



# Tucson Community Supported Agriculture

Newsletter 666 ~ January 14, 2019 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter 2019

*Harvest lists are online.*

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*Find many more recipes on our website.*

### Composting and Vermiculture Workshop

Join Agroecologist Kimberly Fox on January 20 and learn how to turn all of your household waste into living soil! At this special workshop, you'll learn how to effectively compost at home using worms and different composting systems. The result will be a magical microenvironment that supports insects, birds, lizards, plants, and the earth as a whole. To register, call (520) 365-8462 or email [kimfox@protonmail.com](mailto:kimfox@protonmail.com).

### Now Accepting Debit and Credit Cards

We're excited to announce that we can now accept credit and debit cards as a form of payment! A 2.75% fee will be added to every purchase made with a card. We will continue to accept cash and checks with no additional fee.

### Tortilla Shares

You can now add a tortilla share to your CSA subscription! Tortilla shares will be offered every week and cost \$30 for a 6-week subscription. Each package contains 24 freshly made 4-inch mini tortillas.

## Peas of Mind

*Written by Shelby Thompson*

On December 28<sup>th</sup>, after nearly two months of FDA produce recalls, I came across a photo that Alice Waters had posted on Instagram. The head of sprouting cauliflower in Waters' photo was indeed beautiful, but it was her caption that really resonated with me. It read, "Thank goodness I know where my food comes from."

As Tucson CSA members, it's easy to take for granted that we know everything from who grows our food, to where and how they grow it. Although the variety of produce in our shares changes from week to week, season to season, it's always grown locally using Certified Naturally Grown practices. "Our products are beyond organic, local, fresh and seasonal," Tucson CSA founder Philippe Waterinckx recently said. "They are environmentally sustainable, socially fair and humane."

In a country dominated by big agriculture and reckless farming practices, most people cannot identify where their food comes from, let alone if it will make them sick. Although we believe that everybody deserves the right to good food, we are extremely lucky to know exactly where our food comes from, how it's grown, and that it won't make us sick but will instead nourish and sustain us. As a member of Tucson CSA, you are not only buying safe, healthy food for you and your family—you are voting for sustainable farming practices, living wages, and a world in which everybody has access to good food. How's that for peace of mind?

## Your Guide to Winter Greens

*Written by Sara Jones*



*Sara's extensive Winter Greens Guide can be found under the "Recipes and Tips" section of our website, [TucsonCSA.org](http://TucsonCSA.org). It's a great resource for learning how to clean, store, and prepare the plethora of greens we'll get all winter long!*

Leafy greens grow well in our winter climate. We will also get beets, turnips and radishes with their greens attached – use these! When you get your produce home, separate the roots from the greens to preserve their freshness. If this sea of green is leaving you feeling overwhelmed, don't despair! Leafy greens are used in all types of cuisines and, once you get the hang of it, you should have no trouble incorporating them into almost any dish.

Dark, leafy greens are among the most nutritious vegetables available. They are loaded with all sorts of vitamins and minerals and are important sources of iron, calcium, and protein in a vegetarian diet. Store greens in a plastic bag or wrapped in a clean towel inside a plastic bag in the veggie drawer. Hardier greens like kale and collards will last much longer than more delicate varieties. To clean your greens, fill a large bowl with cool water and completely submerge the greens you want to use. Swishing them around beneath the surface of the water will get rid of dirt hidden in curly parts or along stems. Different varieties of greens are interchangeable in most recipes but will of course yield different results.

## Onion Mustard Crackers

Felice Gaia, Tucson CSA

Can't figure out what to do with your mustard greens? These crackers make a surprisingly wonderful, and healthy, snack. The mustard takes a back seat and is so mild. I hope a few members may get motivated and enjoy. This is a raw food recipe that uses a food dehydrator, but you should be able to bake the crackers on a very low oven setting, if you need to. You can use almost any greens for this recipe but it is especially useful for mustard and turnip greens.

1 bunch mustard greens, well cleaned  
1/2 large yellow sweet onions  
About 1 cup of almonds (preferably sprouted)  
3/4 cup of golden flax seed  
About 1 teaspoon turmeric, to taste  
Himalayan salt to taste

Puree mustard greens in a blender. In large bowl add mustard greens to the flax seeds. The moisture from the greens will start to 'gel' with the flax seeds. Puree the onions and add them too. Allow to sit for at least one hour. Grind sprouted almonds in food processor. Add to mixture. Add seasonings with your clean loving hands so ingredients get mixed thoroughly. Let sit for another hour, until the mixture gets a firm pliable texture. Spread on dehydrator sheets to cracker thickness. Dry at 105 degrees for up to 18 hours. Or, spread on a baking sheet lined with parchment paper and bake at 250, checking every 30 minutes or so until cracker is mostly dry and firm.

## Easiest Greens in Tortillas

Sara Jones, Tucson CSA

Greens make an excellent and super easy filling for tacos! Serve with a can of refried beans and you'll have dinner on the table in no time. Scale the recipe up or down as needed depending on the number of people you are serving. This recipe is great with 'stemmy' greens, like bok choy and tatsoi or han tsai tai. An Asian chile paste tastes best, but you can use salsa to spice the greens, too.

2 large handful greens (with stems if using greens with tender stalks), cleaned and roughly chopped  
1-2 cloves garlic, minced  
2 teaspoons oil  
Chile paste (Sriracha is excellent), to taste  
Mild, fresh cheese, if desired  
6 small flour tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and sprinkle with cheese if using.

## Swiss Chard with Pine Nuts and Raisins

Sara Jones, Tucson CSA

Swiss chard is often accompanied by raisins and pine nuts in a wide range of dishes. Here is the basic recipe, with much room for creativity. (Think quiche, pasta salad, lasagna, enchiladas...)

2 bunches Swiss chard, (you can substitute one of the bunches with different greens), chopped roughly, stems diced  
1/3 cup pine nuts, lightly toasted  
2 tablespoons oil  
1 medium onion, finely chopped  
1/4 cup golden raisins, finely chopped  
Salt and pepper to taste

Heat oil over medium high heat, add onion, sauté for about 5 minutes then add chard, raisins and a splash of water. Cook, stirring often, until chard is well wilted and stems are tender. Add pine nuts and season with salt and pepper and a dash of balsamic or sherry vinegar, if desired.

## Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish.

1 bunch long radishes with greens, cleaned and sliced in half lengthwise  
Splash of oil plus 1 pat butter  
Salt and freshly ground pepper to taste

Heat a bit of oil and butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 3 minutes until heated through. Sprinkle with salt and pepper.

## Citrus Seltzer

This is an incredibly refreshing drink. If you don't have the ingredients to make it now, squeeze and freeze your citrus for a treat later on.

1 part grapefruit or orange juice  
1 part sparkling water  
Agave nectar, to taste

Stir together juice and agave nectar, about 2 teaspoons per cup of juice for grapefruit, less for orange juice. Add sparkling water and taste for sweetness, adding more nectar if desired. Serve over ice.