



# Tucson Community Supported Agriculture

Newsletter 209 ~ October 5, 2009 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '09 Week 6 of 13

Harvest list is online

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More recipes online

### Urban Chicken Workshops

Be part of Tucson's Chicken Revolution! Yes, keeping chickens is legal in this city! And it's fun and easy. Learn everything you need to know about raising chickens in your backyard with chicken expert Kim Fox. Kim's lively workshop will have you handling hens, learning about coops and feed, observing chicken behavior, and ready to order your own chicks. Get even closer to your food source by keeping chickens close to home.

Sunday, October 11 and October 25  
10 am – Noon  
Fee: \$20

Please register by calling 622-1917



### Newsletter Editor

Kimi Eisele

## PROCESSING AND ROASTING PISTACHIOS

First cultivated in Western Asia, the pistachio has long been an important crop in Iran. From there it traveled to the Mediterranean and beyond. In the early 20<sup>th</sup> century, the U.S. Department of Agriculture introduced the tree in California. By the 1930s, the nut was being promoted as a commercial crop here.



Pistachios can be eaten whole, fresh or roasted. They are also a popular nut to add to sweets like cakes, cookies, breads, and ice cream. Research has shown that pistachios are antioxidants that also can reduce cholesterol levels in the blood. They may also be the secret to staying slim. The "Pistachio Principle," coined by Dr. James Painter eating behavior researcher at Eastern Illinois University, suggests that we can trick our body into eating less by occupying it with food related tasks. In other words, de-shelling pistachios and eating them one at a time means you'll eat less but still feel full.

Pistachios are related to cashews and mangos. They grow inside a shell, which grows inside a hull. The hulls are pinkish in color and often stain the shell. Most commercial pistachios are peeled from their hulls right after they're picked to avoid this stain. Oddly, some commercial pistachios are dyed red to replicate this natural stain.

The pistachios in your share are still in their hulls and can be eaten raw. But roasting and salting them makes them tastier, and more addictive!

### **How to roast pistachios:**

Prepare a salt brine by dissolving 2 to 3 ounces of salt in 1/2 cup of water. Preheat the oven to 250° F. Pour this salt solution into a deep saucepan over high heat. Add about 8 to 10 cups of pistachios and stir until all water has evaporated and salt is deposited on the nuts. Spread nuts on a cookie sheet and roast 1 1/2 to 1 3/4 hours, depending upon taste preference. Stir every 30 minutes.

(Sources: [www.wikipedia.org](http://www.wikipedia.org) and [www.breakingtheviciouscycle.info/knowledge\\_base/kb/pistachio\\_nuts.htm](http://www.breakingtheviciouscycle.info/knowledge_base/kb/pistachio_nuts.htm))

## ORGANICS EQUAL "UNTAPPED SOLUTION" TO CLIMATE CHANGE

"... carbon sequestration is the best way to buy time in a warming world. Cutting emissions will help, but not as immediately as sequestration ... food production must be fundamentally restructured to simultaneously preempt and react to the devastating effects of climate change ... organic agriculture presents an untapped solution, an underutilized carbon sink at the ready. ... if the world's 3.5 billion tillable acres could be transitioned to organic agriculture now, land could sequester almost 40 percent of our current carbon emissions. No other proposed carbon mitigation solution comes close to that potential impact, particularly using existing and readily available technology."

-Rodale Institute, February 2009

(as posted on the Organic Consumers Association web site:  
[www.organicconsumers.org/bytes/ob193.htm](http://www.organicconsumers.org/bytes/ob193.htm))

### Roasted Butternut Squash and Pear Soup

Sara and Philippe, TCSA

I've altered this a bit from Philippe's original version, which includes apples and a Walnut Cilantro Pesto (check it out in the recipe archives). To make this recipe special, garnish the top of each bowl of soup with additional roasted chiles and diced pears, then drizzle with heavy cream.

