



# Tucson Community Supported Agriculture

Newsletter 109 ~ Fall '07, Week 8 of 13 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Harvest list is online



Mibuna has lance-shaped leaves and is closely related to the feathery-leafed Mizuna.

Use it like alfalfa sprouts to add a light mustard flavor to salads, sandwiches, and soups. Or add it at the last minute to a stir-fried dish. The leaves are also excellent for pickling.

## Back Page Recipes

Roasted Pumpkin Seeds  
Pumpkin Puree  
Pumpkin Gratin  
Pumpkin Strudel  
Pumpkin Risotto

## Newsletter editors

Sara Jones & Wendy McCrady

## News from Crooked Sky Farms

With cold weather approaching in the fall, many parts of the country are starting to think about finishing up their farming until spring. In Arizona, Farmers Frank and Kelsey are blessed with mild winters. For the CSA farms, this season is a super busy one filled with planting grains, winter crops such as root vegetables and greens, and even putting in crops for spring. Long-growing crops need to be planted now to allow harvest before the very hot summer. Spring crops such as peas, broccoli, and cabbage can get a head start now, with their growth taking off once the days start getting longer.

## Pumpkin Pleasures

Our pumpkins are arriving right on cue for fall harvest traditions. Hot, dry weather led to poor pumpkin harvests in many parts of the country so we are relieved that Farmer Frank has pumpkins available for us. They are the quintessential symbol of the bounty of fall harvests.



Whether you choose to eat your pumpkin or carve it for Halloween, be sure to save the seeds. Roast them for a delicious and nutritious snack, or try hulling them raw for “pepitas”.

Hulled pepitas have traditionally been used to thicken Mexican sauces and moles. Unfortunately, hulling pumpkin seeds can be a lot of work. Some people recommend breaking up the raw pumpkin seeds with a rolling pin or hammer, and then dropping them in a pail of water. With vigorous stirring, the seeds will sink while the hulls float and can be scooped off. Use the pepitas raw or toasted as directed in traditional recipes.

## Vegan Baking with Wendy

Cooler weather and the holidays entice many of us into the kitchen to bake delicious muffins and breads. To bake without animal products, try these simple substitutions.

- For butter, use Earth Balance margarine. Avoid the whipped version for baking.
- For eggs, options include ¼ cup tofu, 1 tablespoon each soy flour and water, EnerG Egg Replacer, or flax seed for each egg. I've gotten the best results with flax seeds. (Pulverize 1/3 cup of flax seeds in the blender. Then add 1 cup water and blend until thickened. Use 3 tablespoons for each egg.)
- For milk, any non-dairy milk will work although I've found soymilk works best.
- For buttermilk, add 1 teaspoon of vinegar or lemon juice to each cup of soymilk.

With these substitutions, you can adapt any muffin or bread recipe easily for a strict vegetarian diet. Happy Baking!

### **Roasted Pumpkin Seeds**

Rinse seeds in cold water and remove the stringy pulp. Drain and pat dry with a towel. Roast the seeds plain or toss with just enough oil to lightly coat them. Salt generously and add other seasonings if desired, such as garlic powder or taco seasoning. Spread on a baking sheet and roast 30 minutes at 300 degrees, shaking occasionally. Cool and store in an air-tight container.

For extra crunchiness, try boiling the pumpkin seeds before roasting. Simmer a half cup of seeds in 2 cups of water with 2 tablespoons of salt for 10 minutes. Drain and proceed with the roasting directions above.

### **Pumpkin Puree**

If you search for pumpkin recipes you will find that most call for canned pumpkin. It is easy to make your own pumpkin puree to freeze and use in recipes. To begin, cut your pumpkin in half and scoop out seeds and fibers. Oil the interior and set them cut sides down on a baking sheet. If the halves are too large for the sheet, cut them into quarters, or smaller, to make them fit. Make sure to coat flesh with oil. Bake at 350 degrees for 1-1 ½ hours, or until tender. Once cool, scrape flesh off of skin and mash by hand or in a food processor. Set in a colander lined with cheesecloth or coffee filters and cover with a large plate or plastic wrap. Place the colander in a bowl and place in refrigerator overnight to drain. Measure out one cup per small freezer bag and freeze for convenient use later in recipes. Keeps well in freezer for several months. Any winter squash can be prepared this same way and used in place of pumpkin in your recipes.

### **Pumpkin Gratin**

Sara Jones, Tucson CSA

You can successfully substitute part or all pumpkin puree for cooked potatoes in many recipes. A half and half mixture is great for mashed potatoes. Add a bit of nutmeg or sage to bring out the pumpkin flavor. Use whatever proportion of potatoes and pumpkin that you prefer for this recipe.

4 cups of mashed potato/pumpkin puree mixture  
1 egg  
1 cup grated, hard cheese (optional)  
1 teaspoon ground nutmeg  
3/4 cup bread crumbs  
½ cup chopped nuts  
Salt and pepper to taste  
2 tablespoons melted butter or oil

Combine pumpkin mixture, egg, cheese and nutmeg together. Spread into a greased, square baking dish. Pour butter or oil over bread crumbs and mix well. Add nuts and salt and pepper, then sprinkle over the top of the pumpkin mixture. Cook in a 350 degree oven for about 30 minutes until bread crumbs are browned and gratin is heated through.

### **Pumpkin Strudel**

Sara Jones, Tucson CSA

3 cups pumpkin puree  
2 teaspoons cinnamon  
1 teaspoon ground nutmeg  
1 cup ground pecans  
¼ cup brown sugar  
1 package puff pastry

Mix together first 5 ingredients. Fill puff pastry according to directions on package. I try to find frozen, individual square pastry dough, which, once filled, folds into a nice triangle. Bake according to directions on package. Best served warm, with plain or vanilla yogurt or ice cream.

### **Pumpkin Risotto**

Sara Jones, Tucson CSA

This is a hearty and creamy dish for a fall supper. Serve with greens sautéed with garlic. If you like, add crumbled bacon with the cheese!

1 ½ cups diced pumpkin or winter squash  
1 cup Arborio rice  
2 tablespoons oil or butter  
1 large onion, minced  
½ cup white wine  
2 teaspoons dried sage  
About 6 cups hot broth or water  
¼ cup Parmesan  
Salt and pepper to taste

In a medium stockpot, heat oil or butter over medium heat. Add onion and sauté until wilted. Add pumpkin and rice and stir well to coat. Pour in wine and sage, and cook, stirring, until mostly absorbed. Begin adding broth, about 2 cups at a time, stirring *very* often. (You don't really need to stand over the pot stirring, you can get other stuff done around the kitchen while you work, just make sure you are stirring frequently.) Continue to add broth when previous addition is mostly absorbed. When the rice is creamy and al dente, add the cheese (and bacon if using) and season with salt and pepper.