



# *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**

#### Bokashi Workshop

Join Mike Junio in the CSA courtyard this Saturday, Oct. 27, from 10:00 to 11:00 A.M.

Mike is leaving Tucson for good and will no longer hold his Wednesday Bokashi stand at the CSA, so this is a last opportunity to purchase and/or order, at cost, Bokashi making materials and Bokashi bucket systems.

Bokashi is a great way to compost food waste indoors. This workshop will teach how to make the Bokashi wheat bran inoculant that gets sprinkled on food scraps put into the bucket system (online it is called Bokashi compost starter). It is very easy to make.

The workshop will also go over how to manage a Bokashi bucket system for recycling food waste.

The workshop will be offered free with donations accepted (\$10 suggested).

#### Those yummy Yellow Doll Watermelons!

If you still have the sweet yellow-fleshed watermelons from last week, make sure to store them in the refrigerator. Yellow Dolls are an old heirloom watermelon with a thin skin, and they don't keep long if left at room temperature

## TENDERGREENS



Tendergreens are one of the mildest mustard greens there is and they make a nice spinach substitute. They are a traditional Southern favorite. When young, they can be eaten raw in salads. When mature they can be cooked like any winter greens, i.e. sautéed, steamed or boiled.

## A WEEK AT MY TABLE by Paula Redinger

Because my CSA share gives me all I need, I don't buy produce at the grocery. So I find myself greeting the change of seasons with both excitement and wistfulness. Last week I welcomed my orange vegetables with joy, and, knowing it may be my last for a long time, savored my watermelon with a little extra "mindfulness."

Cucumbers - I like munching on cucumber spears with my meals, or as I'm preparing them. I'll cut them all up at once, and store them in a plastic bin. Just before enjoying some, I'll sprinkle them quite heavily with salt, black pepper and whatever other spices and herbs strike my fancy. Lately I've been adding zingy sumac to the mix. Don't season them ahead of time, because the salt will make them limp.

Watermelon - Oh, sweet watermelon! I ate it straight, knowing I might not see one for a long while. Our days are still quite warm, making it a nice refreshment when I return from a bicycle commute.

Pumpkin - My charming Cinderella Pumpkin will grace my front porch until after Halloween, but I'm looking forward to turning it into a new batch of the pumpkin ravioli that disappeared from my freezer months ago. It's an investment of time. I'll be glad of it when I can pull them from the freezer and have an elegant dinner prepared in minutes.

Butternut Squash - Hurrah! It's been months since I've enjoyed pasta with grated butternut, walnuts and grated ricotta salata cheese.

Verdolagas, Tomatoes – It seems that pork, verdolagas (purslane) and tomatillos are a traditional Mexican combination. I'm going make my own variation, using my red tomato, instead. I love a good experiment!

Red Peppers - Years ago, when I lived with my sister, we used to make and enjoy a pasta sauce made from pureed red peppers and onion, cooked in broth. I don't think I've had it since then, but for some reason, the recipe recently rose to the surface of my consciousness. An old friend!

Elote - I've seen recipes calling for this starchier, cornier corn, but have never had the vital ingredient available to me before. There are many choices, but this time I opted for sweet corn tamales, which I'll pull out of my freezer and enjoy with some Mexican hot chocolate on one of our soon to come chilly nights. I admit, I "tried" quite a few before putting them in the freezer. They were a success!

**Roasted Bell Peppers Bruschetta**

Philippe, Tucson CSA

4 slices of Barrio bread (or 8 slices of baguette)  
1-2 garlic cloves  
Olive oil  
Salt and pepper to taste  
2 tomatoes, seeds and juice removed  
2 roasted bell peppers, seeds and skins removed  
Basil, finely chopped

Barrio Bread's pain au levain or their baguettes work best for this recipe. Toast the bread slices, then gently rub one side of each slice with the clove of garlic. Drizzle that side with some olive oil. Cut the tomatoes and bell peppers in small cubes and mix them in a bowl with the basil. Scoop a soup spoon of the tomato and bell pepper mixture on each slice. Season with salt and pepper and add another drizzle of olive oil.

