



# *Tucson Community Supported Agriculture*

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**Fall 2013**

Harvest list is online

### **The Back Page**

Roasted Bell Peppers and Eggplant Dip - new  
Roasted Sweet Potato and Bell Pepper Soup - new  
Ratatouille Roast

Many more recipes on our website

### **Thanksgiving Turkeys**

We are now taking orders for Thanksgiving turkeys. As usual, these are pasture-raised turkeys from Josh. Josh raises his turkeys entirely on pasture, which makes for a high-quality, very tender and flavorful bird.

A \$20 deposit is required to order your turkey. The balance payment will be due on pick-up. The number of turkeys we get is limited, so place your order soon.

### **BYOBag Tucson**

Many Tucson CSA members bring their own bags to pick up their CSA goodies!

But did you know that there is also a Tucson-wide community effort aimed at encouraging Tucsonans to increase the use of reusable shopping bags, decrease the use of disposable plastic bags, and increase the recycling of plastic bags at local retail stores?

It is called BYOBag Tucson. Check out BYOBag Tucson events in October:

- K-5 students can win a Haiku poetry contest (entries by Oct. 21).
- Free screening of the movie **Bag It**, on Oct. 26, 10 A.M., at The Loft

For more info:  
[www.byobagtucson.com](http://www.byobagtucson.com)

## **BARRIO BREAD AND SONORAN WHITE WHEAT**



Did you know that Don, our baker at Barrio Bread, is one of the key players pushing forward a new movement in Southern Arizona to revitalize our local grain economy? Working together as the Heritage Grain

Collaborative, Barrio Bread, Pizzeria Bianco, Native Seed/Search, Hayden Flour Mills and various farms are trying to reintroduce Sonoran White Wheat and Chapalote Corn to our region. Both crops are arid-land adapted and have flavor characteristics distinctive from those of modern grains. According to the Native Seed/Search website the project aims to re-introduce “Chapalote corn and White Sonora wheat into sustainable food production regimes in the arid Southwest; establishing fruitful exchanges of information among producers, millers, bakers, and other stakeholders.” The Heritage Grain Collaborative is part of a building movement across the country to bring locally adapted grain varieties back (some from near extinction).

Why go through the trouble of bringing these crops back? For several reasons. More and more communities are trying to become food secure, relying less on products imported from other regions and instead producing food locally. Heritage grain varieties are adapted to the growing conditions of specific regions and generally require less inputs than standard crops. Also, these various heritage grain varieties each possess different protein levels and flavor profiles. For bakers and chefs, that means more opportunities for creating new and exciting products. “If we only have one kind of beer in this country, if we only have one kind of wheat, if we only have one kind of bread...this is a boring planet”. - Gary Paul Nabhan, *part of the Heritage Grain Alliance and the author of new book Growing Food in a Hotter, Drier Land.*

Don has happily taken on the challenge of doing ‘research and development’ with the Sonoran White wheat. Since this heritage grain has a different taste and protein content from most commercially available wheat, part of Don’s job in working with the Collaborative is to create recipes and techniques that allow the unique properties of the wheat to come through in the form of flavor and texture. Since the grain is not widely available yet, we at the CSA are lucky to have access to these special breads. Currently, Don is using a flour mix that includes 40 percent Sonoran White wheat in all of his baguettes and epis. He is also producing an entirely local Heritage Loaf, using red fife and emmer wheat as well as the Sonoran White.

As you may have noticed, we missed our bread delivery a few times over the summer. That is because Don has been busy educating others and learning more about the Heritage Grain movement by attending conferences and getting involved in the production of a documentary movie aptly titled ‘Rise of the Grains’. Production on the movie is wrapping up and it should be released soon. If you would like to see a trailer of the movie and see what Don has been up to go to [www.riseofthegrains.com](http://www.riseofthegrains.com) for more info.

(Photo above courtesy of Barrio Bread)

**We're far from winter still, but for those of us who haven't used our ovens for the past 4 months, it is now cool enough to fire them up! Here are a few good and easy recipes if you are so inclined!**

### **Roasted Bell Peppers and Eggplant Dip - new**

Philippe, Tucson CSA

2-3 bell peppers  
1 large or 2-3 small eggplant  
1 medium onion  
3 garlic cloves  
2 teaspoons ground cumin  
3 tablespoons olive oil  
1 tablespoon tomato puree  
Salt and pepper to taste

Pre-heat oven to 400°.

Cut eggplant, onions and bell peppers in cubes. Add to a large bowl with oil, garlic and cumin, and toss until well coated with oil. Spread on baking sheet and roast for about 45 minutes, or until tender and browned, tossing once for even roasting. If you are using already roasted bell peppers, omit them at this stage and add them at the next stage.

Let cool. Add to food processor with tomato puree and salt and pepper to taste and blend to obtain a slightly chunky puree.

Can be used as a spread or as a dip.

### **Roasted Sweet Potato and Bell Pepper Soup - new**

Philippe, Tucson CSA

3 sweet potatoes  
2-3 bell peppers  
1 medium onion  
2 tablespoons olive oil  
2 teaspoons cumin  
2 cups vegetable broth  
Salt and pepper

Pre-heat oven to 400°.

Dice sweet potatoes. Place in oven dish with bell peppers, onions, cumin and olive oil. Mix well to coat.

Roast in the oven for about 45 minutes or until all the ingredients are tender.

Place vegetables in blender or food processor, add broth and blend until smooth. Add salt and pepper to taste.

### **Ratatouille Roast**

Courtesy of Rama Ganesan, Tucson CSA

I asked my cousin Jayashree Sundaresan in London what to do with my share. She came up this ratatouille recipe for the vegetables.

½ cup sunflower oil  
2 small onions diced  
4 garlic cloves sliced  
1 fresh green chili sliced  
2 sweet potatoes, diced  
Half large eggplant, diced  
2 tomatoes, diced  
2 summer squash, diced  
1 tablespoon tomato puree  
Salt, pepper  
1 teaspoon sugar  
Chopped cilantro  
1-2 bell peppers

Heat 2/3rd of oil in large heavy-based pot and place on medium high heat, add onions and sauté for 5 mins.; then stir in garlic, bell peppers, and sauté for 5 more mins.; add squash and sauté for another 5 mins.; transfer vegetables to a bowl leaving behind as much oil in the pot as possible.

Add remaining oil, sauté eggplant for 5 mins., return other vegetables to the pot at this point, add sweet potato, tomatoes, sugar and tomato puree and plenty of salt and pepper.

Stir, and then add enough water to half submerge the vegetables, cover and simmer gently for 30 min.

Pre-heat oven to 400°

Pour vegetables from pot into a roasting tin or baking pan in which they make a layer 2-3 cm thick (1/2 to 1 inch) and bake for 30 minutes. Note: putting in oven intensifies the flavours hundred fold.

At this point the vegetables should be very soft and most of liquid evaporated. Garnish with cilantro and serve with steamed rice. Can also be served with pasta/spaghetti.

'Overcooking' the vegetable is the whole point here but stick to instructions.