



# Tucson Community Supported Agriculture

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## Fall 2018

*Harvest lists are online.*

### Back Page Recipes

- Greens and Beans in Mole
- Roasted Bell Pepper Risotto
- Sweet Potato and Quinoa with Lime Vinaigrette
- Braising Greens and Rice Pilaf

*Find many more recipes on our website.*

### Annual Holiday Break

Tucson CSA will be closed during the holidays and there will be no pickups during the last week of December and the first week of January.

There is no need to place your subscription on hold for those 2 weeks.

The last pickups of 2018 will be on December 18 & 19. The first pickups of 2019 will be on January 8 & 9.

### Your Favorite Holiday Candy Has Arrived!

Here at Tucson CSA, there's no surer sign of the holidays than the arrival of artisan fudge, bon bons, caramels, and toffee from Black Mesa Ranch. These exquisite candies are made in small batches with premium Belgian chocolate. The milk chocolate candies – which we call “goat candies” – are made with milk from the ranch's goats. These seasonal Black Mesa Ranch candies will be available until we sell out.

### Please Return Mushroom Clamshells

We are going to find a place to compost them for us.

## How to Cope with Your CSA share When You Find It Hard to Cope

*Written by Lorraine Glazar*

*There are many circumstances in life, including the busy holiday season, that can make cooking with your CSA share seem especially challenging. Longtime Tucson CSA member Lorraine Glazar shares some tips for using seasonal produce with minimal effort.*

I know all CSA members love their fresh organic vegetables but, as Shelby recently observed, it's not always convenient to receive your share on Tuesday or Wednesday – especially when you are finding it hard to cope. Some of the reasons I have found it hard to cope:

My children's schedules: During a weekend of soccer or basketball tournaments, you may not be home to cook. Pregnancy: Before the aforementioned children were born, I had a hard time being on my feet while in the last trimester. Other challenges might present if you have morning sickness. Times of emotional stress: You might be handling the hospitalization of a dear relative, be on deadline for a demanding work project, or otherwise not have much time for meal preparation. Episodic or chronic illness: If you are having an episode (broken arm, bad cold or flu, depression or grief), something that limits your mobility; these all require adaptation.

Here are some practical ideas to help you cope:

**Assess:** Make a realistic selection at the CSA. Will you have the time and energy to break down a head of cabbage or a watermelon? If not, leave it there to trade or as surplus.

**Trade:** Trade anything that seems too high maintenance for your energy level for something with longer storage life (looking at you, sweet potatoes!).

**Surplus:** If you are just not going to use something at the CSA, put it in surplus so that someone who isn't going through such a challenging time, or who may be going through a more economically challenging time, can use it. Surplus is good karma!

**Share:** Give anything you can't use to a friend or neighbor so that they may know of the wonder that is the CSA (also earns karma points).

**Clean and sort:** If the energy you acquire from your CSA visit (mine comes from the volunteers!) can maintain, clean your shares and sort them when you get home. Eliminate central stems from greens, separate roots from tops, and pretty much just wash summer vegetables.

**Use vegetables as simply as possible:** Steam corn, slice tomatoes, eat apples out of hand, make salads from any leaf small enough to be tender.

**Reuse any leftovers:** Did you make the long bean pad Thai from the September 3<sup>rd</sup> newsletter and have a cup or so leftover? Make three or four shrimp from your freezer stash and eat it again, renewed.

**Freeze unused share items:** This works with vegetables and some fruits. Grate zucchini, apples, and beets. Dice watermelon, butternut squash and peeled citrus. You can also freeze braised greens and carrots and roasted peppers and green chiles. You'll be glad to discover them on some bleak midwinter day!

**Move with purpose:** I try to think ahead (not my usual impulse!). If you know you will need potatoes from the bin beneath your sink, cheese and onions from the refrigerator, and herbs stored in the refrigerator vegetable bins, think it out ahead of time to preserve your energy. Cluster items for recycling as you cook, as well as items you use for a purpose and are then done with. Put them all in one spot so that you only have to open the refrigerator once.

**Cut yourself some slack, within a limited time period:** I normally recycle everything allowable, and compost my many vegetable scraps. It's okay to put everything in the landfill bin for a short period of time while you are regaining energy from a temporary injury or recovering from a chronic condition.

