



Tucson Community Supported Agriculture

Newsletter 515 ~ November 23, 2015 ~ Online at www.TucsonCSA.org

Fall 2015

Harvest list is online

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Many more recipes on our website

Winter Holiday Break

We will be closed during the two weeks of Christmas and New Year. There is no need to place your subscription on hold for those two weeks.

The last pick of 2015 will be on Wednesday, Dec. 16.

The first pickup of 2016 will be on Tuesday, Jan. 5.

Managing your online CSA account

You can add and remove shares from your subscription as long as you keep a minimum of 1 produce share or 1 bread share.

These changes can only be made between the day after your pickup day and midnight Friday.

You can also place your subscription on hold. This change can be done any time, but must be done by mid-night Friday to affect the following week.

For more info, go to the help tabs our homepage.

Songs of Cyril Barrett

Many of you will remember a soft-spoken gentleman of silvery hair and piercing blue eyes who used to serenade us in the courtyard with his sweet songs and sunburst guitar. His name was Cyril Barrett - a troubadour who graced us with many wise and world-weary tunes. In September of 2014, we lost him to cancer and there is still an aching silence where his gravelly voice once crooned.

After learning of his illness, many of his musician friends from many stages of his life banded together to record covers of his songs to cheer him up - sadly, he passed away before they were finished. Instead, they used this project as a way to remember and honor an exceptional artist and great friend. The result is *The Banks of the Ship Canal - Songs of Cyril Barrett*, a lovely tribute to a modern day cowboy poet including tracks by Jesse Sykes, Laura Veirs, Joey Burns (of Calexico), Howe Gelb (as SAND CLAN), Gabriel Sullivan and many more. Almost all proceeds from the CD go to Cyril's favorite charity 'No More Deaths' - a humanitarian organization dedicated to preventing the deaths of migrants in the Sonoran desert.

The CSA is now one of a few select vendors in town selling the final copies. Heathen Call, the label who volunteered to design and manufacture the CDs, created a unique and lovely jacket that turns into a lantern with cutouts depicting scenes from Cyril's songs - votive candle included. Cyril's family and friends hope for nothing more than to keep his spirit alive through the words and melodies he brought into the world. It's a beautiful body of work and we hope you enjoy it. (You can also find a link to buy a copy online at www.cyrilbarrett.com. Photo by Krista Niles.)



Ideas for Your Winter Garden

Right now is one of the best times of year to garden - here are some ideas of cool-weather plants to grow that can accentuate your CSA bounty. One thing I probably will not be recommending is growing greens - if this is your first year at the CSA, keep in mind that you will likely get all the greens you can handle soon enough!

With that said, here are some easy ideas to enjoy the therapeutic pleasures of gardening:

Radishes - Super easy, super fast - if you like radishes, grow your own and keep on seeding more rows every couple of weeks.

Green onions - Take some scallions you bought at the store, chop them *almost* down to the roots to use for cooking. Put the leftover roots in a mason jar with some water on a sunny shelf and they'll grow back!

Cold-weather herbs like parsley, chives and chervil. You will likely receive shares of dill and cilantro throughout the winter, so you might not need to plant them.

I heartily recommend finding climate-adapted seeds at Native Seeds Search. You can also find heirloom starts at farmer's markets and sometimes as a part of your CSA share!

Orange Cranberry Bread-variation

This is an excellent Thanksgiving day bread, or make it the day after with any leftover cranberries.

2 cups flour
1 cup sugar
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 cup fresh squeezed orange juice
1 tablespoon grated orange zest
1 teaspoon ground ginger
2 tablespoons canola oil
1 egg, well-beaten
3/4 cup cranberries
1/2 cup chopped walnuts or pecans

Preheat oven to 375°. Grease a 9 x 5-inch loaf pan. Whisk together flour, baking powder, baking soda and salt in a medium mixing bowl. Combine orange juice, orange zest, ginger and sugar and cook in a saucepan over medium high heat for about 10 minutes. Let cool and combine with oil and egg. Pour juice mixture into dry ingredients and mix until just combined. Spread evenly in loaf pan. Bake for 45 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely.

Sweet Potato and Quinoa with a Lime Vinaigrette

Rachel Yaseen, The Organic Kitchen Tucson

1 cup quinoa (uncooked)
1 1/2 cups water
1 large or 2 medium sweet potatoes, peeled cut into small chunks
1 unpeeled apple, cut into small chunks
1/2 cup pecans or walnuts
1/2 cup dried cranberries
1/4 cup (each) cilantro and parsley, finely chopped
1/2 teaspoon salt
1/4 cup coconut (optional)
1/2 teaspoon cinnamon
1/4 cup lime juice
3-4 tablespoons agave syrup (to taste)

On a baking sheet, roast the sweet potatoes on 350° for 45 minutes. Meanwhile, wash quinoa. In a saucepan, cook quinoa in 1 1/2 cups water (covered with a lid) until water completely evaporates (approximately 15 minutes)—do NOT stir while cooking. When quinoa and sweet potato are cooked, mix them together and then add the apples, pecans, cranberries, cilantro/parsley, salt, coconut and cinnamon. For the vinaigrette, mix lime juice and agave nectar. Pour desired amount over quinoa in a blender.

Turkey Cucumber Salad-new

Sara Jones, Tucson CSA

Cucumbers and arugula might seem a bit out of place on the Thanksgiving table, but they are a perfect, refreshing vegetable to serve with leftover turkey the day after the big meal.

2 cups diced cooked turkey
1/4 cup mayonnaise
1/4 cup plain yogurt or sour cream
1/2 cup diced cucumber
Handful dried cranberries
Handful chopped nuts

Sprinkle cucumbers with salt and drizzle with white vinegar. Set aside. Assemble the rest of the ingredients and combine in a large bowl. Drain cucumbers and add to bowl. Stir well to incorporate all ingredients. Serve over arugula or as a filling for a sandwich with arugula.

Potato Pancakes with Greens

Sara Jones, Tucson CSA

This recipe is perfect for Thanksgiving leftovers. For an easy meal top with a fried egg and serve with sliced tomatoes.

1 bunch greens, cleaned and chopped
2 cloves garlic, minced
2 cups mashed potatoes
About 2 tablespoons oil
Flour to prevent sticking
Salt and pepper to taste

Heat about 2 teaspoons of the oil in a skillet over medium heat. Add greens and garlic to skillet and cook, stirring frequently, until greens are wilted. Remove from skillet and mix with potatoes, seasoning with salt and pepper to taste. Form potato mixture into small patties and press to flatten on a plate with 1/4 cup flour. Turn patty over and press to adhere flour to other side. Reheat skillet and add the rest of the oil. Cook patties over medium high heat until browned on both sides, about 3-4 minutes per side.