



# Tucson Community Supported Agriculture

Newsletter 266 ~ November 22, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2010 - Week 13 of 13

Harvest list is online

### The Back Page

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*Many more recipes on our online recipe archive*

### Bread From Barrio Bread

Bread share signup will remain open during the session. You can sign up for bread shares at any time for the remainder of the session. You must sign up by midnight on the Friday before your first pickup.

### Cheese From Black Mesa Ranch

Cheese shares are not available during winter and spring sessions. The goat's milk production is slowing down and they'll be dry by the end of December. However, David from Black Mesa Ranch will continue to send us limited and decreasing quantities of goat cheese for a few more weeks. The cheese will be available at the front desk, first-come, first-served.

### Turkey –Thawing Instructions

#### Refrigerator Thawing

Allow about 24 hours for each 4 to 5 pounds in a refrigerator set at 40 °F or below. Place the turkey in a container to prevent the juices from dripping. A thawed turkey can remain in the refrigerator for up to 2 days.

#### Cold Water Thawing

Allow about 30 minutes per pound. Be sure the turkey is in a leak-proof plastic bag to prevent contamination and to prevent the turkey from absorbing water, resulting in a watery product. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes until the turkey is thawed. Cook the turkey immediately after it is thawed.

### Newsletter editor

Philippe Waterinckx

## LAST WEEK FOR WINTER SESSION SIGNUP

This is the last week to signup for a CSA winter session share. Signup will close at midnight on Friday, November 26. To sign up for the winter session, go online to the *Join > Signup & Cost* page. We have opened signup to the Invitation List, so remaining spaces may fill up fast.

Signup is online now. You can also pay online or by check or cash (checks can be mailed or dropped off; cash at the front desk only). If you pay by check or cash, your payment must also be received by Friday, November 26.

## CHOCOLATE CANDY FROM BLACK MESA RANCH

David Heininger from Black Mesa Ranch, the maker of the great goat cheeses available at the CSA, also makes the award-winning goat cheeses many of you have enjoyed in previous years. When the holiday season approaches, David gets behind his stove and produces tantalizing, mouth-watering candy.

**Dark Debris** - Dark chocolate brimming with almonds, walnuts and raisins

**Milky Rubble** - Pecans and chunks of butter almond toffee in milk chocolate

**Vanilla Bean Caramels** – Goat's milk caramel dipped in smooth Belgian chocolate

**Butter Almond Toffee** - Traditional English-style butter & toasted almond toffee covered with dark, milk or white chocolate then coated with more even toasted almonds

**Goat's Milk Fudge** - Creamy chocolate fudge, studded with walnuts

## A CHAMPION AMONG US

Carl Englander, Tucson CSA member, has been named the first Activate Tucson Wellness Champion Cook for his healthy Spicy Peanut, Carrot and Snap Pea Wraps recipe (see back page). These would be delicious with CSA carrots and/or sugar snap peas! See the full story at: <http://www.kvoa.com/news/wellness-champion-cook-awarded-to-healthy-recipe-creator/>

## EAT MESQUITE THIS HOLIDAY SEASON

A great holiday gift idea for your fellow foodies is the new cookbook *Eat Mesquite!*, published by Desert Harvesters, a nonprofit volunteer-run, grassroots group that promotes the harvest of native, wild, and cultivated desert foods. *Eat Mesquite!* includes almost 50 mesquite recipes culled from over 150 community contributions. It offers recipes for breakfast, lunch, dinner, dessert and more, as well as information about the culinary and medicinal uses of mesquite and tips for harvesting, milling, and cooking with it. The cookbook was produced with support from a grant by PRO-Neighborhoods and is sold for \$19.95 at the Tucson CSA. All proceeds go to Desert Harvesters. Find more information about the cookbook along with testimonials/reviews here: <http://www.desertharvesters.org/mesquite-in-the-kitchen/eat-mesquite-cookbook/>

## MOLE SPICE MIXES

What better way to dress up Thanksgiving leftover foods than to fix them with a Mexican mole sauce. Simply heat the powder in oil and add stock to obtain a smooth and flavorful sauce which you can use with meats and vegetables. These moles are made by our very own Amy Valdes Schwemm from Mano Y Metate, whom we are so lucky to have as a volunteer. Details about Amy's moles can be found at:

[www.manoymetate.com/](http://www.manoymetate.com/).

