



Tucson Community Supported Agriculture

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Fall 2011

Harvest list is online

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**Many more recipes in
our online recipe archive**

October 23: Food Day!

Food Day is coming soon and tickets to the Santa Cruz Harvest Dinner are selling fast. At the CSA this week buy your passport, only \$25 for the three-course progressive dinner. You can purchase with cash, check or credit card.

Learn more about food day in last week's newsletter and at www.foodday.org

Don't let your subscription expire accidentally!

Keep track of much money you have in your CSA account by reading the weekly e-mail we send you. Or you can check your credit balance at any time by logging on to your CSA account.

Just remember the basic rule that on any given midnight Friday you must have enough money in your account to cover the cost of the following week's pickup, or your subscription will be deactivated.

Cajeta and Fudge Sauce Sampling

Stop by the sampling table this week to try Black Mesa Ranch's Goats Milk Caramel (aka Cajeta or Dulce de Leche) and Chocolate Fudge Goats Milk Caramel Sauce

LESS OF JOSH'S EGGS FOR A WHILE

This will be no news to members who have been with the CSA for several years: as fall sets in, the numbers of eggs we get from Josh goes down. This is natural, since hens lay less as days become shorter. If people also ate fewer eggs in fall and winter than they did in spring and a summer, this would no be a problem. Alas, egg demand seems to increase just when supply decreases. "Why doesn't Josh raise more hens?" we sometimes hear. The answer is simple: Josh doesn't want to produce more eggs than he can sell during the summer.

To compound this supply and demand issue, Josh currently has even less eggs than he would normally get. Josh's hens are free-range and they spend their entire lives in open pastures. Earlier this spring, predators such as coyotes and bobcats took a larger than normal number of young hens. Those were the hens that would have started laying now.

A BRIEF HISTORY OF JACK-O-LANTERNS

This week you'll get to choose a Jack-o'-lantern, a big pumpkin perfect for carving. If the name didn't clue you in, the Jack-o'-lantern tradition comes from Ireland. Legend has it that an unsavory Irish fellow called "Stingy Jack" (either a lazy farmer or a thief, depending on the version) set all kinds of booby traps on the Devil. In one version, Jack tricks the Devil into

climbing an apple tree then carves a cross into its trunk so the Devil can't come down. In another version, Jack tricks the Devil into turning into a coin. Jack then slips the coin into his pocket where he also keeps a sliver cross, so the Devil is "stuck" as a coin until Jack frees him sometime later.

When Jack finally dies, he's denied entry to Heaven for all of his laziness or thievery. The Devil, still miffed about Jack's past tricks, denies him entry into Hell as well. The Devil sends Jack into the night with a lump of burning coal. It is said that Jack carved out a turnip, put the burning coal inside, and wandered across the countryside for years. His ghost was known as "Jack of the lantern," or "Jack-o'-lantern."

Following Jack's lead, the early Irish made lanterns out of turnips, beets, and potatoes. Irish immigrants to the United States switched to pumpkins, as they were cheaper and more abundant.

Whether or not you decide to believe the tale, you can still carve your own lantern with Farmer Frank's super big pumpkins. Or, you can just eat them. They're perfectly edible as well as organically-grown!

Source: Wikipedia.org (<http://en.wikipedia.org/wiki/Jack-o%27-lantern>) and History.com (<http://www.history.com/content/halloween/the-jack-o-lantern>).



Fried Green Tomatoes

Lorraine, Tucson CSA

1-2 tablespoons cooking fat (bacon drippings, olive oil, or canola oil)
2 green tomatoes
½ cup cornmeal or masa harina
Salt and pepper
(Amy's suggestion: put more salt and pepper than you normally would)

Core the tomatoes and slice into ¼ inch slices. Heat the oil until it shimmers but does not smoke. Salt and pepper each cut side of the tomato slices. Dip each cut side of the tomato slice into the cornmeal or masa, then put into the hot oil. Cook the first side thoroughly over medium heat, until crust is crispy and tomato has begun to soften. Then turn and finish cooking the second side. Serve hot.

Roasted Red (or Green) Pepper Risotto

From Chad Weiler, TCSA

I usually serve this with grilled shrimp that I have marinated in garlic and olive oil for 30 minutes.

4 roasted bell peppers, peeled and seeded
2 teaspoons olive oil
1 teaspoon butter
1 cup arborio rice
1 medium onion finely chopped
2 garlic cloves finely chopped
1 quart chicken or vegetable stock
1 cup dry white wine
6 oz. Manchego Cheese
1/2 cup dry roasted unsalted almonds
1/2 cup fresh basil chopped

Place peppers in a food processor with the almonds and process to a smooth consistency. Add a little olive oil if mixture seems too dry. Reserve for later use. Meanwhile in a small saucepan bring the stock to a boil. Once at a boil, reduce heat to low, cover, and simmer. In a medium saucepan, melt the butter in the olive oil. Add the garlic and onion and cook over low heat, stirring, until softened, about 4 minutes. Add the rice and cook over moderate heat, stirring, until coated with oil, about 1 minute. Add the wine and simmer until almost evaporated, about 3 minutes. Stir every so often to prevent rice from sticking. Add 1 scant cup of the simmering stock and cook, stirring occasionally, until it is absorbed. Do not let the risotto stick to bottom of the pan! Continue to add the stock, 1 cup at a time, stirring occasionally, until it is absorbed. The risotto is done when the rice is tender but still slightly firm and creamy, about 25 minutes total. I liken the mouth feel of the rice when it is done to al dente pasta. Remove risotto from heat and add the cheese. Stir until melted. Add in the pepper puree, and the basil. Season with salt and pepper to taste and serve.

Basil Walnut Pesto

Philippe Waterinckx, Tucson CSA

1 bag CSA basil, woody stems removed
2 cloves garlic
2 tablespoons oil
1 handful walnuts
1/4 cup Parmesan or Romano cheese, grated
1 teaspoon salt

Blend all ingredients until you obtain a textured paste (slightly granular). Serve on top of pasta, sautéed summer squash, acorn or spaghetti squash, or use as a spread for sandwiches.

Roasted Green Beans-new

Sara Jones, Tucson CSA

This is a basic recipe that is great for beans that are on the more mature side. The higher heat and longer cooking gets them tender and brings out their flavor. Add any spices you might like, or mix the green beans with okra, which is also great roasted. You want to get a nice browning around the edges of the beans.

1 share fresh beans and/or okra
1 tablespoon olive oil
Drizzle balsamic vinegar
Salt and pepper to taste

Toss the beans with the oil, vinegar and salt and pepper. Spread on a baking sheet and cook in the oven at 400 degrees for about 15-20 minutes, stirring once or twice. Sprinkle with more salt and pepper if needed, and serve warm.

Cucumber-Apple Shake

Jessica Weinberg, Tucson CSA

1/3 cup plain unsweetened soy milk
½ large Armenian cucumber
2 small cored Anna apples, cut up into pieces
8 ounces plain nonfat yogurt
½ (approx.) cube of fresh peeled ginger
1 tablespoon lime juice
½ teaspoon orange-flavored liquid Stevia (herbal sweetener)

Pour soy milk into blender, then add remaining ingredients. Blend until smooth. Makes enough for 1-2 people.