



Tucson Community Supported Agriculture

Newsletter 158 ~ October 6, 2008 ~ Online at www.TucsonCSA.org

Fall `08

WEEK 6 of 13

Harvest list is [Online](#)

The Back Page

Wilted Greens with Dressing
Butternut Squash, Chiles and
Potatoes

Eggplant and Arugula Sandwich
Arugula Pesto
Sweet Butternut Phyllo Triangles

More recipes at

www.tucsoncsa.org

Second Payments Overdue

If you are paying your CSA share in two payments, and didn't pay the second payment last week, it's now late. It's \$130 if you are subscribed to a produce share only, and \$145 for a produce and cheese share.

Mesquite Milling Events

Here is a list of upcoming mesquite milling events around Tucson. For more info about milling events outside of the Tucson area, go to www.desertharvesters.org.

Tucson Meet Yourself

Oct 11th, 12 pm - 4 pm

Marana Heritage Festival

Oct 25th, 9 am - 4 pm

Dunbar/Spring Pancake Breakfast

Nov, 8th, 9 am - 2 pm

Santa Cruz Farmers' Market

Nov, 20th, 3 pm



Newsletter editor

Sara Jones & Paul Durham

IT'S MESQUITE MILLING TIME AGAIN!

For those of us who have been eagerly awaiting the Desert Harvesters' annual mesquite millings, the time has finally arrived! (And for those of us who just didn't get around to harvesting any pods this year, we can still look forward to the tasty and entertaining mesquite pancake chowdowns at Dunbar/Spring Community Garden and the Santa Cruz Farmers' Market). Below is a brief overview, from the Desert Harvesters' website, on how to mill your pods. Check out their website at www.desertharvesters.org for more detailed information.

Only clean, *dry* seedpods that "snap" when bent will be milled. If they bend rather than snap, they are too moist and will clog the mill. Pods must be clean and free of stones, dirt, leaves, and black mold; otherwise, they will not be milled. We can't risk damaging the mill or contaminating the flour for others. People can bring pods they have harvested (up to 15 gallons) and grind them into flour. The minimum milling fee is \$3 for any amount under 3 gallons of whole pods. If you have more than 3 gallons of pods to grind, you pay \$1 per gallon of whole pods. The idea is to encourage folks to bring at least 3 to 5 gallons of whole pods (5 gallons of whole pods will provide you with about 1 gallon of fine, edible flour in about 5 minutes of milling). To speed up the milling of flour at the Dunbar/Spring event, we will have two mills running this year. In addition, at both the Dunbar/Spring event and the Santa Cruz Farmers' Market event, if there is a large turnout, we will likely ask that those bringing more than 15 gallons of whole pods leave the pods with us along with sealable food-grade containers marked with their name and phone numbers into which we can put the flour. These folks must prepay us for the milling, and we'll call them within a week to pick up their flour. The idea is to keep the milling line moving quickly, and to greatly reduce the chance that anyone will need to wait in line for a long period of time.

Note that mesquite flour purchased in stores, costs from \$9 to \$30 per pound, but because it is abundant, and locally native in our area, it can be harvested for free and ground into flour at our scheduled milling events at a very low cost.

IS INDOOR URBAN FARMING (PART OF) THE FUTURE?



Have you seen them yet on the cover of a magazine, these multi-story glass-covered vertical farming structures designed to bring local food production to land-starved cities? They're popping up all over – Scientific American, New York Times, Popular Science, and others. Is it an expensive, big business, carbon-spewing approach that consumes too much energy and other resources for the food it produces, or an effective way to eliminate shipping and bring local food production to crowded cities? Will they grow good food, or just more tasteless tomatoes? Dr. Dickson Despommier of Columbia University argues that such structures reduce energy use, carbon and other emissions, and chemical fertilizer pollution through reduced shipping and hydroponic or other alternative farming methods used by indoor farms. They can reuse city wastewater, and get energy from the sun, wind and incineration of waste plant material. Despommier argues that big, expensive glass towers aren't necessary; similar food production methods can be used on the rooftops of existing buildings. For more, see links to the Scientific American and other articles at <http://www.verticalfarm.com>.

Wilted Greens with Dressing

Sara Jones, Tucson CSA

The greens in this recipe are just barely wilted in a hot vinegar dressing, then topped with pecans. If you have any fruit flavored vinegar, use it; otherwise use balsamic vinegar. Toss in chopped apples for a sweeter taste.

1 or 2 bunches greens, washed and chopped
About 1 tablespoon balsamic vinegar
About 1 tablespoon Dijon mustard
About 1/2 tablespoon honey
2-3 roasted chiles, skinned, seeded and chopped
About 1/2 tablespoon oil
Salt and Pepper to taste
Chopped pecans to garnish

Mix together vinegar, mustard, honey, chiles and oil and heat over medium high heat until beginning to bubble. Remove from heat and stir in greens, tossing well to coat. Top with pecans (and apples, if using) and serve.

Butternut Squash, Chiles and Potatoes

Weslyn Hoekstra, Tucson CSA member

Here is a recipe using unroasted green chiles that we enjoy at our house. (Roasted chiles will work just as well, though).

2 tablespoons oil
1 butternut squash, peeled and cut in chunks
1 clove garlic, crushed
5 potatoes, peeled and cut in eight pieces
1/2 onion, diced
2 green chiles, diced
1 cup water
Salt and pepper to taste

Heat the oil in a large pan. Add the garlic and squash and cook until lightly browned. Add the remaining ingredients and cook until the potatoes are done.

Eggplant and Arugula Sandwiches

Sara Jones, Tucson CSA

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

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

Cut vegetables lengthwise into 1/4 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 the 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.

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
1/2 cup toasted walnuts
1/4 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.

Sweet Butternut Phyllo Triangles

Paula Karrer, CSA Member

One CSA butternut squash (yielding about 1 lb cooked flesh)
1/2 cup brown sugar
1/4 cup almonds, toasted and ground
ground cinnamon, cloves, nutmeg, ginger to taste
1 teaspoon vanilla
1/2 lb phyllo dough, defrosted at room temperature for 2 hours
4 tablespoons butter
extra white sugar for sprinkling between phyllo sheets

Cut the squash in half, place in a buttered baking dish and bake at 350 degrees until soft (30-45 minutes). Let cool slightly and remove the flesh into a bowl. Add the sugar, almonds, spices and vanilla and mix thoroughly. Be sure that the mixture has cooled completely before proceeding. Lay out one sheet of phyllo dough, brush with melted butter, and sprinkle lightly with sugar. Repeat with 4 more sheets to create a stack 5 sheets thick. (No need to butter and sugar the top of the 5th sheet.) Keep remaining phyllo dough covered closely with plastic wrap. Cut the 5-layer sheet in half widthwise, and into thirds lengthwise to create 6 rectangular sections. Place a tablespoon or so of squash mixture towards the end of each section. Fold as you would a flag, to create a triangularly shaped package. Seal the open end with butter or moistened fingers. Continue until all phyllo sheets are used. One half pound of phyllo sheets, each measuring 9 x 14 inches, will make about 30 pastries. Don't worry if the phyllo tears or wrinkles - it won't matter.

Bake the pastries for 20-30 minutes until light golden brown. Serve warm or room temperature. Those pastries not eaten that day can be re-crisped in the oven if necessary.