1 large butternut squash, cut in half, seeds removed  
1 onion, chopped  
2 pears, cored and quartered  
3 garlic cloves, peeled  
2 tablespoons olive oil  
Salt to taste  
3 roasted chiles, peeled, seeded and chopped, plus more for garnish  
4 vegetable bouillon cubes

Preheat oven at 400° F. Toss all ingredients in a baking tray filled with 1 inch of water and bake for about one hour. Scoop out contents of the squash halves, down to the skin. Combine squash with other ingredients and blend, adding water or stock to desired consistency (1-2 cups). Taste for salt and pepper. Serve hot, garnished as desired.

### Summer Spread

Philippe, Tucson CSA

You can take this basic formula and alter it to your taste. One of our long term members, Lorraine, suggests adding horseradish and/or capers!

1 cup Greek yogurt  
2 stems green onions, chopped  
1 bunch red radishes, sliced  
1 clove garlic, crushed  
Salt and pepper to taste

Mix all ingredients. Use as a spread on whole wheat bread or as dip with pita bread.

### Pear Clafouti-new

Ina Gartner, *Barefoot in Paris*

1 tablespoon unsalted butter, at room temperature  
1/3 cup plus 1 tablespoon granulated sugar  
3 extra-large eggs, at room temperature  
6 tablespoons all-purpose flour  
1 1/2 cups heavy cream  
2 teaspoons pure vanilla extract  
1 teaspoon grated lemon zest (2 lemons)  
1/4 teaspoon kosher salt  
2 tablespoons pear brandy (recommended: Poire William)  
2 to 3 firm but ripe Bartlett pears  
Confectioners' sugar  
Creme fraiche

Preheat the oven to 375° F.

Butter a 10 by 3 by 1 1/2-inch round baking dish and sprinkle the bottom and sides with 1 tablespoon of the granulated sugar.

Beat the eggs and the 1/3 cup of granulated sugar in the bowl of an electric mixer fitted with the paddle attachment on medium-high speed until light and fluffy, about 3 minutes. On low speed, mix in the flour, cream, vanilla extract, lemon zest, salt, and pear brandy. Set aside for 10 minutes. Meanwhile, peel, quarter, core, and slice the pears. Arrange the slices in a single layer, slightly fanned out, in the baking dish. Pour the batter over the pears and bake until the top is golden brown and the custard is firm, 35 to 40 minutes. Serve warm or at room temperature, sprinkled with confectioners' sugar, and creme fraiche.

### Stuffed Green Tomatoes-new

Sara Jones, Tucson CSA

If you have a favorite stuffing that you use for filling peppers or other vegetables, why not try it inside green tomatoes? Baking the tomatoes helps to mellow their tanginess.

3-4 medium green tomatoes  
3/4 cup diced, stale bread  
2 tablespoons cornmeal  
1 teaspoon ground cumin  
1 teaspoon ground dried oregano  
2 tablespoons melted butter or oil  
1/4 cup broth  
1/4 cup shredded cheddar cheese  
2 roasted green chiles, peeled, seeded and chopped  
Salt and pepper to taste

Using a paring knife, core the tomatoes. Use a teaspoon to scrape out remaining seeds and juice from inside of tomatoes. Sprinkle inside of tomatoes with salt and pepper. Place tomatoes open side up on a glass baking dish. Mix together diced bread, cornmeal and spices. Drizzle mixture with melted butter and broth, adding more broth or water as necessary to moisten mixture well. Combine mixture with shredded cheese and green chiles, then spoon into hollowed out tomatoes. Bake in a 375° oven for about 20 minutes, until filling is browned on top.

### Miso Sesame Cucumber Salad

Sara Jones, Tucson CSA

If you make extra sauce, it should stay well in the fridge for at least a week. Try it over a variety of veggies or rice.

2 parts miso  
3 parts rice wine vinegar  
1 part soy sauce  
1 part toasted sesame oil  
Freshly grated ginger, minced garlic and red chile flakes to taste.

Mix together sauce ingredients. Pour sauce over sliced cucumbers and toss to coat. Let sit for at least 30 minutes before serving. Garnish with sesame seeds if desired.