



# *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 still taking orders for Thanksgiving turkeys: we have a few more left. Don't wait to long to order yours because we often run out!

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.

The turkeys are \$4.50 per pound, and a \$20 deposit is required to order your turkey. The balance will be due on pick-up during the week before Thanksgiving.

## **Jack 'O Lantern Pumpkins**

Crooked Sky Farms will be sending us Jack O' Lantern pumpkins next week. You can use them for carving or for cooking. While not as sweet as pie pumpkins, they still make great pumpkin puree when roasted.



## **BELL PEPPERS**

Bell Peppers (*Capsicum annuum*) are native to Mexico, Central America and northern South America. Bell pepper seeds were carried to Spain in 1493 and from there spread to other European, African and Asian countries. Today, China is the world's largest bell pepper producer, followed by Mexico and Indonesia.

The misleading name "pepper" was given by Christopher Columbus upon bringing the plant back to Europe. At that time, peppercorns, the fruit of an unrelated plant originating from India, *Piper nigrum*, was a highly prized condiment; the name "pepper" was at that time applied in Europe to all known spices with a hot and pungent taste and so naturally extended to the newly discovered *Capsicum* genus. The most commonly used alternative name of the plant family, "chile", is of Mexican origin, from the Nahuatl word chilli or xilli. Bell peppers are botanically fruits, but are generally considered in culinary contexts to be vegetables.



While the bell pepper is a member of the *Capsicum* genus, it is the only *Capsicum* that does not produce capsaicin, a chemical that causes a burning sensation when it comes in contact with mucous membranes (an exception to this is the hybrid variety Mexibelle, which does contain a moderate level of capsaicin, and is therefore, somewhat hot). The lack of capsaicin in bell peppers is due to a recessive form of a gene that eliminates capsaicin and, consequently, the "hot" taste usually associated with the rest of the *Capsicum* genus.

We've been lucky to get several types of beautiful bell peppers from Farmer Frank throughout the summer. There have been mainly 4 varieties: green ones (Classic), purple ones (Islander), ivory-colored ones (Sand Piper), and yellow ones (Bianca).

## **PIE PUMPKINS**

Pie pumpkins are smaller, sweeter, and have a less grainy texture than the larger Jack O' Lanterns and they are perfect for making homemade pumpkin purée. In some parts of the country pie pumpkins are also called sugar pumpkins or cheese pumpkins.

Most people use canned pumpkin purée to make pumpkin recipes. But not us at the CSA! We make our own pumpkin purée, either from Jack O' Lanterns, pie pumpkins or also other varieties of winter squash, like cushaw squash, butternut squash and Cinderella pumpkins. A pumpkin pie made from a fresh pumpkin tastes so much better than one made from its canned equivalent! And it is really easy to make: just bake it as you would a butternut squash. Cut it in half, scoop out the seeds, and bake it in a 350° oven until soft (about 45 to 90 minutes depending on its size – just test with a skewer for tenderness). Cool, scoop out and purée it. Then spice it to your own liking (or check one of the recipes on the back page).

## **Indian Roasted Pumpkin seeds – Recipe Quickie**

Kisumu Rao, Ruchikala

These pumpkin seeds are spiced “Chivda” style – with all the flavors that you get from this fried Indian snack. These pumpkin seeds are definitely a fun \*dare I say\* “twist” on the classic roasted snack.

6 dried red chilies  
3/4 teaspoon mustard seeds  
1/4 teaspoon fennel seeds  
1/4 teaspoon turmeric  
15 curry leaves (or diced cilantro if you don’t have access to curry leaves)  
1/8th teaspoon asa foetida (if you don’t have asa foetida, 1 finely minced garlic clove will do)  
1/2 teaspoon coriander  
1/2 teaspoon cumin powder  
1 cup of pumpkin seeds (washed and drained)  
1/2 teaspoon salt  
Pepper  
Olive oil or coconut oil

Preheat oven to 375°. Add a tablespoon of oil to a medium-sized skillet on medium heat. I used olive oil, but coconut oil imparts a lovely rich flavor well suited for these spices. Add the mustard seeds, fennel, and red chilies and keep on medium heat until you see the mustard seeds start to sputter from the pan. At this point add the turmeric, asa foetida (or garlic, if using) and curry leaves (or chopped cilantro) to the pot and toss in the pumpkin seeds frying in the oil for 1-2 minutes. Add the ground cumin, coriander and salt, toss and then transfer the seeds to a baking sheet in a single layer and then bake in the oven for about 3 to 5 minutes. Don’t go anywhere though. Make sure to keep an eye on these little guys, they may brown sooner than that. Once they start to take on a light golden brown they are good to go. These guys came from a delicious heirloom pumpkin with tender skins; I eat them shells and all, but feel free to shell them if you like.

## **Pumpkin Strudel**

Sara Jones, Tucson CSA

3 cups pumpkin puree  
2 teaspoons cinnamon  
1 teaspoon ground nutmeg  
1 cup ground pecans  
1/2 cup brown sugar  
1 package puff pastry

Mix together first five ingredients. Fill puff pastry according to directions on package. I try to find frozen, individual square pastry dough, which, once filled, folds into a nice triangle. Bake according to directions on package. Best served warm, with plain or vanilla yogurt or ice cream.

## **Pumpkin, Corn, and Chile Soup**

Linda Warren, Tucson CSA

Olive oil  
2 large onions, chopped  
8 cloves of garlic, minced  
6 pounds pumpkin, peeled, seeded, and cut into one-inch chunks  
Water or stock  
3 ears corn, kernels removed  
1 bag roasted chiles (red, green, or a combination of the two), peeled, seeded, and cut into large pieces  
Salt, to taste

Heat olive oil in a 12-quart pot. Sauté onions and garlic until they start to soften. Add pumpkin. Add water (or stock) to just above the level of the pumpkin. Bring to a boil, then simmer until pumpkin starts to soften (~30 minutes). Add corn and chiles. Simmer until pumpkin is very soft (another 30-45 minutes). Puree soup. Add salt to taste.

## **Italian Eggplant with Peppers and Capers**

Sara Jones, Tucson CSA

This is an excellent sauce for pasta, but it would also be nice served over rice. If you want to use it as a topping for bread, chop the eggplant into a smaller dice.

2 medium or 1 large round eggplant, peeled (if desired) and diced  
1 bell pepper, diced  
3 cloves garlic, minced  
1-2 mild green or red chiles, preferably roasted and peeled, chopped  
1 large ripe tomato, diced, or about 1/4 cup canned, diced tomato  
2 tablespoons capers  
Small handful feta cheese, crumbled (optional)  
1 tablespoon cream (optional)  
Salt and pepper to taste  
About 1 tablespoon olive oil

Heat oil in a medium skillet and add eggplant and garlic, stirring well to coat. Drizzle eggplant with a few tablespoons of water and cover. Cook eggplant over medium high heat for about 7 minutes, checking occasionally and adding water to prevent any burning or sticking. When eggplant is tender, add the rest of the ingredients, except the cheese, and cook for a few more minutes. Season with salt and pepper, to taste. Stir in cheese just before serving. If using as a pasta sauce, reserve about 1/4 cup of pasta water and toss cooked pasta and reserved water into pan with mixture and cook for an additional minute.