



Tucson Community Supported Agriculture

Newsletter 460 ~ October 20, 2014 ~ Online at www.TucsonCSA.org

Fall 2014

Harvest list is online

THE BACK PAGE

- Spaghetti Squash Coleslaw
- Whole Wheat Zucchini Quick Bread
- Grilled Summer Squash
- Roasted Pumpkin or Squash Seeds
- Melon and/or Cucumber Cooler

Many more recipes on our website

DOWNTOWN LECTURE SERIES ON FOOD



This Wednesday, Gary Nabhan will talk about our desert city's gastronomic revival.

The free lectures (though a ticket is required, see below) take place at 6:30 p.m. every Wednesday evening until November 12th at the Fox Tucson Theatre.

Tickets can be picked up at the Fox Theatre box office starting at 4 p.m. the day of each lecture.

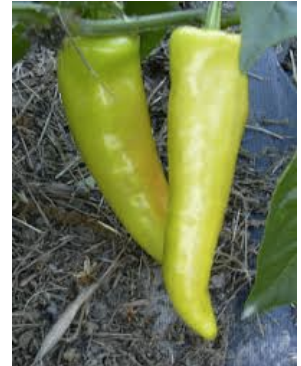
More details at: <http://downtownlectures.arizona.edu/>



Don't forget your pumpkin!

SONORA CHILI PEPPERS

Sonora chili peppers are a variety of Anaheim peppers with low heat but lots of flavor. Although they turn red when mature, they are commonly harvested and consumed when green/yellow. They are perfect for chiles rellenos since their skin is thick and sturdy and their flesh is thick and juicy. They are also great for drying, and perfect for salads, salsas or pickling.



ADDING OR REMOVING SHARES TO/FROM YOUR CSA SUBSCRIPTION

You don't have to wait until you renew your subscription to change it: if you plan ahead just a little and know when to do the change, you can add or remove shares to adjust to your food needs whenever you need to. For example, if you need extra food because you have visitors from out of town or if you are planning a party, just add one or more extra shares of produce, bread, sprouts or cheese. Or if you need to slow down a little, just remove shares. As long as you keep a minimum of one produce share or one bread share, you can change your subscription as often as you wish.

But just remember this: you can only make changes to your subscription between the day after your pickup and midnight Friday. If you attempt to make a subscription change on other days, a screen message will tell you that changes cannot be made. After you make the change, you will receive an automatic e-mail confirming your change.

You don't have to pay extra at the time you add a share. Likewise, if you remove a share, you don't get a refund: the cost of the added (or removed) share(s) simply gets factored in the weekly deduction from your CSA account. Adding or removing shares will only affect the amount charged to your CSA account on your pickup day.

To change your subscription, just log on to your online CSA account and click on "Change Subscription" at the bottom of the green Summary window.

Summary			
NEXT DISTRIBUTION			
Wed, Oct 22			
PICK-UP SITE			Change Location
Wednesday			
Wednesday, 4pm - 7pm			
SUBSCRIPTION	QTY.	PRICE	TOTAL
Produce	1	\$20.00	\$20.00
Sunflower Sprouts 1/4 lb	1	\$3.00	\$3.00
Change Subscription			

Secure Payments & Privacy Protection



More more info on how to manage your subscription, check our Help pages in the navigation bar on our home page.

Spaghetti Squash Coleslaw

Sara Jones, Tucson CSA

How about using leftover, cooked spaghetti squash in a salad rather than a cooked dish? Because of its nice shredded texture, it works well in coleslaw recipes. Use it in your favorite coleslaw recipe or try this. You can certainly serve this as a warm dish, but it makes a nice cool salad, too.

2 cups cooked spaghetti squash, strands teased apart
2 large handfuls sunflower sprouts, roughly chopped
2 tablespoons balsamic vinegar
1 tablespoon olive oil
1/4 cup toasted pecans, chopped
1/4 cup dried fruit, (preferably something tart like dried cherries or currants) rehydrated for 15 minutes in warm water
1/4 crumbled blue cheese or goat cheese
Salt and pepper, to taste

Gently toss squash and arugula with oil, vinegar and a bit of salt and pepper. Top individual servings with a sprinkling of nuts, fruit and cheese.

Whole Wheat Zucchini Quick Bread

Wendy McCrady, Tucson CSA

Original recipe by Jan Tzinski with modifications

2 cups flour (Use fresh ground whole wheat flour from CSA wheat berries.)
1/4 cups brown sugar
1 tablespoon baking powder (Wendy uses 2 teaspoons.)
1 teaspoon salt (Wendy uses 1/2 teaspoon)
3/4 teaspoon baking soda (Wendy uses 1/2 teaspoon)
1 teaspoon cinnamon
1/2 teaspoon dried ginger powder
Pinch each, cloves and nutmeg
1 1/4 cup soymilk or rice milk
1 tablespoon + 1 teaspoon white vinegar
1 cup peeled & shredded zucchini (Wendy only peels if rind is tough.)

Preheat oven to 350°. Grease an 8" square baking pan or line with parchment paper. Combine dry ingredients in a bowl. Combine wet ingredients in a separate bowl. Do not combine yet! When the oven has preheated completely, pour wet ingredients into dry. Mix quickly and do not over-mix. (Fatfree batters will come out tough if over-mixed!) Pour into the prepared pan and bake for 45 minutes. Use the toothpick test for doneness. Remove from oven and let stand 10 minutes. Loosen the edges with a spatula and remove from pan. (Remove parchment paper from bottom if used.) Let cool before slicing.

Grilled Summer Squash

Philippe, Tucson CSA

Summer Squash

French or Italian dressing (you can make your own quick dressing by whisking together 4 tablespoons oil, 1 tablespoon vinegar, 1/4 tablespoon dry herbs (e.g. thyme, Italian herbs, oregano, etc.)
Salt and pepper

Cut the squash lengthwise in 1/4" thick strips. Coat all sides with dressing. Grill squash slices for 5-6 minutes on each side. Serve as a side dish or stuffed in a sandwich.

Roasted Pumpkin or Squash Seeds

Paula Redinger, Tucson CSA

The trick to getting flavorful seeds is to boil them in heavily salted water before baking them. Put the rinsed seeds in a pan with about 4 times as much water as seeds. Salt the water heavily – 1-2 tablespoons water for each 2 cups of water, depending on your taste. Boil for 10 minutes. Meanwhile, pre-heat the oven to 400° (or perhaps your oven is already on, since you are probably cooking your squash). Strain the seeds, place in a single layer on a lightly oiled baking sheet (or put them in the pan you might be cooking your squash in) and roast 10-20 minutes on the top rack of the oven, until they just start to lightly brown. You will wish that your squash or pumpkin had more seeds.

Melon or/and Cucumber Cooler

Sara Jones, Tucson CSA

Perfect as is, or use as a base for cocktails or frozen into popsicles. Enjoy one last taste of summertime!

1 melon or cucumber (or half of each), peeled, seeded and cut into large chunks
1/2 cup sugar or honey (optional)
1/4 cup lime juice
Juice from one knob grated ginger
1 bottle sparkling water

Puree all ingredients, except mineral water, in a blender or food processor. Put in a large pitcher with ice cubes and add sparkling water. Stir gently and serve.