



Tucson Community Supported Agriculture

Newsletter 534 ~ April 18, 2016 ~ Online at www.TucsonCSA.org

Spring 2016

Harvest list is online

The Back Page

Minty Squash Pasta Salad

Nut and Fruit Slaw-new

Cabbage or Turnip Kugel-new

Miso Soup

Tatsoi with Soy Sauce &
Oyster Sauce

**Many more recipes
on our website**

Managing your CSA subscription

For help on how to manage
your subscription, i.e.

- change pickup day,
- add or remove shares or
share options,
- set your subscription on
hold,
- recharge your CSA
account,
- reopen your CSA account,

...check our online Help pages
through our home page.

Lamb shares

Some members have asked
when lamb shares would be
available.

Josh said that his next batch of
lamb shares would be
available in June. We'll post
an announcement and take
deposits for them closer to the
date.

The Thing About Delivery Holds – Please Use Carefully!

Delivery Holds are here to make it easier to be a CSA member: for example, they allow you to not lose your share when you are out of town. However, they do have down sides: if used too much, they can work against the CSA and the suppliers we work with. They can also prevent new members from joining.

How can a high number of Holds hurt suppliers? If a specific supplier, either bread or produce, has a limited share capacity, we must set a limit on the number of people who can subscribe to it. As an example, let's say a supplier can supply no more than 100 shares give or take a few. In the past, the number of Holds has averaged a stable 15%, and we have factored that into our number limits. So in this example, we would set a limit of 115 members who can sign up for that supplier. But lately, the number of holds has been oscillating between 15% and 40%. That means that there are weeks when up to 40% of our members are on hold: this is quite a staggering number and it is causing problems. In the example, we can't move the limit up to 140 shares because when the Holds are at 15%, the supplier wouldn't have enough shares. But if the cap is at 115 shares and the Holds are at 40%, the supplier will only be delivering about 70 shares and has about 30 shares of unused excess capacity. Also, those shares could go to potential new members and help the supplier be more profitable, but the high and widely fluctuating number of Holds prevents that from happening.

There is limit on the number of shares we can offer for bread from Barrio Bread and for produce from Sleeping Frog Farms. Because of the wild oscillations of Holds, we are now in a situation where Barrio Bread and Sleeping Frog Farms are sending us fewer produce shares than they are capable of, while there also is a waitlist for both suppliers.

Of course, we do not want to stop you from using the Hold feature. We just ask that you use them mindfully, that you consider other options before automatically "hold because you can." For instance, if you think that your CSA share is too big, consider buying less food from other sources, or skipping that odd night out. Or, if you know friends you think should join the CSA and might appreciate learning about it, why not give them your share for a week?

The CSA mission is to support small producers by providing them with a fairly stable number of customers. We're asking for your help to reduce both the number of Holds and the wide fluctuations.

Cabbage Frittata

There are a lot of things you can do with cabbage, but frittata is one of my favorites because it is easy to make and everybody loves it. One you start making frittata for your family, they will like it so much that you'll wish you'd have more cabbage. Here's how to make one:

- Make a batter with 1 cup of vegetable stock, 1 egg, 1 cup of flour, salt and pepper. Add ½ thinly shredded cabbage and mix well.
- Heat a bit of olive oil to medium heat in large frying pan. Add half the cabbage mixture to the frying pan (reserve the other half for a second batch or for another occasion – it will keep in the fridge for a few days). Pat down with a spatula until even and compact. Cover and cook for 15 mins.
- Turn over - I slide it on a plate and then flip the plate over in the frying pan.
- Cook for another 10 minutes, without the lid.
- Slice like a pizza. Serve with a dollop of mayo on each slice.

Minty Squash Pasta Salad

Sara Jones, Tucson CSA

This is great hot or cold. You can use tarragon or other fresh herbs in place of the mint and parsley if you like.

1 box penne or bowtie pasta
About 1 tablespoon olive oil
About 2 medium summer squash, cut into half moons
2 cloves garlic, minced
1 handful mint, chopped finely
1 handful parsley, chopped finely
Zest of two limes
Juice from one lime
2 teaspoons walnut or hazelnut oil (optional)
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook stirring occasionally until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture herbs, lime zest and juice. Drizzle with nut oil and salt to taste.

Nut and Fruit Slaw-new

Sara Jones, Tucson CSA

Last week one of our members recommended a new approach to making slaws, adding cheese, dried fruit and some sort of toasted nut to a slaw of cabbage or shredded root vegetables. Use whatever combination seems most appealing to you, and add fresh herbs if available. With a sturdy salad like this, you can make extra and keep it in the fridge to eat all week.

1 quart finely sliced cabbage or root vegetables
1 tablespoon sour citrus juice or apple cider vinegar
2 tablespoons good olive oil or nut oil
1/2 cup toasted nuts, chopped
1/2 cup crumbled feta
1/2 cup dried currants, cherries, cranberries or chopped dates
Salt and red chile flakes, to taste
Mixed fresh herbs, if available

Mix oil, vinegar, salt and chile flakes into veggies, tossing well to coat. Taste and adjust seasoning as needed. Let sit for at least 30 minutes. Add nuts, cheese, dried fruit and herbs and mix gently before serving.

Cabbage or Turnip Kugel-new

Sara Jones, Tucson CSA

Turnips have a similar flavor profile as cabbage. If you are using turnips in this recipe, shred the roots and roughly chop the greens. Add turnip greens about half way through cooking the roots. This recipe can be made kosher for Passover. If you want you can add noodles the the cabbage mixture or add a layer of puff pastry to the top. The key to making this dish delicious is cooking the onions and cabbage until they are starting to caramelize.

About 1/2 large cabbage or 1 share turnips, finely sliced
1 large yellow onion, sliced
1/4 stick of butter
About 1 1/2 teaspoon each of salt and pepper

3 eggs, beaten
2 tablespoons flour, matzo meal or potato starch
1 teaspoon sugar
1 tablespoon vinegar

Melt butter in a large pot over medium heat and add onions and cabbage (or turnip roots). Sprinkle with sugar and cook, stirring occasionally, for about 30 minutes. When tender and beginning to caramelize, remove from heat. Season to taste with salt and pepper. Whisk together eggs, flour and vinegar and add to cabbage. Put mixture into a well greased baking dish and cook at 350 degrees for about 50 minutes.

Miso Soup

Sara Jones, Tucson CSA

Soba noodles taste best here, but you can use any long wheat or rice noodle you have on hand, or ramen. Add sliced carrots or radishes, if available.

1/2 block of firm tofu
1 cup mushrooms, sliced
1 head tatsoi, cleaned and sliced
1-2 inches ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
2 tablespoons miso paste
3-4 chopped green onions
Soy sauce to taste
Cooked noodles

Sauté grated ginger, minced garlic, and red chili flakes very briefly in a soup pot. Add a quart or so of water, bring to a boil and add chopped greens, noodles, cubed firm tofu and mushrooms if desired. When noodles are ready remove pot from heat and add about 2 tablespoons of miso and green onions. Season to taste with soy sauce, if needed.

Tatsoi with Soy Sauce & Oyster Sauce

1 bunch tatsoi
1 tablespoon water
1 teaspoon oil
Pinch of salt salt
1 teaspoon soy sauce
1 teaspoon oyster sauce
1/2 tablespoon unsalted butter

Cut stem end from tatsoi, leaving leaves and long stems intact. In a skillet, heat oil over moderately high heat and stir-fry the tatsoi with salt for 1-2 minutes, until bright green and barely wilted. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, about 1-2 more minutes.