



# Tucson Community Supported Agriculture

Newsletter 260 ~ Oct. 11, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2010 - Week 7 of 13

Harvest list is online

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Many more recipes on our online recipe archive

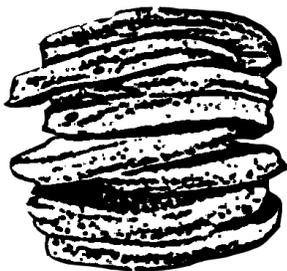
### **Pancake Flippers and Others Needed for Mesquite Event**

The fantastic Desert Harvesters Mesquite Pancake Breakfast needs your help to make it happen. Please consider volunteering in the outdoor pancake kitchen on the "Breakfast Crew." Meet new friends and introduce your current friends to the amazing taste of mesquite, and have a great time while you are doing it.

Volunteers needed on Saturday, Nov. 6, from 6 am to 1pm to help set up, flip pancakes, serve syrups, collect tickets, and clean up. Come for an hour or stay all morning! All help is valuable.

Volunteers who contribute 6 or more hours get a famous Desert Harvesters t-shirt! Talk to Lori, Amy, or Sara at the CSA, or send an email to [pancakes@desertharvesters.org](mailto:pancakes@desertharvesters.org).

For more information on the event or the cookbook, visit [www.DesertHarvesters.org](http://www.DesertHarvesters.org).



### Newsletter Editor

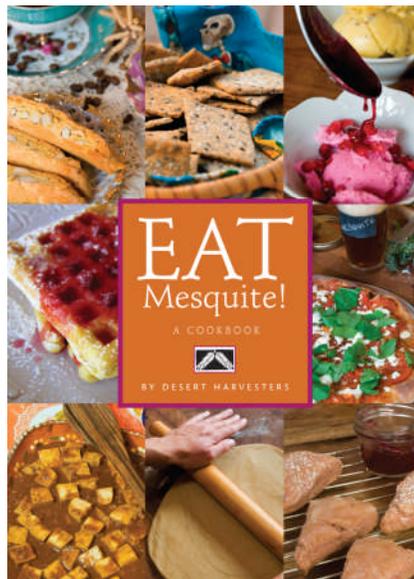
Kimi Eisele

## TOP-LESS RADISHES?

If your pick-up day is on Tuesday, then you might remember the quick-moving storm that came in last week! Wind, rain, hail! In Phoenix, the storm was even more severe, dropping some of the largest hail on record—2.5 inches in diameter. Cars, trees and crops are often damaged in such storms. The hail did some damage to Farmer Frank's fields. Nothing too serious, but this week we'll have radishes with out tops! Judge not, the radishes will still be as flavorful.



## DESERT HARVESTERS TO RELEASE NEW MESQUITE COOKBOOK AT ANNUAL BREAKFAST FIESTA



On Saturday, November 6, Desert Harvesters will hold its annual Mesquite Milling Fiesta and Pancake Breakfast. Come eat the famous mesquite pancakes (\$1 each) made with mesquite flour from native Velvet mesquite pods hand picked around Tucson and organic wheat from Crooked Sky Farms in Glendale, AZ, ground just a week before the event. Topped with prickly-pear syrup and backyard local honey!

This year, also celebrate the release of *Eat Mesquite!* a new cookbook with nearly 50 recipes for savories, snacks, sides, sweets and sips all made with mesquite. Culled from over 150 community contributions, the cookbook (\$20) was produced by Desert Harvesters volunteers (many of whom also offer their skills at the Tucson CSA!) with support from a grant by PRO-Neighborhoods.

And...don't forget your mesquite pods! Three public hammer mills will be on site so you can grind your own pods into flour. Pods must be clean, dry and free of stones, leaves, and other debris. Cost: \$2 per gallon of whole pods, with a minimum of \$5--a bargain considering that the flour usually sells for \$14 to \$20 per pound. Pods can be left in sealed food-grade containers (preferably 5-gallon plastic buckets with lids) with owners' names and phone numbers and picked up later in the week.

The event will also feature live music, organic coffee and native teas, and roving entertainers. Informational tables from other local food efforts will also be at the event. In case of rain, the event will move to the Dunbar Auditorium, just north of the garden. Funds raised at the event support the Desert Harvesters educational efforts in the community, including demonstrations, publications, and tasting events. For more information, visit [www.DesertHarvesters.org](http://www.DesertHarvesters.org)

**Location:** Dunbar/Spring Community Garden, NW corner of University Blvd. & 11<sup>th</sup> Ave.

**Date:** Saturday, November 6<sup>th</sup>

**Pancake Breakfast:** 9 a.m. to 12 p.m.

**Mesquite Milling:** 8 a.m. to 2 p.m.

### **Potato Tacos**

Sara Jones, Tucson CSA

These are really nice garnished with shredded cabbage or lettuce, slices of cucumber and onion. Use roasted chiles if you have them; if not, add some red chile flakes for flavor. Making the tortillas is a kind of delicate operation, be patient and don't be frustrated if your first few end up a bit ugly – they'll still taste fine.

