



# Tucson Community Supported Agriculture

Newsletter 255 ~ September 6, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2010 - Week 2 of 13

Harvest list is online

### The Back Page

Panade  
Sara's Stuffed Squash  
Wheat Berry Pancakes  
Quick Tortilla Soup

Many more recipes on  
our online recipe archive

### Bread Shares - Still taking subscriptions!

We are excited to offer Barrio Bread bread shares this fall. If you want true artisan bread, this is it.

For more information about our bread shares, see newsletter # 252.

Bread Share contract forms are available at the CSA, or online under *Join > Subscriptions & Cost*. We will take new bread subscriptions until the end of September or until we fill up, and we must receive your subscription form one week before your first bread pick up.

For more info on Barrio Bread:

Web: [www.barriobread.com](http://www.barriobread.com)

Email: [barriobread@cox.net](mailto:barriobread@cox.net)

Facebook: barriobread

### Meat Shares

Next week we will start taking deposits for meat shares. At this time, we will take deposits for grass-fed beef, grass-fed lamb, and pasture-raised turkeys. We plan to do pork shares too, later this session.

A \$20 deposit per share is required at the time of ordering. The balance is due when you pick up your meat share later in the session. Beef and lamb will be available for pickup in October. Turkeys will be available just before Thanksgiving.

For more info about the meat shares, go to our website and click on Products, then Grass-fed Meat Shares.

## WHEAT BERRIES



Arizona is a significant producer of wheat, but most of it is grown industrially and conventionally for the mass markets. We are lucky, at the Tucson CSA, that Farmer Frank grows wheat the traditional way: organically and on a small-scale. From time to time, you will see wheat berries pop up in your shares. There are several ways you can use them:

1. You can use them as they are. They just need to be cleaned to remove the small debris that can be found among them (excess chaff, small twigs and occasional stones). You may find other seeds in there too: mustard seeds, mallow seeds, etc. Those can be safely left in there, along with some chaff. Our website has many recipes for whole wheat berries. One of the easiest one is featured on the back page: wheat berry pancakes. It only takes minutes and makes really delicious breakfast pancakes.
2. We can clean and grind your wheat berries for you for \$1 per bag. Just leave them at the front desk and pick up your flour the following week. Local wheat berry flour is quite a treat. It has a wonderful nutty and rich flavor. And if you don't eat wheat flour yourself, local wheat flour makes a nice gift to a friend.
3. You can grind your wheat yourself and for free using our DIY wheat mill. We make it available to our members on the days we have wheat berries in our shares, and on the last week of every month. Before grinding your berries, make sure to clean them. Ask any volunteer to show you how to clean them and how to operate the wheat mill.

## E-MAIL LISTS

We have one e-mail list for each of our pickup days. We strongly recommend that you join the e-mail list for your pickup day because it is our most effective way to communicate with you. Our weekly e-mail not only reminds you to pick up your share, but it also includes links to the weekly harvest and newsletter, announces special pickup day events (cooking demos, wheat milling, etc.), tells you of the availability of specific products and shares, and reminds you when it's time to renew your subscription (the renewal window is short and easy to miss).

The e-mail lists are self-managed. We do not have the resources to respond to individual requests to be added, removed, edited or switched. You are in charge of that. However, if you're unable to do it yourself, let us know and we'll be happy to do it for you.

To subscribe to, or unsubscribe from, an e-mail list, go to our website and click on Join, then E-mail Lists.

### **Panade**

Lorraine Glazar, Tucson CSA

Have bread getting stale on your counter? Here's an easy way to use it up.

1 ½ pounds onions, halved and thinly sliced (about 6 cups)  
2 tablespoons olive oil (divided use)  
Salt and pepper  
1/2 teaspoon dried thyme or 1 tablespoon fresh  
6 cloves garlic, slivered  
1 bunch amaranth greens, trimmed from stems and cleaned  
10 ounces stale, hard peasant type bread, torn or cut into one inch chunks  
2 cups cheese, shredded  
3-4 cups vegetable stock

Heat one tablespoon olive oil in a sauté pan and slowly cook the onion until translucent and tender. Sprinkle with thyme while cooking and add salt and pepper. Remove the onions and add one more tablespoon of oil to the pan. Add the greens and the garlic and a sprinkle or two of salt and cook for three or four minutes, just until the greens soften a bit. In a 2 quart casserole with a lid, or a Dutch oven, begin layering the panade: first the onions, then a loose layer of bread cubes, then greens, and top with cheese. Continue this way until the ingredients are all used. Bring the vegetable stock to a simmer and add salt to taste. Add stock to the casserole up to 1 ½ inches below the rim of the dish (you can go a bit higher in a shallower casserole dish). Cover and bake in a 325 degree oven for 1 to 1 ½ hours, or until it is hot and bubbly and slightly brown around the edges. Then increase heat to 375, remove lid, and bake for 10-20 minutes or until top is evenly brown.

### **Sara's Stuffed Squash**

Sara, Tucson CSA

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. This is great with summer or winter squash, just steam halved winter squash for about 20 minutes, until tender.

1 large squash or 2 medium  
1/3 cup wheat berries  
1/3 cup lentils  
1/2 cup shredded carrot  
1 onion, chopped  
2 garlic cloves, minced  
2 tablespoons olive oil  
2 tomatoes, chopped  
1/2 teaspoon oregano  
1/2 teaspoon thyme  
1/2 teaspoon cumin  
Salt and pepper to taste  
Mozzarella or goat cheese for topping.

Sort wheat berries and lentils to remove any debris. Bring 6 cups of water to a boil in a large saucepan and add wheat berries.

Keep berries at a low boil for 30 minutes and then add lentils. Boil for another 30 minutes until tender. Keep an eye on the mixture and add water as needed, then drain any excess water once tender. Heat oil in skillet and sauté carrots, 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. Cut squash in half lengthwise and use a spoon to scrape out seeds. Lay the squash cut side up in a baking dish and add a generous portion of the filling. Cover with cheese and bake for 30 minutes in a 350 degree oven.

### **Wheat Berry Pancakes**

TammiesRecipes.com

Tucson CSA's editor's note: Never tried using whole wheat berries before? Here is a great alternative way to turn whole wheat berries into a smooth pancake batter without having to first grind them into flour.

1 cup milk  
¾ cup whole wheat berries  
2 teaspoons baking powder  
2 tablespoons brown sugar  
2 eggs  
dash of salt  
Fresh fruit or syrup, for serving

Using a glass blender (will scratch plastic), blend milk and wheat berries for 4 minutes on high. (Stop blender intermittently if you're concerned about over-working your blender.) Add baking powder, brown sugar, eggs, and salt to the blender. Replace lid and blend for 1 minute on low. Spoon batter onto a hot greased griddle. Flip pancakes once during cooking (pancakes are ready to flip when bubbles on top stay open). Cook pancakes for several minutes, until done. Serve with fresh fruit or syrup!

### **Quick Tortilla Soup**

Sara, Tucson CSA

4 cups broth  
3-5 roasted chiles, peeled, seeded and diced  
½ can diced tomatoes, or 3 tomatoes, chopped  
1 onion, chopped  
3 cloves garlic, minced  
2 teaspoons ground cumin  
1 teaspoon dried oregano  
1 tablespoon oil  
Salt and pepper to taste

Garnish with tortilla chips and any combination of cheese, avocado, lime wedges and cilantro.

In a large pot, heat one tablespoon of oil and quickly sauté all ingredients (except garnish). Cover with broth, bring to a boil and cook for 15 minutes. Serve in individual bowls and let each person add their own garnish.