



# *Tucson Community Supported Agriculture*

Newsletter 365 ~ November 19, 2012 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2012

Harvest list is online

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Many more recipes in our online recipe archive

### Chocolate Candy From Black Mesa Ranch – Available NOW!

David Heininger from Black Mesa Ranch, who provides us with his award-winning goat cheeses, also makes candy during the holiday season only. When he gets behind his stove he produces tantalizing, mouth-watering candy. **They are available from now until Christmas** (although not all are available all the time – so keep checking the shelves!)

**Dark Debris** - Dark chocolate brimming with almonds, walnuts and raisins

**Milky Rubble** - Pecans and chunks of butter almond toffee in milk chocolate

**Vanilla Bean Caramels** – Goat's milk caramel dipped in smooth Belgian chocolate

**Butter Almond Toffee** - Traditional English-style butter & toasted almond toffee covered with dark, milk or white chocolate then coated with more even toasted almonds

**Goat's Milk Fudge** - Creamy chocolate fudge, studded with walnuts

**English Toffee** – Dark chocolate and caramel at their best!

### Happy Thanksgiving Everyone!

We are particularly thankful to our members who give us a reason for having the CSA! And we are never thankful enough to Farmer Frank and his crew for giving us such an amazing variety of fresh seasonal veggies year-around!

## **A WEEK AT MY TABLE – by Paula Redinger**

What an usual share we had last week! With both beets and watermelon, it doesn't belie any particular time of year, and I found myself making an unusual mix of cooling summery lunches and heartier winter dinners. Vive la différence!

**Watermelon** - I was sure, when I wrote my October "Week at My Table" I was looking at my last watermelon of the season. Having only moments before picking up my current share been bemoaning the lack of a quick snack in my refrigerator, I could not be happier to be wrong! It's always easy to find a bite to eat when there's a tub of watermelon cubes on hand. Left whole in the fridge, it just tends to sit there. But cubed and placed in a bowl, it's an easy and instant snack or dessert.

**Chard, Beet Greens** - There's no poetic license in use when I say that I very nearly shoved fistfuls of greens into my mouth on the way home from CSA. It's true. Instead, I washed and cooked them immediately upon returning home and ate a healthy serving straight from the pan. The rest went into my old favorite, a dish I never tire of, a dish I miss in the summer – pasta with greens, garlic and chile flakes. I packed up a large tub of it to bring to Phoenix, where I was working for the weekend. I couldn't bear the thought of eating out knowing those greens were sitting at home.

**Beets** – I've been having thoughts recently of a chocolate beet cake, but I wanted to enjoy my first beets in a purer form, with walnuts and goat cheese.

**Black Beans, Summer Squash, Onion** - It's only a plan as I write this, but I'm going to use them in an experimental variation of a black bean salad I made a few months ago. Roasted or grilled zucchini pieces, black beans, and onion with some crumbled queso fresco and a zingy dressing.

**Cucumbers** – They arrived just at the right time, because I'm out of pickles. I usually make a quick recipe that doesn't involved canning, and I keep them in the refrigerator. I love them with a sandwich or bowl of soup.

**Tomatoes, Onions** - The cooler nights have had me wanting heartier dinners. Lentils with pork sausage, onions and tomatoes fit the bill.

## **RAPINI**

The flavor of rapini is reminiscent of broccoli, but more pungent and slightly more nutty. Its flavor is more complex than that of many greens as long as it is not overcooked. It can be steamed, braised, sautéed, broiled, stir-fried or, even better, oven-roasted. It pairs beautifully with beans or lentils, pork (try it with Italian sausage!) and chicken, and it works well as a side dish or in pasta dishes and soups.



Here's an easy way to cook rapini: cut stalks crosswise into 2-inch pieces and drop them into salted (optional), boiling water. Cook for 1 to 2 minutes and remove with slotted spoon. Sauté the blanched rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender. Optional - Add a few dried red pepper flakes.

