



Tucson Community Supported Agriculture

Newsletter 362 ~ October 29, 2012 ~ Online at www.TucsonCSA.org

Fall 2012

Harvest list is online

The Back Page

Spaghetti Squash at it's Sweet Best
Coconut Curried Squash Soup
Tendergreens and Summer Squash
Pasta
Coconut Curried Squash Soup
Grilled Green Tomatoes

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

A message from your farm!

"Dear Tucson CSA members.

Thank you for all your kind support. These past few months have been both delightful yet stressful here and there. As many of you know, our farm is operated by only a small group of people who feed hundreds of families, markets, and other vendors. Although mistakes are made, we do strive to improve. We really delight in serving you.

We would like to tell you about our little group of harvesters. They work extremely hard, are very dedicated and sometimes fall ill as we all do. At these times we try and do our best with the rest of the team. They are the Crooked Sky Warriors. They get up at 3:00 AM to harvest in this unbearable heat, in the rain and in the cold. They do this with vigor and endurance to give you quality food without the harsh chemicals found in grocery store produce.

We appreciate you because you understand that farm fresh organic produce does not follow the cosmetic standards of conventional produce.

Cross your fingers and wish us luck. Crooked Sky sends their appreciation your way."

Warm Regards,

Farmer Frank and The Crooked Sky Family"

LOVE THOSE LEAFY GREENS!



The fastest way to turn your diet around? To go from not-so-great to almost perfect? The answer is organic leafy greens – those life-supporting, health-inducing, nutrient-packed edibles that should take up most of the space on your plate at every meal – not just at dinnertime. Eat them or drink them, but just get them into your body every day!

We are so excited to finally get those leafy greens in our shares. Last week's tendergreens were a long-awaited item for those who have had to live without greens for months.

When I first started the CSA over 8 ago, I had rarely had greens other than lettuces and spinach. Man, was I in for a surprise! From collards to kale, from mustard greens to Swiss chard, and through a whole range of Asian greens, I realized that greens came in a wide variety of flavors and textures, from mild to spicy, from sweet to bitter, from tender to leathery, and from delicate to sturdy. In that first season, I think I ate more greens than I had eaten in my entire life! It took some adjusting to recognize and to learn how to prepare and eat all the different types of greens that Farmer Frank grows for us during the cool season, and I admit that I initially struggled. It was not until the following year when Sara joined me in leading the CSA that I learned how to make the most of those amazing greens. And now I just can't live without them!

If you are new to leafy greens, I suggest that you check out **Sara's Winter Greens Guide** on our website (under the Recipes' tag). Sara provides practical advice on how to deal with greens, along with many easy preparation tips. Greens are very fast to prepare, they are versatile and can easily be incorporated into many of your favorite dishes. And yes, they are incredibly healthy! Dark, leafy greens are among the most nutritious vegetables available. They are loaded with all sorts of vitamins and minerals and are important sources of iron, calcium and protein in a vegetarian diet. Perhaps more than any other vegetable, a regular intake of leafy green really does make a noticeable improvement to your health and well-being. It certainly did for me!

While greens lend themselves to many preparations, one easy way to cook them if you are not familiar with them is to chop them coarsely and sauté them in olive oil, with onions and garlic, until they are wilted. Add some salt and pepper, or some soy sauce, and you have an easy side dish. For a more substantial meal, add grated Parmesan and nuts, or goat cheese and sautéed potato cubes, or browned ground meat, or other sautéed vegetables. Serve them with rice, bread, pasta, or stuffed into a tortilla.

When they are still young and tender, greens can also be eaten raw. And if you prefer to drink your greens instead, make them into a green smoothie!

And of course, we have many greens recipes on our website. The possibilities are endless...

