



# Tucson Community Supported Agriculture

Newsletter 111 ~ Fall '07, Week 10 of 13 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Harvest list is online



## Back Page Recipes

Apple Cucumber Shake  
Winter Squash Croquettes  
Turnips and Greens  
Winter Greens Lasagna or Pasta  
Chile Rellenos with Cheese

## Holiday Candy

Each year at this time we get chocolate truffles, caramels, rubble, fudge and toffee from David at Black Mesa Ranch, our goat cheese supplier. The candy is made with fine Belgian chocolate and cream from the goats. (Some members call it "goat candy".) David is an artist as a confectioner, and the candy is sublime. It will be available starting Tuesday, November 6.

## Grass-fed Lamb

We have a few packs left. They are \$70 for an 8 lb. frozen pack. A typical pack might include shoulder blade and center cut chops, stew meat or shanks, ground pork, riblets and a one-half leg roast. Lamb shares will not be available again until next April.

## Winter Greens

As we move into the cool months, CSA shares include more greens of various kinds. Check out the online recipe archives for cooking ideas, under the heading "Greens".

## Newsletter editor

Philippe Waterinckx

## Subscription Renewals: \$228

The Winter session will run from Tuesday, December 4, 2007 through Friday, February 29, 2008 (12 pick-ups). There will be NO PICKUPS DURING CHRISTMAS WEEK (Tuesday, December 25 and Friday, December 28) and the Tuesday, January 1 pick-up will be rescheduled to Wednesday, January 2.

Winter session enrollment is from November 6 to November 30. Current and former members will have priority enrollment until November 19, after which any remaining slots will be offered to people on the waiting list. Space for both Tuesday and Friday pick-up days are limited, so renew early to make sure you get the pick-up day of your choice. Contract forms will be available online and at the CSA.

A little quick arithmetic reveals that the weekly cost has changed from \$17 to \$19 per week. Here's why this was necessary: The last price change was two years ago. Since then, Farmer Frank has experienced significant increases in fuel and labor costs. We all know about the fuel cost increases. In the labor market, stepped up immigration enforcement has created a farm labor shortage. Farmer Frank does not employ undocumented workers, but market conditions have nearly doubled his hourly labor cost, and benefits costs have also increased. If you're politically inclined, there might be some lessons here about energy, medical care and immigration policy matters, but we'll leave that to you!

## Egg Story

It is molting season for many hens. Molting is when hens shed their old, worn feathers and grow new ones. During molting, egg production decreases or stops altogether.

We are currently getting no eggs at all from Estancia farms, which had been supplying us with their pastured organic eggs. Hopefully, egg production will resume soon. In the meantime, Philippe has been bringing some eggs from Josh's farm. He picks those up whenever he goes to Wilcox to collect a grass-fed meat order for the CSA. Josh has plenty of eggs and they are delicious. His hens are young and are not molting yet.

## Thanksgiving Turkeys

In July, we took deposits for pasture-fed Turkeys to be raised by Farmer Josh. Josh will deliver the turkeys himself on Tuesday November 13, and he'll be at the CSA during pick-up hours that day to hand them out. (To refresh your recollection, the turkeys cost \$4 per pound, are frozen, and average about 16 pounds each.) Unfortunately, there are no extra turkeys available for those who didn't order one. Friday CSA members who ordered a turkey and who want to meet and talk with Josh can come on the 13<sup>th</sup> for their turkey. Otherwise, they can pick up their turkey with their usual Friday, November 16<sup>th</sup> veggie pickup. In case you can't remember whether you ordered a turkey in July (it was a while ago!), we'll post a list of CSA members who paid turkey deposits on the cork bulletin board inside the CSA room. **We have freezer space for only about one-half of the turkeys ordered, so please pick up your turkey on Tuesday, November 13, if possible.**

## Goats to Go on Strike!

Just joking. The Black Mesa Ranch goats are not taking a cue from the TV and movie writers. But their milk production does taper off in winter and stop completely by around the end of December. So there will be no goat cheese shares for the Winter session. Instead, Black Mesa Ranch will send us reduced amounts of goat cheese in December, and it will be sold on a first-come, first-served basis.

### Apple Cucumber Shake

Jessica Weinberg, TCSA

1/3 cup plain unsweetened soy milk  
1/2 large peeled cucumber  
2 small cored Anna apples, cut into pieces  
8 ounces plain non-fat yogurt  
1/2 inch (approx.) cube of fresh peeled ginger  
1 tablespoon lime juice  
1/2 teaspoon orange-flavored liquid stevia (herbal sweetener) (or substitute your preferred sweetener to taste)

Put soy milk at the bottom of a blender, then add the other ingredients. Blend until smooth. Makes enough for 1-2 people.

### Winter Squash Croquettes

Sara Jones, Tucson CSA

This recipe will work with any of your winter squash. I mash the cooked flesh with a fork, unless I am using spaghetti squash, in which case, I would use a fork to separate the strands of squash. Use any soft cheese you like to add to the mix, or use a hard cheese to stuff in the middle. Experiment with different herbs and spices.

