



Tucson Community Supported Agriculture

Newsletter 267 ~ November 29, 2010 ~ Online at www.TucsonCSA.org

Fall 2010 - Week 1 of 13

Harvest list is online

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*Many more recipes on
our online recipe archive*

The Greening of the Citrus

Citrus fruits are naturally green in warm climates even when ripe. It takes cool temperatures for them to turn yellow or orange. The oranges and grapefruit we get from Crooked Sky Farms are perfectly ripe. If some of them still look green, it's because it hasn't been cold enough yet. (Hmm, maybe that's changing as we speak!)

Bread Shares

Bread share signup will remain open during the session. You can sign up online for bread shares at any time. You *must* sign up by midnight Thursday (not Friday, as mentioned before) for the next week's pickup.

Cheese From Black Mesa Ranch

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.

Subscription Renewal

We go to great lengths to inform you that it is time to renew your seasonal CSA share. For a whole month prior to the start of a new session, we post it on our website, in our newsletters, in our weekly e-mails, and on our whiteboard in the courtyard. Don't miss the next one and open your eyes come February! You can also add yourself to our Invitation List in order to receive an e-mail reminder when it is time to sign up next.

Newsletter editor

Philippe Waterinckx and Kimi Eisele

WELCOME TO WINTER SESSION AND WINTER GREENS

This is the first week of the winter session. The winter season is now in full swing. And winter means greens. Perhaps even more greens than in previous years because the root vegetables were destroyed by last October's devastating hail storm and had to be re-seeded. But they are catching up and beets and carrots will be with us soon.

If you are not used to leafy greens, here are some guidelines on how to approach them. To enjoy the greens to their fullest, chop them in 1" ribbons and sauté them in olive oil with some chopped onions and garlic, until they are wilted. If you wish, you can add a dash of soy sauce at the end and sprinkle them with grated parmesan cheese before serving.

If you're trying to consume your greens without really knowing you are eating them (but you want to eat them because you know they are good for you), chop them up the same way as above, but instead of cooking them by themselves, incorporate them in your favorite dishes, such as stews, stir-frys, and sauces. For example, add them to your bean stew, your soups, your spaghetti sauce, or your risotto or lasagna. The possibilities are endless and your greens will basically disappear in your dish.

For a more sophisticated and educated approach to using your winter greens, go to our website and check out Sara's Winter Greens Guide (click on Recipes).

FDA FOOD SAFETY: "THE BEST OPPORTUNITY IN A GENERATION"

By the end of the week, the U.S. Senate will have voted on the FDA Food Safety Modernization Bill. In a Nov. 28 *New York Times* op-ed piece, two well-known food writers, Michael Pollan and Eric Schlosser, called the bill "the best opportunity in a generation." If passed, here is what the bill will do:

- Give the FDA authority to test for dangerous pathogens and recall contaminated food;
- Require more frequent inspections of food production plants (like the chicken farms in Iowa that were the root of the salmonella contamination in millions of eggs this summer); and
- Hold imported foods to the same standards as domestic foods.

The bill, passed by the House of Representatives over a year ago, has been held up in the Senate. Current opposition comes from those who say the cost of new regulations will be too high. But, as Schlosser and Pollan point out, the cost of preventing food-borne illnesses is much less than the cost of treating them. (\$300 million compared to \$152 billion). Furthermore, now that the smallest-scale producers have been granted exemption from the mandatory regulations, several large-scale producers now oppose the bill claiming those unregulated small-scale farms could pose a health threat. But contamination and illness outbreaks are almost always traced to large food producers, not the less than 1% of the food marketplace that small-scale producers comprise.

Let's hope the Senate sees that and passes the bill.

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 and mouth-watering chocolate candy many of you have enjoyed in previous years. We will have Black Mesa Ranch's candy available through Wednesday, December 15 (last pickup day of the year).

Arugula and Grapefruit Salad

Sara Jones, Tucson CSA

Another recipe inspired by our farm visit – peppery arugula and sweet/sour grapefruit (or oranges) go together perfectly in this simple recipe. The hardest part of this recipe is segmenting the grapefruit. To do this, just peel the grapefruit with a knife, cutting away the peel as well as the pith. Remove the individual segments by cutting between segments in a V-shape towards the center of the fruit.

- 1 bunch arugula, washed and dried (chop roughly if using large leaves)
- 1 grapefruit, or 2 oranges, cut into segments
- 1 small handful thinly sliced onion
- 2 teaspoons olive oil
- 2 teaspoon balsamic vinegar
- Salt and freshly ground pepper
- Chopped pecans or walnuts
- Crumbled feta or blue cheese

In a small saucepan heat oil, vinegar and grapefruit over medium high heat. Stir for a few minutes until grapefruit has released some juice.

Season mixture with salt and pepper. Pour over arugula, tossing to coat. Garnish with nuts and cheese. Serve immediately.

Sautéed Swiss Chard

(Chef Stephanie Green)

Serves 4

- 1 bunch Swiss chard, sliced into ribbons (about 15 large leaves)
- 1 tablespoon olive oil
- 1 tablespoon honey
- 2-3 teaspoons fresh ginger root, finely grated
- Salt and black pepper, to taste

1. Add olive oil to a large sauté pan and heat to temperature
2. Add Swiss chard and cook, stirring frequently, for about 1-2 minutes
3. Add honey and ginger root; stir well to coat. Continue to cook for about 1 more minute.
4. Season to taste with salt and black pepper.

Start with a slice of bacon in step one for added flavor.



Baked Acorn or Butternut Squash

From Cooks.com

- 2 medium acorns or butternut squash
- 2 tablespoons butter, melted
- Nutmeg, salt and pepper to taste

Preheat oven at 400 degrees.

Scrub squash. Cut in half lengthwise, scrape out seeds and stringy portion. Place cut side down in lightly greased pan. Bake for 45 minutes. Remove from oven. Brush with melted butter, add seasonings. Return to oven and bake 15 minutes or longer. Other herbs may be used, such as Season-all and basil leaves. For a gourmet touch, add 2 slivered filberts for the last 15 minutes of baking.

Lasagna Rollups with Butternut Squash and Greens

Lorraine Glazar, Tucson CSA

- 1/2 butternut or 1 acorn squash
- Lasagna noodles
- Large bunch of greens
- Olive oil
- Garlic
- 1/2 cup ricotta cheese
- 1 cup shredded cheese (use your favorite melting cheese)
- Parsley or dill (optional)
- Cumin
- Coriander
- Salt and pepper

Prepare the component parts and assemble for an attractive and easy pasta dish.

Bake the squash at 350 degrees for 30-45 minutes.

Boil the lasagna noodles until tender, drain and set aside.

Stem the greens and cut into thin ribbons. Heat olive oil in a skillet, sauté the garlic briefly, then add the greens, stirring until they wilt. Increase the heat a little to help evaporate the liquid. Allow to cool.

Combine ricotta cheese with shredded cheese, adding chopped parsley or dill if you like it.

Remove squash from oven, scrape flesh from shell and mash, seasoning with cumin, coriander, salt and pepper.

Across the short side of the lasagna noodle, spoon a ribbon of squash. Then spread greens over the remaining noodle and top with cheese mixture. Roll up and serve with decorative side facing up.