



# Tucson Community Supported Agriculture

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Fall 07, Week 12 of 13



Planned harvest list is [Online](#)

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### West Side Pick-Up Location?

We may have an opportunity to open a second pick-up location on the West side next year. It would be in the future Mercado at Menlo Park, near the southwest corner of Congress and Grande. We would like to gauge our members' interest in this alternative pick-up location.

If you would be interested in picking up at that location, please let us know by e-mail.

The current location at The Historic Y would continue.

### Tucson CSA in the news

again – this past Monday evening, on Arizona Illustrated (KUAT Channel 6). If you missed it on the box, you can see it online on the [Arizona Illustrated](#) website.



### Newsletter editor

Philippe Waterinckx

### UPDATE ON THE RENEWALS

Although registration for Winter session is technically open until Nov. 30, we are likely to fill up before then.



Over the last two weeks, current and former members had the opportunity to renew their membership with priority over those on the wait list. Yesterday, we began offering membership to those on the wait list, but current and former members can still renew until we're full. There are both Tuesday and Friday slots available at this writing.

**A list of Winter session subscribers is posted at the CSA on our bulletin board (indoors, on the left wall as you walk in). If you have renewed, PLEASE CHECK THE LIST to confirm that we have your renewal and that you are signed up for the correct pick-up day. New members will be notified of their subscription by email.**

### MESQUITE MILLING AT DESERT HARVESTERS

Last week's mesquite milling and mesquite pancake events were well attended. CSA volunteers Amy and Lori were in charge of making pancakes at the Santa Cruz River Farmer's Market on Thursday. On Saturday morning, a much bigger mesquite milling event took place at Dunbar Spring Community Garden. Many CSA volunteers and members attended or participated as volunteers. Amy prepared the batter to supply the eight grills, Philippe and seven others flipped pancakes, and Sara sold them and passed them out. Farmer Frank generously donated fifty pounds of his organic wheat as a contribution to the mesquite pancake mix for both events.

Do you have mesquite trees on your lot? Think about collecting the mesquite pods and turn them into flour using [Desert Harvesters'](#) hammermill.

Mesquite is the most common shrub/small tree of the Desert Southwest. Native Americans relied on the mesquite pod as a dietary staple from which they made tea, syrup, and ground meal called Pinole. They also used the bark for basketry, fabrics and medicine. A favorite of bees and other insects, mesquite flowers produce a fragrant honey.

Medical studies of mesquite meal show that despite its sweetness, it is effective in controlling blood sugar levels in people with diabetes. The sweetness comes from fructose, which the body can process without insulin. In addition, soluble fibers, such as galactomannin gum in the seeds and pods slow absorption of nutrients, resulting in a lower glycemic index and hence a flattened blood sugar curve, unlike the peaks that follow consumption of wheat flour, corn meal and other common staples.

The nutty, sweet pods are a good source of calcium, manganese, iron and zinc. The seeds within are 40% protein. The gel-forming fiber allows foods to be slowly digested and absorbed over a 4 to 6 hour period, rather than 1 or 2 hours, which produces a rapid rise in blood sugar.

Nutrition Facts: 100% natural mesquite meal, serving size 2 tablespoons.

Amount per serving: Calories 30: Calories from fat 2: Sodium 0 mg. Total carbohydrates 6 g: Dietary fiber 3 g: Sugar 1 g: Protein 1 g:

Not a significant source of fat, saturated fat, cholesterol, vitamins A and C, Calcium or iron.

Source: Desert Harvesters website

**Roasted Pumpkin and Apple Soup with Walnut**

**Cilantro Pesto**

Philippe, Tucson CSA

- 1 large pumpkin, cut in half, seeds removed
- 2 onions, chopped
- 2 apples, cored and quartered
- 3 garlic cloves, peeled
- 2 tablespoons olive oil
- Salt to taste
- 2 tablespoons red chili powder, or 2 jalapenos, chopped
- 4 vegetable (or chicken if you wish) bouillon cubes



Preheat oven to 400F.

Toss all ingredients in the pumpkin halves,

Place the halves in a baking pan (it might take two) filled with 1 inch of water and bake for 1 and 1/2 hours.

Scoop out contents of the pumpkin halves, down to the skin, and blend. Add water or stock to desired consistency (1-2 cups).

Serve hot with a scoop of walnut cilantro pesto.

**Walnut Cilantro Pesto**

- 1 cup walnut pieces
- 2 cups cilantro leaves
- 1 jalapeno
- 2 tablespoons cider vinegar
- 1/4 cup water
- salt to taste

Blend all ingredients. Add water or stock to desired consistency.

**Kale Ribbons**

(Chef Stephanie Green)

- 1 tablespoon olive oil
- 2 cloves garlic, finely chopped
- 1 bunch kale, cut into ribbons
- 1-2 tablespoons fresh lemon juice
- Salt and black pepper, to taste

1. In a large sauté pan, heat olive oil over medium heat
2. Add garlic and cook for about 1 minute
3. Add kale and cook for about 2-3 minutes stirring frequently; kale will become tender with a bright green color
4. Add lemon juice and cook for 1 more minute
5. Season to taste with salt and black pepper

**Two-Potato Gratin**

David Allen, Tucson CSA

- 2 large russet potatoes
- 2 large sweet potatoes
- salt & freshly ground pepper
- chopped fresh rosemary
- 1 1/2 cups heavy or whipping cream
- 1 1/2 cups grated gruyere cheese
- 1/2 cup grated Parmesan cheese

Peel and thinly slice all 4 potatoes, keeping separated by color. In a 10 x 12 microwave-safe casserole, place half the white potatoes on the bottom in a thin layer, overlapping slightly. Sprinkle with salt, pepper and chopped rosemary. Cover with a layer of half of the sweet potatoes; sprinkle with salt, pepper and rosemary.

Repeat layering using up all remaining potatoes, sprinkling each layer with salt, pepper and rosemary. Pour cream over potatoes and cover casserole (with lid or plastic wrap).

Microwave on HIGH for 18 minutes. Meanwhile, mix the two grated cheeses. When potatoes are done, remove cover and sprinkle evenly with the cheese mixture. Microwave UNCOVERED for 3 more minutes at HIGH power. Can be reheated in the microwave.

**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.

- 1 bunch mustard greens, washed and finely chopped
- 1/2 green chile (or to taste), finely chopped
- 2 cloves garlic, mashed
- 1/2 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.