



Tucson Community Supported Agriculture

Newsletter 107 ~ Fall '07, Week 6 of 13 ~ Online at www.TucsonCSA.org

Harvest list is online



Mizuna is a popular Japanese leafy green. The flavor is mild and sweet for fresh fall and winter salads, with a mild mustard taste. Also try it in stir-fries and soups.

Check out the delicious recipes on The Back Page!

CSA Greens and Tomato Quiche
Basic Crust Recipe
Green Pie
Creamy Elote Blanco

Newsletter editors

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Why Isn't this Corn Sweet?

Elote Blanco, also known as Mexican White Corn, is a starchy and dense variety of corn. Reminiscent of corn tortillas, it has a strong corn taste without the sweetness of sweet corn. Try it roasted and then slathered with cream, lime juice, and hot sauce. Or cut the chewy kernels off the cob and use them in fried rice with sweet potatoes.

If you're adventurous, you can make your own hominy. Dry the kernels and then boil them with water and slaked lime (calcium hydroxide). Soak them in the cooking water at least one hour and then rinse thoroughly while rubbing off the skins and little brown tips (hulls). Soak and stir the nixtamal in tepid water for 5 minutes. Drain and repeat to make sure all the lime is rinsed away. Finally, boil in fresh water for 15 minutes and soak another 15 minutes for hominy. Eat with a little butter and salt, or make posole!

Farm-Fresh Eggs

After much deliberation, the CSA will no longer be washing the eggs we sell. Eggs are laid with a natural antibiotic coating that helps prevent bacteria from permeating the dry shell. Washing removes this coating and increases the permeability of the shell, increasing the risk of contamination and decreasing their shelf life. Wash your farm-fresh eggs just before use in water that is warmer than the egg.

We Are What We Eat

The Tucson Community Food Bank & NEW ARTiculations Dance Theatre present "We Are What We Eat," an interactive, participatory performance about what we eat and why. They'd like community participants to contribute to a special series of performances about food. Share your own food stories through their interactive workshops in writing, storytelling and dance to help shape performance material, and maybe perform with them. Workshops are open to people of all ages and abilities. No prior dance experience necessary.

Sign up for one or both Food & Dance Workshops scheduled from 2 – 5 pm on Saturday, Nov. 10 and Nov. 17. Workshops will be held at the DanceLoft, 620 E.19th St., Ste. 150 (warehouse unit on the corner of 19th St. and Euclid Ave.). **Free** to the public with a suggested donation of \$25. Scholarships are available.

To register or to sponsor a participant, call 882-6092 or email: WeAreWhatWeEat@storiesmatter.org. For more information, visit www.storiesmatter.org/wearewhatweeat



Photo by Josh Schachter

CSA Greens and Tomato Quiche

Anu Gupta, Tucson CSA

During the fall and winter CSA season when we get lots of greens, I usually make a quiche every week to use up any unusual greens or greens that look a little past their prime.

1 unbaked 9" pie shell. (See recipe below.)
1 tablespoon olive oil
1 small or 1/2 large onion, chopped
2-3 cloves garlic, minced
1 teaspoon dried thyme or 1 tablespoon fresh thyme
1 bunch of any CSA green like beet tops, arugula, spinach, washed and coarsely chopped
10 cherry tomatoes sliced in half or 2 larger tomatoes, sliced about 1/2 inch thick
3/4 cup grated cheddar cheese or crumbled goat cheese
4 eggs
1 1/2 cups buttermilk
Salt and pepper to taste

Preheat oven to 375 degrees. Sauté onion and garlic in oil until onions are soft and translucent. Add thyme and greens. Add a little salt. Sauté until the greens have wilted and the mixture looks mostly dry. Spread grated cheddar or crumbled goat cheese on the crust. Next, layer on the greens mixture, then the sliced tomatoes in an attractive pattern. Whisk the eggs, buttermilk, salt and pepper together and pour into quiche. Sprinkle with a dash of paprika if desired. Bake at 375 until set, 45-60 minutes. Let sit 15 minutes before slicing.

Basic Crust Recipe

I usually make several crusts at once, and freeze them between two sheets of wax paper. After rolling them out, you can fold the wax paper and crust into quarters to freeze. Then whenever I want to make a quiche or other pie I just pull a crust from the freezer. It usually defrosts by the time I put the rest of my quiche ingredients together. Note: the dough is left out overnight to improve flavor and nutrition. Adapted from Nourishing Traditions by Sally Fallon. Makes 2 crusts.

2 cups whole wheat or spelt flour
10 tablespoons soft butter
1/2 teaspoon salt
Enough yogurt or buttermilk to make a soft dough.
Unbleached white flour for rolling out

Combine ingredients in a large bowl with clean hands until well blended and a soft dough forms. Leave the covered dough at room temperature until the next day. This produces a yummy, slightly sour flavor. Divide the dough in two, and roll out on a floured surface or between two floured sheets of waxed paper. Use just enough flour to prevent sticking. Gently fold crust in half and then into quarters, place in greased 9" pie pan, unfold and crimp edges.

Green Pie

Sara Jones, Tucson CSA

This is more of an idea than a recipe, and should be made to suit your individual taste. Use the crust from the above recipe, or to make it super simple, use purchased filo dough or pizza crust dough to make individual, hand-held pies.

1 onion, chopped
1 tablespoon oil
2 cloves garlic, minced
1 pinch ground nutmeg (experiment with other spices, too)
2 bunches greens, washed and roughly chopped
A couple handfuls crumbled soft cheese (and/or tofu and/or cooked ground meat)
A handful or so of chopped pecans (raisins, olives and other nuts are good, as well)
Salt and pepper to taste

Cook onion in oil over medium high heat until translucent. Add garlic, nutmeg and greens and cook, stir frequently, until greens are tender and wilted. Remove from heat and add any other ingredients you are using. Let the filling cool, and then use it to fill a pie, or stuff filo or pizza dough. Bake according to the crust or dough directions.

Creamy Elote Blanco

Sara Jones, Tucson CSA

Steam or boil corn for about 20 minutes. While corn is boiling, mix together:

2 tablespoons plain yogurt or sour cream
2 teaspoons mayonnaise
Juice from one lime
A few dashes hot sauce
A sprinkling of grated Parmesan cheese

Spread mixture on corn and enjoy!