



# *Tucson Community Supported Agriculture*

Newsletter 315 ~ November 21, 2011 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

Fall 2011

Harvest list is online

**HAPPY THANKSGIVING!**

## The Back Page

Butternut Squash (or Pumpkin) Flan  
Roasted Winter Squash and Apple  
Soup with Walnut Cilantro Pesto  
Braised Sweet Potatoes and Roasted  
Chiles  
Panade

Many more recipes in  
our online recipe archive

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## Annual Holiday

We will be closed during the last two weeks of December. The last pickups before the holidays will be on December 13th and 14th. Pickups will resume January 3rd and 4th.

All member shares will be put on hold automatically during our annual holiday.

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## Want to Switch Pickup Days?

We have spaces on both pickup days.

If you wish to switch pickup days, it's easy. Go to your member card (the first screen that appears after you log in to your online CSA account), and, in the Summary window, click on Change Location.



Barrio Bread Loaves

## HOW OUR BREAD SHARE SYSTEM WORKS

CSA members have been enjoying bread from Barrio Bread Company for over a year now. Barrio Bread was founded by Don Guerra, who brings more than 20 years of artisan baking experience to his craft. Don, a passionate baker committed to producing Tucson's finest bread, specializes in naturally leavened artisan organic breads. He uses ancient sourdough techniques and locally harvested wild yeast to produce high-quality organic breads with the simplest of ingredients. The slow fermentation process combined with hearth baking creates truly delicious bread. It's made from unbleached, un-bromated organic flours and contains no sugars, oils, or preservatives.

**Bread shares:** In keeping with the CSA tradition, we offer Don's bread in the form of shares, *i.e.* pre-ordered and pre-paid bread delivered weekly. (By selling bread in shares, we eliminate the waste that results when retail stores end up with unsold bread at the end of the day.) One bread share costs \$4.50 per week. The following bread types are available:

1. Pain au Levain: naturally leavened bread made with unbleached flour, stone ground wheat and rye. It has a complex structure with many irregular holes in the interior and a pleasantly crispy crust.
2. Rustic Nine-Grain: A whole wheat bread naturally leavened with a sourdough culture (levain) with a variety of grains folded into the dough.
3. Peasant Levain: This bread is naturally leavened with a sourdough culture (levain) and has equal percentages of rye, whole wheat and bread flour. It has a gentle rye flavor and mild acidity.

A bread share consists of one loaf every week. We offer two types of bread shares:

1. All Varieties Rotation: rotate through all three varieties in succession, and
2. Whole Wheat Rotation: alternate between Rustic Nine-Grain and Peasant Levain.

You can add one or more bread shares to your CSA subscription or remove them whenever you want, even from one week to the next. You must make changes such as this after your pickup day and before midnight Friday in any given week, and the change will be effective the following week.

For more information on how to add or remove bread shares from your subscription, go to our homepage and click on *Help: Change Your Subscription* (under the *Help: Manage Account* tab in the navigation bar).

**Extra bread for sale:** Don bakes his bread in batches of 30. He makes enough batches to cover the number of subscription bread shares required each week. Whenever the number of bread shares is other than a multiple of 30, there will be some extra loaves. These are available for sale on a first-come, first-served basis. The number of these extra loaves varies, and we often sell out before the end of the day. So, if you want to be sure to get bread, it's best to subscribe to a bread share.

**Specialty breads:** Don also makes other breads such as focaccia, baguettes, epis, fruit bread, seeded bread, rosemary bread, etc. Those breads are not available as shares but can be purchased on a first-come, first served basis when available. You can trade your subscription bread loaf for a specialty bread (if the specialty bread costs more, you pay the difference, and if it costs less, we refund the difference to you).

**Butternut Squash (or Pumpkin) Flan**

Adapted from Gourmet Sleuth.com

1/4 cup and 2 tablespoons sugar  
2 cups sweetened condensed milk  
2 cups butternut squash (or pumpkin) puree  
1/2 cup half-and-half  
2 eggs  
2 egg yolks  
1/2 teaspoon brandy flavoring  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
pecan halves, toasted

Sprinkle sugar into a 1 quart flan pan; place pan over medium heat. Using oven mitts, caramelize sugar by shaking pan occasionally until sugar melts and turns light brown; cool. (Sugar may crack as it cools.) Process condensed milk and next 8 ingredients in a blender or food processor until smooth, stopping to scrape down sides. Pour over caramelized sugar in flan pan. Place flan pan in a large shallow pan. Pour hot water into large pan to a depth of 1 inch or 1/2 way up the side of the flan pan. Bake at 350° for 40 minutes or until a knife inserted in center comes out clean. Remove the flan pan from water; cool on a wire rack 25 minutes. Cover and chill 8 hours. Loosen edges of flan with a spatula, and invert onto a serving plate. Dip tops of pecan halves in caramel mixture left in pan; arrange, coated side up, around edge of flan.

**Roasted Winter Squash and Apple Soup with Walnut Cilantro Pesto**Adapted from *The Healthy Kitchen* by Andrew Weil and Rosie Daley

1 large winter squash or pumpkin, cut in half, seeds removed  
2 onions, chopped  
2 apples, cored and quartered  
3 garlic cloves, peeled  
2 tablespoons ginger, minced  
2 tablespoons olive oil  
Salt to taste  
2 tablespoons red chili powder, or 2 jalapenos, chopped  
4 vegetable bouillon cubes

Preheat oven to 400°. Toss all ingredients in the squash halves. Place the halves in a baking tray filled with 1 inch of water and bake for about 1.5 hours. (Test for doneness – the flesh of the squash should be easily pierced with a fork.) Let cool until easily handled, then scoop out contents of the squash halves, down to the skin, and blend. Add water or stock to desired consistency (1-2 cups). Serve hot with a scoop of walnut cilantro pesto.

**Walnut Cilantro Pesto**

1 cup walnut pieces  
2 cups cilantro leaves  
1 jalapeno  
2 tablespoons cider vinegar  
1/4 cup water  
Salt to taste

Blend all ingredients. Add water or stock to desired consistency.

**Braised Sweet Potatoes and Roasted Chiles**

Philippe Waterinckx, Tucson CSA

1 CSA bag of roasted chiles, peeled, seeded and coarsely chopped  
3 sweet potatoes, diced  
1 tablespoon olive oil  
1 medium-sized onion, chopped  
1 teaspoon ground cumin  
Salt and pepper

In a skillet, heat olive oil to medium hot. Add sweet potatoes, onions and cumin. Cover and braise until tender (15-20 minutes), stirring occasionally. After 10 minutes, incorporate roasted chiles. Continue to stir occasionally. Add salt and pepper to taste.

**Panade**

Lorraine Glazar, Tucson CSA

1 1/2 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 pound kale or chard, stemmed and cut into wide ribbons  
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 two-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 1/2 inches below the rim of the dish (you can go a bit higher in a shallower casserole dish). Cover and bake in a 325° oven for 1 to 1 1/2 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 to 20 minutes or until top is evenly brown.

Note: If the bread you have on hand is not hard, you may bake it in a 300° oven for about 20 minutes to dry it out. Most any greens or combination of them will work with this recipe with the exception of spinach (for some reason, it gets slimy in the baking process).