



Tucson Community Supported Agriculture

Newsletter 410 ~ October 21, 2013 ~ Online at www.TucsonCSA.org

Fall 2013

Harvest list is online

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Many more recipes on
our website

Thanksgiving Turkeys

Five more weeks until
Thanksgiving! We are still taking
orders for Josh's pasture-raised
turkeys.

Black Mesa Ranch Candy

For more information on Black
Mesa Ranch candy and cheeses, go
to their website at:

www.blackmesaranchonline.com

Josh's Chickens and Chicken Liver

After a brief hiatus, we have Josh's
pasture-raised chickens in stock
again. They are frozen whole
chickens at \$4.50 per pound.

Many of you have asked if we could
get chicken livers from Josh. We
don't always have them in stock, but
we do have them now, in ½-pound
packs, at \$6.00 per pound.



BLACK MESA RANCH CANDY



We know that many of you have been waiting for them
and here they are! Starting this week and until the end
of the year we'll be selling Black Mesa Ranch's
delicious (and prize-winning) seasonal candy.

Our selection will include Vanilla Bean Caramels,
Butter Almond Toffee, Dark Debris, Milky Rubble,
English Salt Toffee, English Chipotle Toffee, Chocolate Covered Jalepeño Jellies,
Chocolate Truffles, Buttercream Mints, Peanut Buttercream Rounders, Chocolate
Dipped Candied Ginger, Goats Milk Fudge and more.

Be ready for a treat, but note that not all of BMR's candy selection will be available all
the time (we just don't have the shelf space), but we will rotate the different types of
candy over the next two months and hopefully each of them will appear on the shelf a
few times. So, make sure to come inside and check them out regularly.

BLACK MESA RANCH CHEESES

BMR's cheese shares will continue until the end of the year. There are 5 more cheese
share pickups until then, including this week's. We also sell feta and boule (not in
shares), and we often have a few extra goat cheese logs, all of which you can find in
the glass refrigerator near the front desk. Feta is usually available on weeks when
there are no cheese shares, but we sometimes have it on the cheese share weeks too.

JACK O' LANTERN PUMPKINS

Farmer Frank's Jack O' Lanterns are good to eat. Very good even. Just use them as
you would use any winter squash.

But if you're willing to sacrifice an organic pumpkin to use as Halloween porch décor,
then read on. No, you're not a bad person for wasting food. Jack O' Lanterns are fun
and eerily beautiful. Be sure to roast and eat the seeds! Of course, most people
already know how, but here are a few carving tips if you want to go creative:

- 1) Good, sharp knives are a must. You can also buy special carving instruments that
often include little saws, which I've found helpful!
- 2) Make a sketch of your design first. Try a scary face or an animal face. Or forgo the
face all together and make a Halloween scene involving bats, cats, ghosts and witches.
- 3) Be creative with your lid—it doesn't have to be a simple circle. Make jagged spikes
for hair! Or maybe it's a skyline.
- 4) Cut a V-notch or small air hole in the pumpkin lid to
create a vent for heat and smoke—you don't want to cook the guy!
- 5) Use cut-out pieces of pumpkin as body parts like ears, tongues and hands. Stick
them to the outside of the pumpkin with toothpicks, or offset them inside cut areas to
create texture, and light and shadow when they are lit in the dark.
- 6) I've never done this but I've heard that moisturizing the external cut areas of your
pumpkin with Vaseline keeps them from shriveling. Don't moisturize the inside,
though – that stuff is flammable.

Balsamic Lemon Greens

Sara Jones, Tucson CSA

This is a great basic recipe for cooking greens. The tart flavor of vinegar or citrus compliments the mild bitter flavor of braising greens. You can add onions and/or garlic and grated parmesan to this dish for even more flavor, but it is tasty enough and very simple this way. Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

1 bag braising greens
2 teaspoons oil
1 squeeze of lemon juice
Dash balsamic vinegar to taste
Dash soy sauce or salt, 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.

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 garam masala, which includes 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 4 cups pumpkin or squash, peeled and chopped into large chunks
1 red or green bell pepper, chopped
1 bunch cooking greens, chopped finely
1/2 large onion, chopped
1/2 cup dry pink lentils
2 tablespoons oil
Garlic to taste
About 1 tablespoon grated fresh ginger
About 1 tablespoon 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 purée the soup and make it creamy and smooth, or leave it chunky.

Okra and Roasted Green Chiles

Philippe, Tucson CSA

1 basket fresh okra
Olive oil
1 small onion, coarsely chopped
1 clove garlic, crushed
1 tomato, quartered
2 roasted bell peppers or chiles, peeled, seeded and diced
1 pinch salt
1/2 jalapeno, chopped, or a pinch of black pepper

Rinse okra in cold water and, important, dry it. Cut off stems without cutting into pods. Sauté onion in oil in a skillet over medium high heat until golden, about 3 minutes. Add other ingredients. Simmer, stirring occasionally, for about 10 minutes. Serve with rice.

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 overmix. Cook pancakes on griddle. Makes ten 5-inch pancakes.

Radish Potato Salad

Sara Jones, Tucson CSA

Radishes make a great foil for a creamy potato salad. I like to use a combination of half mayo and half yogurt (or sour cream) for an extra creamy salad.

1 pound red potatoes, cooked and roughly chopped
About 1/3 cup chopped onion
1 bunch radishes, sliced
2 hard boiled eggs, chopped
White vinegar
Salt and pepper
About 1/2 cup mayonnaise and/or sour cream/yogurt

Mix veggies and season with salt and pepper and a dash of vinegar. Add mayo and yogurt and chopped eggs and stir to coat. For the best flavor, let the salad sit in the fridge for an hour or so.