## **Savory Winter Squash or Sweet Potato Pie**

Margaret Penner, Tucson CSA

Imagine a delicious pumpkin curry with onions and greens; combine that with the satisfying mouthful of traditional pumpkin pie and voila: Savory pumpkin pie! It started as a daydream of mine last winter and I was unable to find a recipe for anything like it on the web, so I figured out how to make it happen myself. Like any pie, it's a multi-step process, but it's worth the time: I enjoy this dish several times a month. As we enter the season of abundant greens and winter squash, here is a fresh take on pie. (Of course, I change the spices and throw in any veggies I want to use up, as the mood strikes, but this is the basic recipe.)

1 pie crust  
2 cups pureed pumpkin, winter squash or sweet potatoes  
1-2 bunches greens, chopped  
1 onion, chopped  
1 can evaporated milk  
2 eggs  
1 tablespoon curry powder  
1 teaspoon cayenne pepper  
1/2 teaspoon salt  
1 teaspoon pepper

Sauté greens, onions, and spices in a small amount of olive oil until just done. Combine pumpkin, evaporated milk, and eggs in a large bowl, stirring until consistent. Stir the sautéed mixture into the pumpkin mixture and pour into the pie crust. Bake at 400° for 15 minutes, then at 350° for 45 minutes until knife comes out clean. Allow to cool before serving.

## **Stuffed Green Tomatoes**

Sara Jones, Tucson CSA

Are you making stuffing this Thanksgiving? Why don't you try stuffing some green tomatoes, too? Use your favorite stuffing recipe or follow the one below. Baking the tomatoes helps to mellow their tanginess.

3-4 medium green tomatoes  
3/4 cup diced, stale bread  
2 tablespoons cornmeal  
1 teaspoon ground cumin  
1 teaspoon ground dried sage  
2 tablespoons melted butter or oil  
1/4 cup broth  
1/4 cup shredded cheddar cheese  
2 roasted green chiles, peeled, seeded and chopped (if desired)  
Salt and pepper to taste

Using a paring knife, core the tomatoes. Use a teaspoon to scrape out remaining seeds and juice from inside the tomatoes. Sprinkle inside of tomatoes with salt and pepper. Place tomatoes open side up on a glass baking dish. Mix together diced bread, cornmeal and spices. Drizzle mixture with melted butter and broth, adding more broth or water as necessary to moisten mixture well. Combine mixture with shredded cheese

and green chiles, then spoon into hollowed out tomatoes. Bake in a 375° oven for about 20 minutes, until filling is browned on top.

## **Chipotle Mashed Sweet Potatoes**

Chad Weiler, Tucson CSA

The sweetness of the potatoes, the heat/smokiness from the chiles, and the tang from the goat cheese are wonderful. I usually leave the potato skins on.

4 medium-size sweet potatoes or 2 large, cut into cubes  
4 oz. of plain goat cheese  
1-2 chipotle chiles in adobo, chopped finely (depends on your heat needs)  
2 teaspoons of the adobo sauce  
Approximately 2 tablespoons butter  
1/4 cup milk

Boil the potatoes in salted water until fork tender and drain. Place potatoes and all of the ingredients in a bowl and mash with a potato masher or electric mixer. Season with salt and pepper and add more milk if consistency is not to what you desire.

## **Kumi's Grilled Eggplant Salad**

Kumi Rao, CSA member

2 large eggplants  
1/2 teaspoon cayenne pepper  
Salt and pepper  
2-3 tablespoons of whole grain mustard  
1/3-1/2 cup of plain Greek yoghurt (or thick strained yoghurt)  
Finely minced raw garlic  
Extra virgin olive oil  
Bread/pita if desired

Slice eggplant into planks 1/4 inch thick and sprinkle them with salt, pepper, cayenne pepper and olive oil. Grill eggplant 2-3 minutes on each side. Dice into 1-inch pieces. Mix the garlic, mustard, and yoghurt together and season with salt and pepper to taste. Mix the eggplant with yoghurt/mustard mixture. Top with some sautéed or caramelized onions and fresh herbs. This can be used as a vegetarian substitute for chicken or tuna salad.