About 1 1/2 cups cooked potatoes, lightly mashed  
1/2 teaspoon ground cumin  
2 cloves garlic, minced  
Salt and pepper to taste  
2-4 roasted chiles, peeled, seeded and diced  
About 8 corn tortillas  
2-4 tablespoons vegetable oil  
Salsa and garnish for tacos

Mix together potatoes, chiles, cumin, garlic and salt and pepper. In a heavy skillet, heat 1 tablespoon of oil over medium heat. Place one tortilla into oil and flip after one or two seconds (this makes the tortilla pliable enough to fold in half without breaking). Place 1 heaping tablespoon of potato mixture on the half of the tortilla closest to you. Gently fold the other half over the filling, towards you. Press the tortilla closed for a few seconds to seal, then move the taco to one side to make room for more tacos. Repeat with remaining tortillas. Add more oil as needed to keep skillet covered in a thin layer. Flip tacos when beginning to brown on bottom side. When cooked on both sides, place on an old newspaper to drain.

### **Two-Potato Gratin**

David Allen, Tucson CSA

2 large, or 3 medium potatoes  
2 large sweet potatoes  
Salt & freshly ground pepper  
Chopped fresh rosemary  
1 1/2 cups heavy or whipping cream  
1 1/2 cups grated Gruyere cheese  
1/2 cup grated Parmesan cheese

Peel and thinly slice all 4 potatoes, keeping separated by color. In a 10-x-12 microwave safe casserole, place half the white potatoes on the bottom in a thin layer, overlapping slightly. Sprinkle with salt, pepper and chopped rosemary. Cover with a layer of half the sweet potatoes; sprinkle with salt, pepper and rosemary. Repeat layering using up all remaining potatoes, sprinkling each layer with salt, pepper and rosemary. Pour cream over potatoes and cover casserole (with lid or plastic wrap). Microwave on high for 18 minutes.

Meanwhile, mix grated cheese. When potatoes are done, remove cover and sprinkle evenly with the cheese mixture. Microwave UNCOVERED for 3 more minutes at high power. Can be reheated in the microwave.

### **Butternut Squash Quesadillas**

Nicole Baugh, Tucson CSA. Adapted from smittenkitchen.com

1 butternut squash, prepared as described below  
2-4 roasted green chiles, peeled, seeded and chopped (to taste)  
1 small to medium onion, minced  
1-2 Serrano or jalapeño chiles, minced (to taste)  
2 large cloves garlic, minced  
1/2 teaspoon ground cumin  
4 10-inch tortillas (Alejandro's are tasty and made in Tucson)  
1 cup shredded cheese (use whatever you prefer), more or less to taste  
Butter or oil as needed

For the squash: Peel the whole squash, cut in half, remove seeds and cut into 1-inch cubes. Toss cubes in a little oil and spread in a single layer on a baking sheet. Bake for 30 minutes, stirring or shaking occasionally to turn, until cubes are soft and start to brown. This may be done ahead. If so, refrigerate for a few days, or freeze for several weeks (thaw before using). Heat about 1 tablespoon oil in a large frying pan. Sauté the garlic, onions and fresh chiles until the garlic and chili are fragrant, and the onions begin to become translucent. Add the squash cubes, cumin and the roasted chiles and stir a few additional minutes, breaking and flattening the cubes a little, until everything is hot. Remove squash to a separate plate. Using a different pan (or the same pan if it's not too dirty), melt ~1/2 tablespoon butter or oil. Place a tortilla in the pan, and assemble quesadillas by spreading 1/4 of the squash mixture over half the tortilla and topping with 1/4 of the cheese, then folding the tortilla over (or use 1/2 of the mixture between two tortillas). Fold the tortilla over, and cook for a few minutes on either side until tortilla is golden brown. Repeat with the other 3 quesadillas. Cut quesadillas into wedges and serve with fresh salsa.

### **Green Chile Enchilada Sauce**

Sara Jones, Tucson CSA

Make a big batch of this to freeze for a special treat during the non-chile season.

6 large chile, roasted, skin and seeds removed, chopped  
1 can diced tomatoes  
1/2 cup veggie stock  
2 teaspoons toasted cumin seeds  
2 teaspoons dried oregano  
2 tablespoons oil  
3 cloves garlic, minced  
1 onion, diced

In a medium sized stock pot, heat oil over medium heat. Sauté garlic, onion and cumin. Add the rest of the ingredients and cook over medium heat for about 20 minutes. Freeze in small freezer bags for easy defrosting.