



# Tucson Community Supported Agriculture

Newsletter 208 ~ September 28, 2009 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall '09 Week 5 of 13

Harvest list is online

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Capers  
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Enchiladas

More recipes online

### Wheat Mill Availability

Reminder: The wheat mill will be available for wheat grinding on the last Tuesday and the last Friday of every month, as well on days when we get wheat berries in our shares.

### Bulk Roasted Green Chiles

**\$1.50/lb**

Mild green chiles from Crooked Sky Farms. Minimum order: 20 lbs (\$30). Available while chiles last. Pre-pay at the front desk and pick them up the following week.

### Black Mesa Ranch News - Boule Season Over

For a while now we have been carrying Black Mesa Ranch's delicious boule cheese. Boule is a fine mozzarella-type cheese which some of you have come to enjoy very much. Its name means "ball" in French: it looks like a grapefruit-sized white semi-sphere. Sadly, the boule season is now over and we won't be getting any more until late next spring. This is because the goat milk is now becoming too rich for the curds to stretch properly.

We'll still be getting the goat feta cheese for a while, and of course, the regular fresh cheese logs will be available every other week to those subscribed to a goat cheese share. You will notice that it is getting richer and creamier, as it always does in the fall.

### Newsletter Editor

Philippe Waterinckx

## **CROOKED SKY FARMS' "GREEN" TRACTORS**

Crooked Sky Farms uses new Tier 3 low fuel consumption tractors. Farmer Frank talks about this new step toward farming sustainably:



"Tier 3" is the name given a category of engines that are compliant with new emission standards in California. California has already passed laws to ban all Tier 1 & Tier 2 engines for construction and agriculture. After this year, California dealerships won't be able to sell machines that don't meet Tier 3 standards. There is a lot of equipment in California that is currently being sold off to other states and to our neighbors to the south. Arizona hasn't passed a law regarding Tier 3 engines, and quite honestly I don't think they will even consider it for another 5 to 10 years. Tier 3 updates on older equipment can cost anywhere from \$15,000-30,000 depending on the application. This can easily be more than the machine is worth.

At Crooked Sky Farms, we have already switched to this new standard in green farming. The four tractors we use the most (99% of the time), the John Deere's and the Massey Ferguson's, are Tier 3. It was a big decision for me to make but I think it was a good one. It would be really hard to say you are organic if you are not doing every thing you can to be as green as possible. I believe that being organic should be about stewardship of the land and not adding any more pollutants to the air than need be. We have to be about the whole picture.

Fuel consumption in Tier 3 tractors is considerably less than in other tractors. I monitored the fuel consumption on the dashboard computer when we plowed a field the other day. Plowing is the most fuel consuming thing we do. With the new tractors, we average 3 gallons per hour. To put this in prospective, if you drive your car for one hour at 60 mph and you consume 3 gallons of fuel you would be getting 20 miles per gallon. Not too bad! But when we are planting there is a lot less resistance because we are going on top of the soil as opposed to through it, and the tractor can then be switched to economy mode, burning only about 1 gallon per hour....Wow... that's like a car getting 60 miles per gallon!!!

I know farmers that still use the old 4620 John Deere tractors. They burn 10 to 12 gallons per hour doing the same job we do. Mmmmm ... that's like getting 6 miles per gallon or less in your car.

Not too long ago diesel fuel spiked to around \$5 a gallon. A farmer who was running his old tractor 10 hours a day burns \$50 a hour on fuel or \$500 a day. I know a lot of farmers who went out of business because of this. Diesel costs about half that now, but lets be honest. Does any one think that it's never going to go up again?

In addition to having low emissions, they have great A/C, a Pioneer stereo system and built-in coolers for your drinks. Pretty swanky driving!

*Farmer Frank Martin from Crooked Sky Farms ([www.crookedskyfarms.com](http://www.crookedskyfarms.com))*

## **PROCESSING AND ROASTING PISTACHIOS**

Look for instructions on how to roast them in next week's newsletter.