About 3 cups of cooked winter squash  
1-2 eggs, if desired  
1/2 cup soft cheese  
1/2 cup dried bread crumbs  
Salt and pepper to taste

Combine all ingredients except bread crumbs and mix well. Shape mixture into patties, about 1 inch thick. Dredge patties through bread crumbs and pan fry in a well-oiled skillet over medium-hot heat. Cook on both sides until golden brown, then drain on paper towels or newspaper.

### Turnips and Greens

Sara Jones, Tucson CSA

Turnips served over their own greens are delicious. If you don't plan on using your turnips for a few days, separate the greens from the roots to keep both parts fresher.

1 bunch turnips, greens removed and cut into quarters  
1 bunch turnip greens, washed well and roughly chopped  
2 cloves garlic  
2 teaspoons oil  
Soy sauce to taste  
Ground pepper

Heat a skillet over medium high heat and add turnips. Cook about 8 minutes stirring occasionally to brown on all sides. Remove turnips from heat and add greens and garlic to pan. Stir until wilted, then remove from heat. Season with soy sauce and cover with turnips. Sprinkle with pepper and serve.

**Greens** can be overwhelming. However, they do boil down significantly. An easy and delicious way of incorporating greens in a dish is to put them in your favorite lasagna recipe

### Winter Greens Lasagna or Pasta (what to do with the wilting winter greens)

Laura, TCSA

Sauté garlic and pine nuts in olive oil, add greens and lightly sauté with lid on pan to conserve heat and steam.

I added some white wine, which made them really tasty.

In a separate pan, make a bechamel cheese sauce (Joy of Cooking has an easy and basic recipe). Basically, you melt a quarter stick of butter in a pan, then add a tablespoon of flour and a cup of milk (slowly) while stirring. Add a small, clove-studded onion (or an onion plus a bit of ground cloves). Simmer while stirring for 5-10 minutes. Then you add cheese until you like the consistency. I used a little ricotta, goat cheese, and parmesan. You can use olive oil rather than butter.

For the lasagna, toss the sauce and the sautéed greens together and layer between dry lasagna noodles and put in the oven. My lasagna was an utter failure because I tried to boil the noodles first. In case of failure, try...

Winter green pasta!

Toss the greens with your favorite pasta noodle and pour sauce over them.

The mustard greens are SUPER tasty with the cheese sauce. Trader Joe's has really cheap fancy cheeses - especially the goat ones.

### Chile Rellenos with Cheese

10 whole green chiles  
1 cup shredded Monterey Jack cheese  
1 cup shredded Cheddar cheese  
4 eggs, beaten  
1 cup milk  
1/4 teaspoon salt  
1/4 teaspoon pepper  
dash ground red pepper

Rinse chile peppers and gently remove seeds. Set aside. Combine cheeses. Stuff each chile with 3 tablespoons cheese. Arrange chiles in a greased 12x7x2-inch baking dish. Sprinkle remaining cheese over chiles. Combine eggs and remaining ingredients, mixing well. Pour over chiles. Bake at 350° for 30 minutes, until set.

## Extra recipes to reflect this Friday's harvest.

Also, remember the many recipes we have on our online recipe archive at [www.tucsoncsa.org/recipes](http://www.tucsoncsa.org/recipes)

**Bull's Blood Beet Greens** are grown for their greens, not for their bulbs (in fact they produce only small or no bulbs at all)

### **Italian Style Beet Greens**

Lorraine Glazar, Tucson CSA

1 bunch beet greens  
Salt  
1-2 cloves garlic, minced  
2 teaspoons olive oil  
Lemon wedges or Parmesan cheese

Strip leaves from the stems, while roughly cutting the leaves into one inch wide slices. Cut the stems in julienne cut (matchsticks).

Heat several quarts of water. When they come to a boil, add 1 teaspoon salt. Working in batches, put in the greens and let them cook a minute or two, until softened. Remove from boiling water and drain. Put the matchstick cut stems in the boiling water for 30 seconds to a minute. Remove and drain.

Heat the oil in a sauté pan, then add garlic and sauté just until fragrant. Don't let the garlic burn. Add the parboiled greens and stems, stir well, and cover the pan. Cook for one to three minutes until the greens are coated with the oil.

Serve with lemon wedges or garnished with some parmesan cheese.

Note: Steps one and two can be done ahead, and the vegetable refrigerated until mealtime

### **Mibuna**



met-garden.de

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.

### **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.

### **Braised Greens And Rice Pilaf**

Philippe, Tucson CSA

1 bunch of braising greens (or any greens), sliced in ribbons  
1 medium onion, sliced in rings  
2 cloves of garlic, crushed  
2 tablespoons oil  
1 two-ounce can anchovies (optional)  
1 stalk lemon grass (optional), cut in 1 inch segments  
¼ cup grated parmesan  
1 cup rice  
salt and pepper to taste

Sauté the rice in 1 tablespoon of oil until it begins to puff. Add 2 cups of water, a pinch of salt and a dash of black pepper. Cover and simmer for 15-20 minutes, or until water has evaporated. Sauté the onion rings, garlic, lemon grass and anchovies in the other tablespoon of oil for 5 minutes or until onions are tender. Add greens and stir gently for another 5-10 minutes until greens are soft but still vivid green. Salt and pepper to taste. Serve on a bed of rice and sprinkle with grated parmesan.