**Radish Salsa**

Sara Jones, Tucson CSA

Use this salsa to garnish your tacos or burritos. It is also refreshing alongside a steak, or any other heavy, hearty dish. This is a great salsa with just the cilantro and lime juice, but you can add the others spices to your personal taste. If you want a milder take on this, soaking the onion and radish in water for just 10 minutes mellows their flavors considerably.

About 1 cup radishes, diced into 1/4 inch cubes  
1/2 red onion, diced  
1 small handful cilantro, chopped  
Juice from one lime  
Salt to taste  
1 pinch toasted mustard seeds (if desired)  
1 pinch ground cumin (if desired)  
1 pinch ground red pepper (if desired)

Put diced radish and onion into fresh, cold water to soak for 10 minutes. Drain well and toss with lime juice, cilantro, spices and a pinch of salt. Refrigerate until ready to serve.

**Balsamic Lemon Greens**

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild mustard flavor of tender greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew. You can also add some grated Parmesan to these greens and serve alongside pasta dishes or in a sausage or meatball sub.

1 bunch cooking greens  
2 teaspoons oil  
1 squeeze of lemon juice  
Dash balsamic vinegar to taste  
Dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

**Simple Greens Bisque (simple greens pasta sauce)**

Kumi Rao, Tucson CSA

2 tablespoons of butter or olive oil  
2 shallots or 1 medium-sized onion (diced very fine)  
4 cloves garlic (minced)  
1 bunch greens, steamed then pureed (any greens will work)  
1/2-1 teaspoon (to taste) crushed red chili flakes  
1/2 cup of heavy cream/milk/coconut milk/unflavored almond milk  
Salt to taste

In a skillet on a medium-low flame, add chili flakes to 2 tablespoons of butter/olive oil for 1-2 minutes. Add shallots or onion, a heavy pinch of salt and sauté until the onions start to turn a lovely brown (about 4-5 minutes). Add minced garlic and sauté for one minute. Add pureed greens and cook until most of the moisture has been evaporated (about 5 minutes). Thin mixture out with the milk of your choice and simmer for another 5 minutes. Season with salt to taste. Serving suggestion: Top with a drizzle of extra virgin olive oil and cream – serve with Barrio bread.

\*\* To make this into a pasta sauce, simply add basil/oregano or fresh herb of your choice, thin out with only 1/4 cup of "milk" (preferably a richer option, heavy cream or coconut milk) and add to 8 ounces of pasta.

**Greens with Yogurt - New**

Philippe, Tucson CSA

1 bunch greens, washed and chopped coarsely  
2 tablespoons olive oil  
1 small onion or 1/2 large onion, chopped  
1 small clove garlic, minced  
1 cup plain yogurt  
Salt and pepper  
2 teaspoons minced fresh basil or mint

Heat oil in large skillet and sauté onions until translucent (5 minutes). Add garlic, sauté for another minute. Add chopped greens and stir continuously until wilted. Remove from heat. Stir in the yogurt and season with salt and pepper to taste. Sprinkle with minced basil or mint and serve.

**Toasted Winter Squash Seeds**

Sara Jones, Tucson CSA

Don't throw out the seeds from your butternut squash. They are delicious and easy to prepare. Separate them as best as possible from the squash fibers, then set in a big bowl of well-salted water (about a teaspoon salt per cup of water). You can then get back to your recipe and ignore them for a while, as the salt will prevent them from getting moldy or rotten too fast (put them in the fridge, in the salted water, if you don't plan on using them within a day).

When you are ready, simply drain off the water, drizzle with oil and toss onto a baking sheet. Sprinkle with any spices you'd like, then bake for about 10-15 minutes at 300 degrees until crispy and lightly browned, shaking and stirring the pan once or twice for even cooking.