*For quick and easy recipes to help you out along the way, visit [TucsonCSA.org](http://TucsonCSA.org).*

## Greens and Beans in Mole

We have Mano Y Metate mole powders back in stock for the holidays. Perfect for winter greens and beans dishes!

1 cup dry beans (pinto or black)  
1 onion, chopped  
1 tablespoon mole powder (negro, dulce, adobo, pipian or any mole or your choice)  
2 tablespoons olive oil  
1 teaspoon dried oregano  
1 bay leaf  
1 teaspoon red chile flakes  
1 bunch greens (any greens), finely chopped.  
Salt to taste

Soak beans overnight. Drain. In a pot, sauté onions in olive oil until soft. Add mole powder and chile flakes and sauté until fragrant. Add beans and water to cover. Add herbs and bay leaf. Cover and simmer for 1 hour. Add greens and mix. Add salt to taste. Simmer for another 1/2 hour.

## Roasted Bell Pepper Risotto

From Chad Weiler, Tucson CSA

The bell pepper/almond puree is also great as a pasta sauce! Add some garlic if you like.

2-3 roasted bell peppers, seeded and peeled, roughly chopped  
2 tablespoons olive oil  
1 tablespoon butter  
1 cup arborio rice  
1 medium onion finely chopped  
2 garlic cloves finely chopped  
1 quart chicken or vegetable stock  
1 cup dry white wine  
6 oz. grated parmesan or Manchego Cheese  
1/2 cup Dry Roasted Unsalted Almonds  
1/2 cup fresh herbs, if available

Place peppers in a food processor with the almonds and process to a smooth consistency. Add a little olive oil if mixture seems too dry. Reserve for later use. Meanwhile in a small sauce pan bring the stock to a boil. Once at a boil reduce heat to low, cover, and simmer. In a medium saucepan, melt the butter in the olive oil. Add the garlic and onion and cook over low heat, stirring, until softened, about 4 minutes. Add the rice and cook over moderate heat, stirring, until coated with oil, about 1 minute. Add the wine and simmer until almost evaporated, about 3 minutes. Stir every so often to prevent rice from sticking. Add 1 scant cup of the simmering stock and cook, stirring occasionally, until it is absorbed. Do not let the risotto stick to bottom of the pan! Continue to add the stock, 1 cup at a time, stirring occasionally, until it is absorbed. The risotto is done when the rice is tender but still slightly firm and creamy, about 25 minutes total. I liken the mouth feel of the rice when it is done to al dente pasta. Stir in pepper puree then remove from heat. Add the cheese and stir until melted. Add herb, if using. Season with salt and pepper to taste and serve.

## Sweet Potato and Quinoa with Lime Vinaigrette

Rachel Yaseen, [The Organic Kitchen Tucson](#)

1 cup quinoa (uncooked)  
1 ½ cups water  
1 large sweet potato, peeled cut into small chunks  
1 unpeeled apple, cut into small chunks  
½ cup pecans or walnuts  
1/2 cup dried cranberries  
½ cup (each) cilantro and parsley, finely chopped  
½ teaspoon salt  
½ cup coconut (optional)  
¼ teaspoon cinnamon  
½ cup lemon juice  
3-4 tablespoons, agave (to taste)

On a baking sheet, roast the sweet potatoes on 350 degrees for 45 minutes. Meanwhile, wash quinoa. In a saucepan, cook quinoa in 1 ½ 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. To make the vinaigrette combine the lemon juice and agave nectar in a jar with a tight fitting lid and shake until well blended. Pour desired amount over quinoa mixture.

## Braising Greens and Rice Pilaf

Philippe, Tucson CSA

1 bunch of braising greens (or any greens), sliced in ribbons  
1 medium onion, sliced in rings  
2 cloves of garlic, crushed  
2 tablespoons oil  
1 two-ounce can anchovies (optional)  
1 stalk lemon grass (optional), cut in 1 inch segments  
1/4 cup grated Parmesan cheese  
1 cup rice  
Salt and pepper to taste

Sauté the rice in 1 tablespoon of oil until it begins to puff. Add 2 cups of water, a pinch of salt and a dash of black pepper. Cover and simmer for 15-20 minutes, or until water has evaporated. Sauté the onion rings, garlic, lemon grass and anchovies in the other tablespoon of oil for 5 minutes or until onions are tender. Add greens and stir gently for another 5-10 minutes until greens are soft but still vivid green. Salt and pepper to taste. Serve on a bed of rice and sprinkle with grated parmesan.