### **Spicy Peanut, Carrot, and Snap Pea Wraps - New**

Carl Englander, Tucson CSA

Makes 6 Servings (Prep Time: about 45 minutes)

1/2 cup chunky peanut butter, unsalted  
1 teaspoon chili garlic sauce  
2 tablespoons low-sodium soy sauce  
4 tablespoons water  
6 whole wheat tortillas (10 inch diameter)  
2 cups carrots, grated  
2 cups sugar snap peas, chopped

In a small bowl, whisk peanut butter, chili sauce, soy sauce, and water to blend. Evenly divide mixture between tortillas and spread in a rectangle down the middle of each, leaving a small border. Evenly top rectangles with carrots and snap peas, then roll-up burrito-style, cut into portions if desired, and serve cool.

Nutrition Information (amount per serving):

Calories - 248

Total Fat - 13.2g (saturated 2.3 g)

Cholesterol - 0mg

Sodium - 421mg

Total Carbohydrates - 26.2

### **Kale and Potato Soup**

Sara Jones, Tucson CSA

Fennel seeds, red chile flakes and paprika lend the traditional flavor of Italian sausage to this vegetarian soup. You can always add Italian sausage if you like, but the soup is plenty hardy without it.

1 medium size bunch kale, cleaned, with thick stems removed, roughly chopped  
3-4 red potatoes  
1 can white beans, drained  
4-5 cloves garlic, minced  
1 teaspoon fennel seeds, crushed  
1-2 teaspoons red chile flakes, to taste  
2 teaspoons paprika  
1 tablespoon olive oil  
1/4 cup cream or whole milk  
Salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Add spices and garlic and sauté until fragrant. Stir in potatoes and cook briefly before adding about 1 quart of water. Bring to a simmer and cook until potatoes are almost tender. Add greens and beans and cook for about 10 more minutes. Remove soup from heat, stir in cream and season with salt and freshly ground pepper.

### **Sweet Potato Pie**

Stacy Akazawa, Tucson CSA. Adapted from "Old Fashioned Sweet Potato Pie" by Paula Deen

3 sweet potatoes, peeled and boiled  
1 1/4 cup sugar  
1/2 stick melted butter  
2 eggs  
1 teaspoon vanilla  
1/4 teaspoon salt  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1 cup milk  
9-inch unbaked pie crust

Preheat oven to 350 degrees F.

Mash the boiled sweet potatoes until most of the clumps are gone. Using an electric hand mixer, combine the potatoes, sugar, butter, eggs, vanilla, salt, cinnamon, and ginger. Mix thoroughly. Add the milk and continue to mix. Pour into the pie crust and bake for 1 hour 15 minutes, or until a toothpick inserted in the center comes out clean. Place the pie on a rack and cool.

Served best with a scoop of vanilla ice cream.

### **Mustard Greens Gratin**

Sara Jones, Tucson CSA

Another easy favorite that can be made over and over with rewarding results.

Mustard greens or other spicy greens will mellow with fat and cream, so this recipe is a good one if you find their taste too strong. You will probably need at least two bunches of mustard or other spicy greens for this recipe, but use whatever you have on hand and adjust the other ingredients accordingly.

1 bunch or 2 CSA-share bags of mustard or other spicy greens, washed and roughly chopped  
1 cup sliced mushrooms  
3 cloves garlic, minced  
1 tablespoon butter  
1 cup ricotta cheese  
1/4 cup parmesan cheese  
3 eggs  
1 cup cracker crumbs  
Salt and pepper to taste

Sauté mushrooms and garlic in butter, over medium heat, until mushrooms soften. Stir in greens and cook until wilted. Combine greens and mushrooms with ricotta cheese, eggs and salt and pepper.

Spread into a baking pan and cover with parmesan cheese and crackers.

Editor's Note: Spread into a greased baking pan for easier clean up.

Bake in a 375 degree oven for about 35 minutes, until cooked through.