



Tucson Community Supported Agriculture

Newsletter 207 ~ September 21, 2009 ~ Online at www.TucsonCSA.org

Fall '09 Week 4 of 13

Harvest list is online

The Back Page

Southwestern Wheat Berry Pilaf
Stuffed Butternut Squash
Roasted Green Chile Stew
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More recipes online

Roasted Chiles – Bulk: \$1.50/lb

Mild green chiles from Crooked Sky Farms. Minimum order: 20 lbs (\$30). Available while chiles last.

Tomatoes, Red and Green

The second tomato season is here and at first we will enjoy both red and green tomatoes. They are the same varieties, just different stages of ripeness. If you never tried fried green tomatoes, here's your chance. Try Lorraine's Fried Green Tomatoes recipe on our back page. Easy and delicious!

Wheat Berries ~ Wheat Flour

Farmer Frank's wheat berries are delicious just as they are: sweet, nutty and wholesome. But if you'd rather have flour, you can grind them in the Tucson CSA stone mill. If you haven't used the mill before, just ask one of the CSA volunteers to show you how it works.

We will take the mill out on the last Tuesday and Friday of every month, as well on days when we get wheat berries in our shares.

We recommend that you clean the wheat before grinding it. To separate the wheat from the chaff, just stand outside on a breezy day or in front of a fan and pour the berries slowly from one container to another: the chaff will fly away. You may also encounter some small black mustard and larger round-ish mallow seeds among your wheat berries. Those are harmless.

Newsletter Editor

Philippe Waterinckx



OUR TRIP TO JOSH'S FARM

It was a beautiful afternoon in Sulphur Springs Valley, with some sun, some clouds, some rain and a cool and gentle southwesterly wind. The elevation of Josh's farm is 4,200 feet and the temperature is usually about ten degrees cooler than in Tucson. About a dozen CSA members came and we walked through acres and acres of grass and

alfalfa pastures, where Josh rotates his different animals. The laying hens, *i.e.* those raised for their eggs (mostly Red and Black Sexlinks, Rhode Island Reds and Araucanas), shared two one-acre fields at one end of the farm. We also met Josh's herd of Red Hereford cows, grazing peacefully in a pasture not far from a flock of Label Rouge meat hens. A bit further on were the twelve-week old white turkeys, very loud and inquisitive. Right before our eyes, Josh led the turkeys into a new pasture full of freshly grown alfalfa. We watched three hundred young turkeys advance in the new patch like as many little mowing machines, eating the alfalfa leaves voraciously and leaving bare stems behind them.

Josh moves his animals to new pastures every few days, so they always have access to fresh greens. The hens and turkeys eat mostly greens and bugs, but to ensure they get a balanced diet, Josh gives his own feed mix as supplemental food: it includes GMO-free corn conventionally grown by his uncle, oyster shells and an organic mineral mix.

Josh's birds are pasture-raised and free-range in the true meaning of those terms, a far cry from the free-range standards defined by the U.S.

Department of Agriculture (USDA).

The USDA requires that chickens have access to the outside in order to receive the free-range certification, with a very loose definition of "outside" – there is no requirement for access to pasture, and there may be access to only dirt or gravel. Free-range eggs, however, have no legal definition and free-range egg producers have no common standard on what the term means. Many egg farmers sell their eggs as free range merely because their cages are two or three inches above average size, or because there is a window in the shed. Don't believe the pictures you see on egg cartons!

Josh's eggs are amazing! If you've tried them, you know that there is no going back. Their quality is of an order of magnitude above even the best grocery store eggs. True, they are also more expensive. Personally, I don't think that they are expensive for what they are. We have been trained to believe that eggs should be cheap. The sad truth behind cheap eggs is that we only get cheap eggs (and cheap chicken meat) when hens live in atrocious conditions.

