



Tucson Community Supported Agriculture

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Fall 2012

Harvest list is online

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Many more recipes in our online recipe archive

Reminder: Don, Your Baker, is Away this Week

Don Guerra is away this week. There will be no fresh bread, but we may have a few frozen loaves for sale. Check the whiteboard at the beginning of the produce line when you arrive. If frozen loaves are available, it will say so there.

Lamb Deposits

We'll start taking deposits for lamb shares this week. Ask at the front desk for more information.

Beef Shares and Dog Bones

The beef shares have arrived. This time we have only enough for members who reserved a share by paying a deposit. But, as usual when the beef shares arrive, we also have dog bones for sale to all members for \$1 per pound while they last. If you ordered a beef share or would like some dog bones, see the front desk.



CSA SUBSCRIPTIONS FOR BARRIO BREAD

CSA members have been enjoying bread from Barrio Bread Company for about two years now. Don Guerra, who founded Barrio Bread, brings more than 20 years of artisan baking experience to his craft. He's a passionate baker committed to producing Tucson's finest bread, and he 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).

Calabacitas in Mole Adobo

Philippe, Tucson CSA

1 cup corn kernels
2 bell peppers, coarsely chopped
1 onion, chopped
1 summer squash, cubed
2 tomatoes, quartered
Salt to taste
1 tablespoon mole adobo (or mole pipian for a less spicy version)
1 tablespoon oil
1/2 to 1 cup vegetable or chicken stock

Sauté onion, corn, bell peppers and mole powder in oil until onions are tender. Add remaining ingredients. Cover and simmer for 15 minutes.

Serve with tortillas or on a bed of rice.

Note: meat eaters can add ¼ pound pork sausage to this dish. Just add it at with the onions and mole powder and sauté it until the meat is cooked before adding the remaining ingredients.

Cantaloupe and Tomato Salad

Chad Weiler, Tucson CSA

1/2 cantaloupe diced into one-inch cubes or to get fancy you can use a melon baller
1 lb. tomatoes diced into one-inch cubes
3/4 cup chopped fresh mint
Olive oil
Balsamic vinegar

1. Combine cantaloupe, tomatoes, and mint in a bowl. Season with salt and pepper.
2. Drizzle with olive oil and balsamic vinegar.

Variation: You could substitute the mint for basil or lemon basil.

Green Beans Finished with Balsamic Vinegar and Basil

Sara Jones, Tucson CSA

1 cucumber, peeled and seeded
1 small sweet onion, minced
2 teaspoons white wine vinegar
1 teaspoon Dijon mustard
1 small pat butter
1 drizzle olive oil
1 teaspoon dried tarragon or dill (optional)
Salt and pepper, to taste

Cut the cucumber in half, lengthwise, then cut each half into three long strips. Cut strips into 1-inch pieces. Heat olive oil in a skillet over medium high heat and add cucumbers and onion. Cook, tossing or stirring frequently, for about 4 minutes, until cucumbers are slightly browned. Stir together mustard and vinegar and pour over cucumbers. Add butter and herbs, if

using. Toss well to coat, turn heat to low and cover. Cook about 10 more minutes. The juice from the cucumbers should help them steam, but if needed, add a bit of water to keep them from burning or sticking. When tender, sprinkle with salt and pepper.

Serve warm.

Roasted Red (or Green) Pepper Risotto

Chad Weiler, TCSA

4 Bell Peppers (I usually use red but any color will do)
2 tbsp. olive oil
1 tbsp. 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

1. Drizzle peppers with olive oil and roast on the grill or in the oven
2. Place peppers in a bowl and cover tightly with saran wrap for 10-15 minutes. The moisture built up in the bowl will help loosen the skins.
3. Peel off the skins, remove the stem and seeds
4. 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.
5. Meanwhile bring the stock to boil in a small saucepan. Once at a boil, reduce heat to low, cover, and simmer.
6. 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.
7. 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.
8. 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.

*Manchego is a Spanish cheese that can be found at 17th Street Market, Rum Runner, and sometimes Trader Joe's

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