



Tucson Community Supported Agriculture

Newsletter 591 ~ June 12, 2017 ~ Online at www.TucsonCSA.org

Spring 2017

Harvest lists are online

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Pickup as usual on Tuesday, 4th of July.

Did you know that vegetables don't stop growing during holidays? Fancy that! So, we will have a pickup as usual on Tuesday, 4th of July. If you don't wish to pick up on July 4th, remember to put your share on hold, and to do so before Friday, June 30.

Tomatoes in Bulk

We will continue taking orders for Crooked Sky Farms tomatoes in bulk through the month of June, weather conditions permitting.

See front desk for details about prices and availability on any given week.

Orders will be delivered the following week unless you specify otherwise at the time of ordering.

Reminder: no more worm bin compost during the summer months.



Black Mesa Ranch Goat Cheese

The Tucson CSA gets its goat cheese exclusively from Black Mesa Ranch, owned by David and Kathryn Heinger, in the White Mountains. Their goats are loved and pampered and very well taken care of. They are also "Certified Humanely Raised." You can subscribe to their goat cheese shares via your online CSA account.

Check them out at <https://www.blackmesaranchonline.com/>

June is National Dairy Month!

According to the International Dairy Foods Association, National Dairy Month started out as "National Milk Month" in 1937. The holiday was created to stabilize the dairy demand when production was at a surplus. After the National Dairy Council stepped in to promote the cause the name changed to "Dairy Month," and now it is an annual tradition that celebrates the important contributions the dairy industry has made in the world.

Dairy is mostly about Cows. Moo!

Goat-, Sheep-, Buffalo- (etc.) dairies are all considered "alternative livestock enterprises." This is pretty much true for the world as a whole as well. According to the United Nations, the World Milk Production is 753,925,418 Tons. Cows account for 83% of it. Buffalos: 13%. Goats: 2.5%. Sheep: 1%. Camels: 0.5 %. See what we mean?

A Few Fun Facts About Milk Production

- In a commercial herd, the "average" cow produces about 6 gallons of milk a day.
- The record amount of milk produced by a single cow in a year is 7000 gallons! Poor thing!
- One dairy cow can produce around 19,000 gallons of milk in her lifetime. And to make that milk, she will need to drink up to 50 gallons a day!
- Though there are many types of cows, there are two breeds used typically for dairies: Jerseys and Holsteins. Jerseys are the brown cows. They give less milk but more cream. Holsteins are the black and white cows. They give a lot of milk.
- There are about 60,000 dairy farms in the United States, 99% of which are family owned
- Cow milk accounted for nearly 95% of US milk consumption in 2014, compared with 0.02 percent for goat milk.
- Dairy is one of Arizona's highest grossing agriculture sectors. The Arizona dairy industry currently brings in close to \$871 million annually.
- According to the 2014 Arizona Agriculture Contribution Analysis from the University of Arizona, Arizona has 102 dairy farms and approximately 188,000 dairy cows.
- Arizona dairies produce more than 1.5 million gallons of milk a day.
- Arizona is the 12th highest milk producer in the country (California is #1, Wisconsin is #2).
- About 97% of the milk in Arizona grocery stores comes from Arizona Dairies.

A Few Fun Facts About Goat Milk Production

- The six major dairy goat breeds are the Saanen, Nubian, Toggenburg, LaMancha, Oberhasli, and Alpine.
- Saanen and Alpine goats are most often used for milk dairies as they produce the most milk.
- Nubian goats (the breed exclusively raised at Black Mesa Ranch) are generally preferred for cheese making operations as they make milk with the highest amounts of butterfat and protein.
- The nation's dairy goat herd climbed 2 percent in the past year to 365,000 animals (versus over 8 million cows).

Pasta Carbonara with Veggies (or Grown Up Mac'n Cheese)

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. Add an additional egg (or use just egg yolks), and more cheese for a richer dish. You could also start the dish by frying a few slices of bacon and using the bacon fat to cook the vegetables, adding the crumbled bacon at the end. Use any veggies you have on hand, dice firmer vegetables into a small dice so they cook as fast as everything else.

1 onion or 2 small leeks, chopped
2 heaping cups of diced vegetables, squash, kohlrabi, peppers, green beans are all good options
1 large handful greens, chopped
2 teaspoons oil
2 tablespoons white wine or water
1 package penne pasta
1-2 tablespoons cream, plain yogurt or sour cream
2 eggs, beaten
¼ cup crumbled feta or other soft fresh cheese
¼ cup grated Parmesan
Salt and pepper to taste

Sauté onions or leeks 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. If using greens, add after about 5 minutes. Cook until vegetables are tender, about 10 minutes total. 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 and lots of fresh pepper to taste.

Green Bean and Feta Salad

Philippe, Tucson CSA

1 CSA bag green or purple beans (approx. 1 lb)
1 hard boiled egg, peeled and crumbled
1/4 cup of feta, crumbled
Basil, chopped

Dressing:

3 tablespoons olive oil
1 tablespoon vinegar
1 small onion
1 teaspoon mustard
salt and pepper

Place all dressing ingredients in a food processor or blender and blend until creamy. Blanch the green beans whole for 2-3 minutes or until tender (up to 5 minutes if they are mature – taste a bean from time to time to check for tenderness). Drain and let cool. Cut the beans in 1 inch segments. Toss together beans, hard boiled egg, feta and dressing. Garnish with some chopped herbs or chopped chives if available. Serve cool or at room temperature.

Chilled Tomato And Fresh Basil Soup

From hubpages.com

This soup is great chilled, but if you don't have time, just serve it a room temperature, and it will still be great! This soup can be assembled in about 5 minutes and left to chill a bit in the fridge while you get the rest of the meal ready. It is a very low calorie and nutritious soup, but it certainly doesn't taste as though you are sacrificing flavor for health!

2 lb of fresh and luscious fragrant tomatoes (this recipe is all about the tomato, and is only really worth doing if you've got really good tasty tomatoes).
1/4 of a small onion
4 tablespoons fresh basil
3 tablespoons extra virgin olive oil
2-3 tablespoons red wine or balsamic vinegar
Salt and fresh cracked black pepper to taste

Pop all your tomatoes in a blender with the onion, and purée until smooth. Strain to get rid of any skin, or don't bother, if you don't mind the tiny flecks of tomato skin throughout. Add the olive oil and 2 tablespoons of the vinegar, and add salt and pepper to taste. The amount of vinegar will depend on the acidity of the tomatoes, but you are looking for a good balance, a rich tomato flavor with the complex sour undertone of the vinegar. Add more to taste. Chill for an hour or more. Ladle into bowls and top with the basil leaves sliced as finely as possible. Garnish with a drizzle of extra virgin olive oil, and serve.

Baked Greens "Chips"

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

This is a great way to use your greens this week, kale, collards and kohlrabi greens are all excellent prepared like this. Season to taste with your favorite spice mix.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
salt and pepper to taste

Preheat the oven to 325 F. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.