillet over medium high heat. Add cumin seeds and stir for about 20 seconds, then add chiles and garlic and ginger paste. Stir quickly for another 20 seconds then add mustard greens. Stir to coat with oil and spices. Cover, reduce heat to medium low, and cook for 5-10 minutes, checking occasionally to make sure you don't need to add water to prevent burning. When greens are completely wilted, add salt and pepper to taste and serve.

Pac Choi Gyoza/Dumplings

Sara Jones, Tucson CSA

You can buy round gyoza/dumpling wrappers at most grocery stores. These are delicious deep fried, but can also be boiled or pan fried in a small amount of oil. One bunch of pac choi will make enough stuffing for quite a few dumplings. Make extra and place them on a cookie sheet to freeze. Once they are frozen, remove from the tray and place in freezer bags to freeze for up to 6 months.

1 bunch pac choi (including stems), finely chopped
1/2 inch ginger, grated
3-5 green onions
3 or 4 grated radishes
Soy sauce, to taste
Pinch black pepper
1 package dumpling/gyoza wrappers

Mix first five ingredients together. To stuff dumplings, place a small amount of filling on the lower half of a wrapper. Moisten edges with water and fold top half down over filling. Use the tines of a fork to seal the edges. To cook, drop in boiling water and remove once dumplings float. Or, coat the bottom of a large skillet with oil and cook on each side until golden brown.

Prepare frozen dumplings, straight out of the freezer, the same way. Serve dumplings with a dipping sauce or soy sauce with sugar, minced garlic and sesame oil added to it.

Peanut Butternut Soup

Sara Jones, Tucson CSA

This is a delicious, if somewhat unusual, soup.

About 3 cups of butternut squash, cut into large chunks
1 bell pepper, diced
1/2 onion, diced
1 inch ginger, grated
1 tablespoon curry powder
Enough water or vegetable broth to cover all ingredients
1 tablespoon oil
1/2 cup chunky peanut butter (not the kind with sugar)
Salt and pepper to taste

Heat the oil in a large soup pot over medium high heat. Stir in onion, ginger, bell pepper and curry. Cook until fragrant. Add squash and cover with water or broth. Bring to a boil and cook for about 30 minutes until squash is tender and falling apart. Remove one cup of soup from pot and blend together with peanut butter. Return mixture to pot and mix well. Season with salt and pepper. If you want a creamy soup, blend in batches to desired consistency. Otherwise, smash squash with a potato masher or wooden spoon to thicken broth. Garnish with roasted peanuts, if desired.

Green Chile Enchilada Sauce

Sara Jones, Tucson CSA

Make a big batch of this to freeze for a special treat during the non-chile season.

6 large chile, roasted, skin and seeds removed, chopped
1 can diced tomatoes
1/2 cup veggie stock
2 teaspoons toasted cumin seeds
2 teaspoons dried oregano
2 tablespoons oil
3 cloves garlic, minced
1 onion, diced

In a medium sized stock pot, heat oil over medium heat. Saute garlic, onion and cumin. Add the rest of the ingredients and cook over medium heat for about 20 minutes. Freeze in small freezer bags for easy defrosting.