



Tucson Community Supported Agriculture

Newsletter 414 ~ November 18, 2013 ~ Online at www.TucsonCSA.org

Fall 2013

Harvest list is online

The Back Page

Raw Greens Soup
Raw Pumpkin Soup
Herbed Turnips and Potatoes
Golden Pasta Carbonara
Sautéed Swiss Chard with Ginger
and Honey

Many more recipes on
our website

How to safely thaw your turkey!

If you took home one of Josh's turkeys, store it in your freezer. Then plan ahead to figure out how long to thaw it based upon thawing method and weight of the bird.

Refrigerator Thawing

Allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40 °F or below. Place the turkey in a container or to prevent the juices from dripping on other foods. It would take 4 days to thaw a 16-lb turkey.

A thawed turkey can remain in the refrigerator for a couple days or so before cooking.

Cold Water Thawing

Allow about 30 minutes per pound. First be sure the turkey is in a leak-proof plastic bag to prevent cross-contamination and to prevent the turkey from absorbing water, resulting in a watery product. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes or so until the turkey is thawed. It would take 8 hours to thaw a 16-lb turkey.

Cook the turkey immediately after it is thawed.

HOLIDAYS

We do NOT take a break for Thanksgiving, but we do take a two-week break at the end of the year. What does this mean for your CSA share?

If you won't be picking up your share during the week of Thanksgiving, you need to plan ahead to put a delivery hold in place. ***Delivery holds must be in place by midnight Friday to be effective for the following week.*** So, if you plan on not picking up during Thanksgiving week, you'll need to take action **this week**.

To place a delivery hold on your share, go to the CSA home page, click on "Manage Your Account", click on the "Delivery Hold" tab, and put in the beginning and ending dates of your absence. Use whatever dates you want, but make sure the CSA pickup day you'll miss is included within the range. For more thorough instructions on delivery holds, move your cursor over "Help: Manage Account" in the green bar near the top of the CSA home page, then click "Help: Place your subscription on hold" in the drop-down box that appears.

At year-end, the CSA will be on break from December 19th through January 6th. That means there will be ***no pickups on December 24th & 25th and on December 31st & January 1st.*** There is NO need to place your subscription on hold for those two weeks.

PITOI ONIONS: A RARE GEM, by Farmer Frank

In 1699, Spaniards introduced a small onion to the present day Tohono O'Odham people. It was subsequently named after I'Itoi, the Tohono O'Odham deity who resides on sacred Baboquivari Peak, in the Baboquivari Mountains south of Ajo.

While the I'Itoi onion is not a true native of the southwest, it has existed, endured and thrived here, in less than ideal conditions, for more than 300 years. If I could only speak of two vegetables in the whole world, they would be tepary beans (another story for another day) and the I'Itoi onion.

I was given my first I'Itoi onions in 1993 by a staff member of the county extension service who had received them from Native Seed/Search in Tucson. Having tucked the onions away in a drawer, that staff member was naturally worried about their condition. Being the hopeful farmer I am, I do what farmers do: I plant. Five precious (all shriveled and meek) bulbs was all it took.

Those humble beginnings ignited a flame of I'Itoi onions into hundreds of thousands. I'Itoi onions multiply rapidly: a single bulb can turn into over a hundred in one single season. They also practically tend to themselves: they require very little water and can suffer great neglect.

Their flavor is reminiscent of something between a green onion and a shallot. Upon harvest, they display a beautiful bronze skin along their stem. Don't be too hasty to them eat them all: plant your last bulb back in the ground. Repeat this process for an endless supply, year after year. Don't worry if after a while they start looking like they died.

Re-growth begins again in July, with the monsoons, and they prosper for the next 10 to 11 months. As a hardy onion, they seem to require about a third less water than most, since they seldom get water more than twice a month here on the farm. My recommendation are: plant 12 inches apart about 2 inches deep. When they are young (green onions) they should be dug up with a spade or garden fork and not pulled like regular onions. Fibrous roots seep into the ground about six inches, so pulling them often results in only pulling off the tops and leaving the bulbs in the soil.

While the I'Itoi is difficult to harvest during its green stage, as the tops start to dry later in the season the fibrous roots decay and the earth gladly surrenders them with ease.



