



# Tucson Community Supported Agriculture

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## Fall 2018

Harvest lists are online.

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Find many more recipes on our website.

### Our Holiday Break Begins Next Week

We are going on our holiday break next week. The last pickups of 2018 will be on December 18 & 19. The first pickups of 2019 will be on January 8 & 9.

There is no need to place your subscription on hold for those two weeks. Happy holidays!

### Lamb Shares are Ready for Pickup

If you reserved a lamb share, please pick it up at the front desk this week. Thank you!

### Tortilla Shares

Starting on January 8 and 9, we'll be offering tortilla shares from Chef Abel's Tortillas. 11-year-old Abel makes heirloom wheat tortillas using locally grown, stone-ground White Sonora Wheat, non-GMO avocado oil, sea salt from the Sea of Cortez, and filtered water.

Tortilla shares will be offered every week for \$5 per share (\$30 for a 6-week subscription). Each package contains 24 freshly made 4-inch mini tortillas. You can add a tortilla share to your account between December 19 and January 4.

## Happy Holidays from Your CSA

Hanukkah, Christmas, Kwanza, New Year's Eve. They're all different holidays, and yet something important connects them all: food. Food has the ability to unite people from different religions, cultures, and backgrounds by providing them with common ground, even when they don't have much else in common. Almost everybody can share a lifetime of food memories and traditions, which can give them an entry point into good conversations, stories, and even friendships.

We have food to thank for the wonderful community that is Tucson CSA. Our love for good food brought us here 14 years ago, and gave us a starting point to talk about the importance of local agriculture, sustainability, and improving the city we love so much. Food allows us the pleasure of watching our members' kids (who Philippe lovingly calls "CSA kids") grow up week after week, year after year. Food is the reason for the hilarious kitchen stories, recipe successes (and failures), and creative ventures we talk about together each week. Food is nourishing; food is comforting; food is a warm hug after a long week. Thanks to our farmers and their organically grown food, we have the pleasure of knowing you – and that is more than enough to be thankful for this year.

We want to thank all of you for your loyalty and for sticking with us during our bad times and our good times. Small scale organic agriculture has its ups and downs and, in a way, the rough times make us better appreciate the good times. But no matter what the times, the most rewarding aspect of the CSA is its people. Sara, Philippe, and I wish you utmost happiness and good food in 2019.



## French Breakfast Radishes: Good for Breakfast and More

Throughout the colder months of the year, our farmers grow a variety of radishes for us to enjoy. Some are mild, some are spicy, and others are apparently meant to enjoy at breakfast. According to *The Washington Post*, French Breakfast Radishes are an heirloom variety that was introduced in 1879 and soon became the common radishes found at Parisian markets. Although these pretty-looking radishes are always white with a pinkish-red tip, their shape can vary.

The mild taste and crunchy texture of these French Breakfast Radishes make them great for snacking on. As a simple snack, simply eat them whole after they've been washed of any grit or dirt. For a more refined (and French) snack, serve them atop a piece of buttered Barrio Bread with a sprinkle of salt and serve your tartine alongside a salad made with radish greens dressed in a simple vinaigrette. Either way, you'll have a delicious snack (or breakfast) in no time.

## Winter Tonic Soup

Sara Jones, Tucson CSA

This light meal is the perfect antidote for when you spend all day snacking on too many cookies and other heavy holiday foods. This brothy soup is light and refreshing, but you can make it more substantial by adding a can of white beans, and sour cream or yogurt.

½ bunch radishes, sliced  
1/4 cup white rice  
3 cloves garlic, minced  
3 large handfuls mixed greens, chopped  
1 ½ quarts vegetable broth  
2-3 hardboiled eggs, finely chopped, to garnish  
Salt and pepper, to taste  
Olive oil, to drizzle over individual servings

Bring vegetable broth to a simmer over medium high heat and add garlic and rice. Cook for about 15 minutes and add greens and radishes. Cook for about 5 more minutes then add salt and pepper to taste and serve. Garnish each bowl with a sprinkling of chopped eggs and a drizzle of olive oil.

## Tartine au Fromage Blanc

Philippe, Tucson CSA

Here's another remedy for overindulging during the holiday season. Fromage blanc (fresh white cheese) is unique to Belgium and to the north of France and is unfortunately not easily available here. Luckily, Greek yogurt is a close substitute. Cream cheese can also be used.

Green onions  
Radishes  
Greek yogurt  
Bread  
Salt and Pepper

Spread a generous layer of Greek yogurt on a slice of bread. Slice radishes and green onions on top of it until the yogurt is well covered. Sprinkle with salt and pepper. You can also mix all the ingredients together and use it as a spread or dip.

## Quick Korean Radish Salad

Amy Valdez Schwemm,

Cut your long thin radishes lengthwise into quarters for this quick salad.

1 bunch radishes, greens removed, cleaned and sliced  
1 teaspoon salt  
2 cloves garlic, minced  
1 green onion, chopped  
1 tablespoon vinegar  
1-2 teaspoons chile flakes, as desired  
2 teaspoons sugar  
1 teaspoon sesame seed

Rub salt into radishes and let rest for 5 minutes. Squeeze out excess moisture. Add remaining ingredients and mix well. Let salad rest for at least 30 minutes, it is even better the day after!

## Radish Greens Soup

Karen Moss, Tucson CSA

The greens from your radishes this week probably won't be quite enough to make this soup. Add any of the other greens in your share to make the full four cups of chopped greens.

2 tablespoons butter  
1 large onion, diced  
2 medium potatoes, sliced  
4 cups raw radish greens  
4 cups chicken broth  
1/3 cup heavy cream  
5 radishes, sliced

Melt butter in a large saucepan over medium heat. Stir in the onion, and saute until tender. Mix in the potatoes and radish greens, coating them with the butter. Pour in chicken broth. Bring the mixture to a boil. Reduce heat, and simmer 30 minutes. Allow the soup mixture to cool slightly, and transfer to a blender. Blend until smooth. Return the mixture to the saucepan. Mix in the heavy cream. Cook and stir until well blended. Serve with radish slices. It's also good with goat cheese or feta crumbled over the top.

## Citrus Vinaigrette

Rachel Yaseen, Two Spoons

Use this vinaigrette for any salad, you can use leftovers to drizzle over roasted veggies, too.

1/4 cup juice of 1 orange (or half orange, half grapefruit)  
1/8 cup each, juice of 1 lemon and lime  
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil  
2 tablespoons agave nectar  
1 tablespoon chives, chopped  
1/4 cup parsley, chopped  
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.