Spaghetti Squash at it's Sweet Best

Ms. Dallas Scott, Tucson CSA

Spaghetti squash
A few tablespoons butter, or earth balance for dairy free
Cinnamon and/or ginger and nutmeg
Agave nectar or honey
Water

Preheat oven to 350°F. Position a rack in the center. Halve a spaghetti squash long ways and scoop out the insides. Place a cooling rack onto a baking sheet and place the squash cut side down onto it. Open your oven and pull the rack out halfway, place the baking sheet with the squash on the rack then add a half-inch of water to the pan. Push the rack back into the oven and bake about 1 hr. or until a fork can easily pierce the flesh and the insides come out easily. They should be tender, but still hold their snap when you bite 'em. Use a fork to scrape out strands of squash and toss immediately with butter, spices and sweetener. Serve warm.

Coconut Curried Squash Soup

Sara Jones, Tucson CSA

Indian curry seasonings go especially well with winter squash. Use any curry mix you like for this recipe, or for a sweeter flavor use a garam masala, which uses spices like cinnamon and clove. I usually use a pre-mixed curry powder and then adjust it to my taste by adding more of the spices that I like best. I use pink lentils in here because the color goes best with the squash, but use whatever you have on hand.

About 3-4 cups peeled and chopped winter squash
1 red or green bell pepper, chopped
1 bunch cooking greens, chopped finely
1/2 large onion, chopped
3/4 cup dry pink lentils
2 tablespoons oil
Garlic to taste
About 1 tablespoon grated fresh ginger
Curry spices; adjusted to your taste
1 can coconut milk
Salt and pepper to taste

In a large stock pan, heat oil and sauté onion, pepper, garlic and ginger for about 5 minutes, stirring frequently. Stir in chunks of squash with curry spices and lentils then cook for a few more minutes. Add about 2 quarts of water, bring to a boil and add greens. Cook over a medium low heat until lentils and squash are soft, about 35 minutes. Add coconut milk and salt and pepper and cook for 5 more minutes. At this point you can either puree the soup and make it creamy and smooth, or leave it chunky.

Tendergreens and Summer Squash Pasta

From Rachel Carroll, Tucson CSA

1 bunch Tendergreens, torn into bite-sized pieces
1/2 small onion, finely diced
4 small summer squash, cut into 1/4 inch circles
3 tablespoons olive oil
2 cloves garlic, minced
1/4 cup walnut pieces
12 oz. whole wheat pasta
Sea salt and black pepper to taste
Parmesan Cheese (optional)

In a large skillet with a lid, sauté onions and garlic in olive oil for approximately 4 minutes. Add sliced squashes, sauté until soft. Add rinsed, tender greens and cover. Cook until greens are wilted, stirring frequently. Add walnut pieces, cook for approximately 3 minutes. Cook and drain pasta. Combine squash and greens mixture with pasta. Sprinkle on salt and pepper, top with cheese if desired.

Pumpkin Pancakes

Shelly Adrian, Tucson CSA

Sift together:
1 cup flour
1 tablespoon baking powder
1/2 teaspoon salt
1 tablespoon brown sugar
1/4 teaspoon cinnamon

In a separate bowl, beat together:
1 egg
3/4 cup milk
1/2 cup pumpkin puree
1 tablespoon vegetable oil

Combine the wet and dry ingredients — do not over mix. Cook pancakes on griddle. Makes ten 5-inch pancakes.

Grilled Green Tomatoes

Sara Jones, Tucson CSA

Grill these tomatoes together with onions for a tasty burger topping. Or try them on a sandwich, together with the grilled pumpkin (with some goat cheese maybe!) for a vegetarian option.

2 large green tomatoes, sliced 1/2" thick
2 cloves garlic, minced
Pinch of oregano, finely ground
Drizzle of balsamic vinegar and olive oil
Salt and pepper to taste

Lay sliced tomatoes in a tray and drizzle with oil and vinegar. Sprinkle salt and pepper, oregano and garlic over slices. Let marinate 30 minutes. Place slices over a hot grill, cooking on each side until slightly charred. Remove and use as a hot garnish for a sandwich. Or cool, chop and use as a relish.