Raw Greens Soup

Rachel Yaseen, The Organic Kitchen

This is one of the recipes that Rachel showed us in her demo a couple of weeks ago. Use whatever greens you have on hand. If you're using mustard greens be aware that they may be too strong for the soup: use their leaves sparingly, in combination with other greens.

½ celery root or carrot, coarsely chopped
3 cups greens (spinach, chard, kale)
4 dates
1 apple, cored, coarsely chopped
2 to 3 tablespoons miso
¼ cup raw walnut, cashews, or almonds
1 tablespoon raw apple cider vinegar
1 garlic clove (remove middle "stem" for digestibility)
1" ginger, peeled
1 to 2 cups water

Place all the ingredients in food processor and blend--add water gradually. This can be made with a large carrot instead of the celery root. Other roots would probably work well too. Have fun with it! Also try using it as a salad dressing.

Raw Pumpkin Soup

Rachel Yaseen, The Organic Kitchen

Here is another recipe from the recent demo at the CSA. Use one of your pumpkins or feel free to substitute any of the other winter squash we get in our shares. You could eat this as a soup, alongside rice or quinoa, but it would also make a great sauce for a dessert!

¼ small dessert/pie pumpkin—peeled, seeded and coarsely chopped
½ cup cashews or young coconut meat
1 tablespoon cinnamon and/or chipotle powder
1 tablespoon raw apple cider vinegar
1 garlic clove
1 pear or green apple
1 inch ginger, peeled
1 to 3 cups water

Place all the ingredients in food processor and blend--add water gradually. Garnish with finely grated parsley. This is entirely raw at this point but you can add cooked rice or quinoa if you want something more hearty.

Herbed Turnips and Potatoes

From Philippe, Tucson CSA

Equal amounts of potatoes (cubed) and turnips (sliced in quarters)
Butter or oil
Rosemary or chopped fresh dill (or both)
Salt and pepper

Heat butter or oil in a skillet to medium heat. Add turnips and potatoes, season with rosemary, salt and pepper. Cover

and sauté for 15 to 20 minutes, stirring occasionally. Incorporate the herbs a few minutes before serving.

Serve with a green salad (goes well with a 50/50 mix of spring mix and baby braising greens or arugula + Italian or French dressing).

Golden Pasta Carbonara

Sara Jones, Tucson CSA

This is really a formula rather than a recipe and can be altered according to how rich you want the dish to be. Some recipes call for 3 to 4 eggs and over a cup and a half of cheese. This is a bit lighter and could be made lighter still, or richer if you like! Acorn squash has an edible peel, if it is cooked long enough. You can peel it if you dislike the skin's texture.

2 to 3 medium turnips, cleaned and diced small
1 onion, diced small
1 acorn squash, seeded and diced small
2 teaspoons oil
2 tablespoons white wine or water
1 package penne pasta
2 tablespoons cream
2 eggs, beaten
¼ to ½ cup grated parmesan
¼ cup crumbled feta or other soft fresh cheese
Salt and pepper to taste

Sauté onions in oil in a large skillet over medium high heat until golden brown. Add diced squash and turnips and sauté briefly. Add white wine or water, turn down to medium and cover. Cook until vegetables are tender, about 10 minutes. Add more wine or water as necessary to keep from sticking. In the meantime, boil pasta in well-salted water. Stir together cream, eggs and cheese. When vegetables are tender and pasta is al dente, drain pasta and toss with vegetables in hot skillet. Remove from heat and quickly toss with eggs and cheese mixture. It is important to do this step with hot pasta and vegetables so the eggs cook. Season with salt and pepper to taste.

Sautéed Swiss Chard with Ginger and Honey

Chef Stephanie Green, Crooked Sky Farms

1 bunch Swiss chard, sliced into ribbons
1 tablespoon olive oil
1 tablespoon honey
2 to 3 teaspoons fresh ginger root, finely grated
Salt and black pepper, to taste

Add olive oil to a large sauté pan and heat to temperature. Add Swiss chard and cook, stirring frequently, for about 1 to 2 minutes. Add honey and ginger root; stir well to coat. Continue to cook for about 1 more minute. Season to taste with salt and black pepper. Tip: Start with a slice of bacon in step one for added flavor.