



Tucson Community Supported Agriculture

Newsletter 108 ~ Fall '07, Week 7 of 13 ~ Online at www.TucsonCSA.org

Harvest list is online



Curled mustard is zippy and spicy. Use the young leaves in fresh salads and the larger leaves in stir fries and soups.

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Organic, GMO-free Chicken Feed (layer pellets)

This is the only organic chicken feed in Tucson and we're selling it for just a little "scratch": \$26.25 per 50lb bag. Now that's something to crow about!

Newsletter editors

Sara Jones & Wendy McCrady

Farm News

Today's planned harvest is a cross-section of summer and fall crops. Nighttime temperatures at the Duncan farm, where many of the crops are grown, are now falling below freezing. This signals the end of the summer crops, such as bell peppers and chiles, although we may still get chiles one more week. You'll need to change your menu plans as we transition to fall vegetables such as leafy greens, root vegetables, and squashes.

Eat Your Greens for Health

Leafy greens are a nutritional powerhouse, providing minerals, vitamins, and phytonutrients in a delicious versatile package. Eat them as a rich source of iron, calcium, potassium, and magnesium. Fill your plate with greens to get your vitamins, including C, E, K, and many of the B vitamins. Beta-carotene (Vitamin A precursor), [lutein](#), and zeaxanthin are among the phytonutrients coming along for the meal. The darker the leaves, the more nutrients the greens contain. Try some of the recipes on the back page to incorporate the CSA greens into your diet.

Making a Chile Ristra

Ristras are commonly used in the Southwest as a holiday decoration. Why not make your own with the end-of-season red chiles. All you need is a few feet of cotton string. Tie a loop in the top for hanging the ristra. Then wrap the string around the first chile stem three times. Leave a little space and then wrap the next stem. Try to angle the peppers so they have a little space between them for drying. Tie a knot after wrapping the bottom chile stem. Hang them to dry inside or out, but make sure they are protected from rain and wind. Remove any chiles that rot or develop mold. It will take about a month for them to dry, just in time for the holidays. Your dried chiles need not be simply decoration. They can be used to make delicious red chile sauces or cooked with some of your dried beans for extra flavor.



Arugula Pesto

Sara Jones, Tucson CSA

Spicy Arugula is a great herb for pesto. Add or substitute some basil for variety and use whatever nuts you have on hand. Serve tossed with pasta or spread on a sandwich.

1 bunch Arugula
2-3 cloves garlic
½ cup toasted walnuts
¼ cup olive oil
2 tablespoons grated Parmesan cheese (optional)
Salt and pepper to taste

Wash and dry arugula. Pulse garlic and walnuts in food processor or blender until coarsely ground. Add the arugula (and basil if using) and olive oil, and continue to pulse to desired consistency. Add the cheese last, and then season with salt and pepper to taste.

Eggplant and Arugula Sandwiches

Sara Jones, Tucson CSA

Use the arugula pesto from the recipe above to make this simple sautéed eggplant sandwich really special.

1 large or 2-3 small eggplant
1 bell pepper
½ small onion
1 tablespoon olive oil
Salt and pepper to taste
Arugula Pesto

Cut vegetables lengthwise into ¼ inch thick slices. Heat oil in a skillet over medium high heat. Add a single layer of vegetable strips and cook until beginning to brown. Turn vegetables and brown on other side. Remove to a paper towel and cook the rest of vegetables in batches until finished. Sprinkle vegetables with salt and pepper. Assemble sandwiches by spreading 1-2 tablespoons of pesto over each sandwich bottom, and then adding cooked vegetables.

Potato Pancakes with Greens

Sara Jones, Tucson CSA

This recipe is a good way to use up any leftover potatoes. The best texture for the potatoes is just lightly mashed, but you can use creamy mashed potato leftovers as well. For a tasty surprise, you can stuff the potato patties with cheese before you cook them.

1 bunch greens, preferably chard or kale, chopped
2 cloves garlic, minced
2 cups potatoes, lightly mashed
About 2 tablespoons oil
Flour to prevent sticking
Salt and pepper to taste

Heat about 2 tsp of the oil in a skillet over medium heat. Add greens and garlic to skillet and cook, stirring frequently, until greens are wilted. Remove from skillet and mix with potatoes, seasoning with salt and pepper to taste. Form potato mixture into small patties and coat with flour. Reheat skillet and add the rest of the oil. Cook patties over medium high heat until browned on both sides, about 3-4 minutes per side.

Scalloped Potatoes and Greens

Philippe, Tucson CSA

4 medium potatoes, thinly sliced
1 bunch greens (any greens), sliced in ribbons
1 bunch scallions (or I'itoi onions), sliced
2 tablespoons butter
2 tablespoons flour
2 cups milk
1 teaspoon dry mustard
1 dash nutmeg
Salt and pepper to taste

Heat oven to 350°. Lightly grease an 11 x 7-inch baking dish. Melt butter in a medium saucepan. Add scallions and sauté for one minute. Stir in flour until smooth. Add milk and stir until thick and bubbly. Add salt, pepper, mustard and nutmeg. Stir in greens. Pour mixture over potatoes and mix well, but gently. Pour the potato mixture into prepared baking dish. Cover with foil. Bake for 45 minutes. Uncover and bake for another 15-20 minutes, or until potatoes are tender.

Tzatziki (Greek Summer Dip)

Philippe, Tucson CSA

There's no need to peel the cucumbers for this recipe.

1 cup plain yogurt
1 cup cucumbers, seeded and grated (or finely cut)
2 cloves garlic, pressed
Salt and pepper to taste

Mix all ingredients together and refrigerate. Use as a dip with pita bread or as a side dish with grilled food.