Consider the price, quality and nutrition of twelve of Josh's eggs and compare that with one latte from your favorite coffee shop



Photos of the trip to Josh's farm courtesy of Shawn Halversen, Tucson CSA member

Southwestern Wheat Berry Pilaf

www.cookinglight.com

3/4 cup uncooked wheat berries
2-3 roasted green chiles
1 cup diced bell pepper
1 cup diced peeled jicama
3/4 cup minced red onion
1/3 cup minced fresh cilantro
3 tablespoons fresh lime juice
1 1/2 tablespoons olive oil
1/2 teaspoon salt
2 garlic cloves, minced
1 (15-ounce) can black beans, rinsed and drained
Cilantro sprigs (optional)

Place wheat berries in a medium bowl; cover with water to 2 inches above wheat berries. Cover and let stand 8 hours. Drain. Place wheat berries in a medium saucepan; cover with water to 2 inches above wheat berries. Bring to a boil; reduce heat, and cook, uncovered, 1 hour or until tender. Drain and set aside. Cut chiles in half lengthwise; discard seeds and membranes. Peel chiles, and chop. Combine chiles, wheat berries, bell pepper, and next 8 ingredients (bell pepper through beans) in a large bowl; stir well. Serve chilled or at room temperature. Garnish with cilantro sprigs, if desired.

Stuffed Butternut Squash

Sara Jones, Tucson CSA

Butternut squash come with a perfect compartment for filling. Simply cut in half lengthwise and scoop out the seeds and fibers. Remember to save your seeds for toasting!! In this recipe, wheat berries and lentils provide the protein and texture of cooked ground beef. If you like, you can substitute ground beef for the wheat and lentils.

1 butternut squash, cut in half and seeded
1/2 cup wheat berries, cooked
1/2 cup lentils, cooked
1 bell pepper, chopped
1 onion, chopped
2 garlic cloves, minced
2 tablespoons olive oil
1 tomato, chopped
1/2 teaspoon oregano
1/2 teaspoon thyme
1/2 bag fresh basil, chopped
Salt and pepper to taste
Mozzarella or goat cheese for topping

Cook squash halves by covering cut side in oil, then placing oiled side down in an oven proof dish. Bake at 350 degrees for about 30-40 minutes until squash is mostly tender. While squash is cooking, prepare filling. Heat oil in skillet and sauté bell pepper, onions and garlic over medium high heat for about 5 minutes. Add herbs and spices, tomatoes, and salt and pepper. Combine all ingredients in saucepan and cook, covered, over medium low heat for about 10 minutes. Turn the squash cut side up and add a generous portion of the filling. Cover with cheese and bake for 15 minutes in a 350 degree oven.

Roasted Green Chile Stew

Philippe, Tucson CSA

This dish lends itself well to use leftover vegetables. Don't hesitate to substitute or add more vegetables.

1 tablespoon olive oil
1 onion, chopped
1-2 cloves garlic, peeled and minced
2 teaspoons ground cumin, or mole pipian rojo
2-4 potatoes, diced
1 lb squash/zucchini, diced
6-8 roasted green chiles, skin and seeds removed, coarsely chopped
1 lb diced tomatoes, fresh or canned
2 cups vegetable or chicken stock
1 bag greens, coarsely chopped (optional)
salt to taste

In a skillet, sauté onion in medium hot oil until translucent. Add garlic, cumin (or mole powder), potatoes and squash. Sauté for 5 minutes. Add green chiles, tomatoes and stock. Simmer for 30 minutes. Add more stock to obtain stew consistency if necessary. Turn off heat. Add salt to taste. Serve with corn bread or tortillas and rice.

Fried Green Tomatoes

Lorraine Glazar, Tucson CSA

1-2 tablespoons cooking fat or oil
2 green tomatoes
1/2 cup cornmeal or masa harina
Salt and pepper (Amy's suggestion: put more salt and pepper than you normally would)

Core the tomatoes and slice into 1/4 inch slices. Heat the oil until it shimmers but does not smoke. Salt and pepper each cut side of the tomato slices. Dip each cut side of the tomato slice into the cornmeal or masa, then put into the hot oil. Cook the first side until crust is crispy and tomato has begun to soften. Then turn and finish cooking the second side. Serve hot.

Wheat Berry Salad

Sara Jones, Tucson CSA

Wheat berries are a hearty, whole grain alternative to pasta in many of your favorite cold summer salads. Substitute equal amounts of cooked berries for pasta and follow the regular directions for the rest of the recipe. You can also garnish a regular green salad with wheat berries, sprinkling them on top as you would sunflower seeds.

3 cups cooked wheat berries
1/4 cup prepared pesto or 1 bag freshly chopped basil
1 large tomato, chopped
1 cucumber, peeled, seeded and chopped
1/2 bell pepper, chopped
1 handful black olives, chopped
1 handful crumbled goat cheese
1 tablespoon olive oil
1 tablespoon vinegar
Salt and pepper to taste

Toss all ingredients together in a large bowl. Let sit in the refrigerator for at least 30 minutes before serving.