### **Braised Dijon Cucumbers**

Sara Jones, Tucson CSA

The new *Julie and Julia* movie, apparently, has people raving about a French braised cucumber recipe. Here is an adaptation with Dijon mustard in it. If you prefer something more like the original, just omit the Dijon.

1 cucumber, peeled and seeded  
1 small sweet onion, minced  
2 teaspoons white wine vinegar  
1 teaspoon Dijon mustard  
1 small pat butter  
1 drizzle olive oil  
1 teaspoon dried tarragon or dill (optional)  
Salt and pepper, to taste

Cut the cucumber in half, lengthwise, then cut each half into three long strips. Cut strips into 1-inch pieces. Heat olive oil in a skillet over medium high heat and add cucumbers and onion. Cook, tossing or stirring frequently, for about 4 minutes, until cucumbers are slightly browned. Stir together mustard and vinegar and pour over cucumbers. Add butter and herbs, if using. Toss well to coat, turn heat to low and cover. Cook about 10 more minutes. The juice from the cucumbers should help them steam, but if needed, add a bit of water to keep them from burning or sticking. When tender, sprinkle with salt and pepper. Serve warm.

### **Italian Eggplant with Peppers and Capers-new**

Sara Jones, Tucson CSA

This is an excellent sauce for pasta, but it would also be nice served over rice. If you want to use it as a topping for bread, chop the eggplant into a smaller dice. The mild Anaheim-type chiles we have been getting in our share resemble sweet Italian frying peppers and are perfect in many Italian dishes.

2 skinny or 1 large round eggplant, peeled (if desired) and diced  
3 cloves garlic, minced  
3-4 mild green or red chiles, preferably roasted and peeled, chopped  
1 large ripe tomato, diced, or about ¼ cup canned, diced tomato  
2 tablespoons capers  
Small handful feta cheese, crumbled (optional)  
1 tablespoon cream (optional)  
Salt and pepper to taste  
About 1 tablespoon olive oil

Heat oil in a medium skillet and add eggplant and garlic, stirring well to coat. Drizzle eggplant with a few tablespoons of water and cover. Cook eggplant over medium high heat for about 7 minutes, checking occasionally and adding water to prevent any burning or sticking. When eggplant is tender, add the rest of the ingredients, except the cheese, and cook for a few more minutes. Season with salt and pepper, to taste. Stir in cheese just before serving. If using as a pasta sauce, reserve about ¼ cup of pasta water and toss cooked pasta and reserved water into pan with mixture and cook for an additional minute.

### **Sweet Butternut Phyllo Triangles**

Paula Karrer, CSA Member

One CSA butternut squash (yielding about 1 lb cooked flesh)  
½ cup brown sugar  
¼ cup almonds, toasted and ground  
Ground cinnamon, cloves, nutmeg, ginger to taste  
1 teaspoon vanilla  
½ pound 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 5<sup>th</sup> 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 tbsp 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. Pastries not eaten that day can be recrisped in the oven if necessary.

### **Roasted Squash and Garlic Enchiladas**

Sara Jones, Tucson CSA

This is the easiest and tastiest enchilada filling ever! You can use this filling in any number of ways. It is great as a layer in a lasagna, or stuffed in a phyllo dough pie. You could add cheese but it is incredibly rich as it is. Also, the mashed squash, diluted with water or wine, makes an excellent pasta or pizza sauce!

1 winter squash  
1 whole head garlic  
1 tablespoon oil plus enough to coat baking pan and vegetables  
Salt and pepper to taste

Cut squash in half and scoop out seeds. Oil a baking pan well then coat inside of squash and entire bulb of garlic with plenty of oil. Lay squash cut side down in pan with garlic and bake for about 40 minutes at 350 degrees. When flesh is tender, remove it from the skin by scraping out with a spoon, and place in a bowl. Cut the top off of the bulb of garlic and squeeze insides into bowl. Add oil and salt and pepper and mix well. Roll filling in corn tortillas and top with red enchilada sauce, *homemade green chili sauce*, or a mole. Sprinkle with cheese if using and bake for 20 minutes or cover and freeze for an easy dinner in the future.