



# Tucson Community Supported Agriculture

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## Winter 2019

*Harvest lists are online.*

### Back Page Recipes

- Dal Saag
- Winter Greens Pastry Shell
- Italian Bitter Greens

*Find many more recipes on our website.*

### Last Chance for Valentine's Day Candy

Treat your sweetie, a friend, and *especially* yourself with a box of turtles, chocolate truffles, and fudge from **Black Mesa Ranch**. Don't miss your chance to gift these special treats this Valentine's Day!

### Beef Shares

The time to order your grass-fed-and-finished beef share is here! Twice each year, we buy a steer from Josh at **Chiricahua Pasture Raised Meats** so that Tucson CSA members have the opportunity to enjoy an assortment of high-quality beef for a great price. To order a beef share, please make a \$20 deposit at the front desk. They should be ready for pickup in late February.

### Raw Milk

We're now offering raw milk from **Golden Rule Dairy**! The farm's beautiful Jersey cows graze on pasture, non-GMO alfalfa, and fermented barley mixed with fermented barley sprout water and, as a result, their milk tastes like a vanilla milkshake. Find it in the shop for \$6. **GoldenRuleDairy.com**

## Happy Anniversary, Tucson CSA!

*Written by Shelby Thompson*

This month marks the 15<sup>th</sup> (that's right, 15<sup>th</sup>!) anniversary of Tucson CSA. That's 15 whole years of strengthening our local food shed, eating tons of fresh produce, and sharing each and every moment with you, our members!

Tucson CSA got its start in 2004, when Philippe and a small group of University of Arizona students partnered with Farmer Frank from Crooked Sky Farms to start a small Community Supported Agriculture program. At that time, when farmers' markets were less established and urban farms were scarce, Tucson CSA provided much-needed community access to local and organically grown food. Throughout the years, Tucson CSA has evolved: our pickup location moved from Philippe's porch to the Historic Y; we partnered with other local producers to offer bread, cheese, meat, and more; and our community grew from 15 members to over 300. Regardless of the changes that have taken place, our community has continued to do what it set out to do 15 years ago: support local farmers through the good and the bad. We like to think that our food system (and our bellies) are better for it.

We're planning a party in the courtyard to celebrate our 15<sup>th</sup> anniversary with you, and we would love to share your Tucson CSA stories with the community. If you have a memorable CSA-related story (a sweet moment with a volunteer, a hilarious attempt at cooking radish pods, or maybe your very first pickup back in 2004) we want to hear it! Please send your story to [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org). Thank you for making our organization so very special. Here's to 15 more wonderful years!

## Egg Hunt



Easter is still months away, and yet we're on the hunt for suitable eggs to sell in the shop until Josh's hens are laying again. Yesterday Sara, Lori, and I visited **Harris Heritage Growers** - a small family farm in Sonoita that raises chickens, ducks, turkeys, and Jersey cows. Their animals are all free range and have access to a big barn that they sleep in at night. The heritage breed hens were gracious enough to let us bring home a few dozen of their colorful eggs for CSA members this week. Although these eggs are not organic (the hens' free-range pecking is supplemented with conventional chicken feed), they do come from happy local chickens. Harris Heritage Growers will be providing us with eggs for the next few months - pick up a dozen in our shop and check out the farm on Instagram (@HarrisHeritage) and Facebook (@HarrisHeritageGrowers).

If you know anybody who might be able to provide us with eggs for the next few months, please do let us know. (We are happy to consider buying eggs from both backyard chickens and chickens raised on small farms.) As soon as Josh's flock is laying again, we will resume carrying his superb pastured eggs at the CSA. Thank you for your patience while we try and fill the egg gap.

## Dal Saag

Kusuma Rao, [Ruchikala](#)

This is a great way to use lots of greens. Dal is just split lentils and Saag translates to miscellaneous greens. This Indian dal is great on its own as a soup, or can be served with rice or any cooked grains.

- 1 cup dal (Moong dal preferred, but really any dal would do, cooked)
- 1 tablespoon cooking oil (canola, sunflower or coconut)
- 1 teaspoon cumin seeds
- ¼ teaspoon asafetida, if available, or a pinch each of onion and garlic powder
- 2 strands of curry leaves (if available)
- ¾ teaspoon turmeric
- 1 inch piece of ginger (minced)
- 3 cloves of garlic (minced)
- 1-3 Thai chiles (minced) to taste
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 bunches of misc. greens (turnip, rapini, kale, collards)
- 1 lemon (juiced and zested)
- 1/3 of bunch of cilantro, stems and leaves, coarsely chopped

Make sure you have all your ingredients prepped and ready to go. Bring a 4-quart saucepan to medium high heat. Add oil and cumin seeds, watch the seeds closely and let them turn a slightly warmer shade of brown being careful not to let them burn. Add curry leaves, asafetida (or garlic and onion powder), turmeric, chiles and ginger sauté for a couple minutes, then add ground spices, sauté for another minute, stirring continuously. Then add chopped greens. Sauté for about 2-3 minutes with a teaspoon of salt. Add about 1 cup water and simmer for 5 minutes, uncovered. Add cooked dal. Stir. Add another teaspoon of salt (or adjust seasoning to taste). Stir in lemon juice and zest. Serve as a soup or as an accompaniment with rice.

## Winter Greens Pastry Shell

Howard, Tucson CSA

Yes, putting greens into a quiche is a great way to use them. But putting them into the pie shell, ingenious! Double up on your greens by putting them in the shell and the filling. This is a great opportunity to use up any greens that may be clogging your veggie drawer. Make more than one, because they freeze easy, too.

- 1 pound greens and their stems (to date, I've successfully used every green we get)
- 2 – 3 Tablespoons butter (veg oil works, but isn't as flavorful)
- 3/4 cup all purpose flour
- 3/4 cup bread crumbs (bran also works; either wheat or oat)
- optional herbs (dill, celery seed.)

Pre-heat oven to 375°. Lightly oil a 9 inch pie plate. Chop greens (or pulse in food processor) until they are finely minced (if stems are tough, you could remove, but I've not had a problem with them). Melt butter in a heavy skillet and add greens. Sauté until soft, then transfer to a bowl and mix in flour, bread crumbs, and herbs. Press mixture into the pie plate, using a fork or spatula to spread evenly and then forming the edges with your fingers. Bake for 15 to 20 minutes. At that point you can refrigerate or freeze for later use, or without cooling, use it for a quiche.

## To make Quiche

- 1 Winter Greens Pastry Shell (see above)
- 1/2 Pound Grated Cheese (Swiss, Cheddar, etc.)
- Enough Sautéed greens, onions, broccoli or other veggies to fill Winter Greens Pastry Shell
- 3 eggs
- 1 cup milk or soymilk

Sprinkle grated cheese on bottom of shell. Fill to the top with mixture of sautéed greens, onions, peppers, more herbs, etc. Beat eggs with milk (or soy milk) and pour over greens. Bake at 375° for about 30 minutes, or until center is firm. I haven't seasoned with salt or pepper; there seem to be plenty of good flavor enhancers in there naturally.

## Italian Bitter Greens

Sara Jones, Tucson CSA

Endive looks a lot like lettuce but it has a bitter kick. You can balance the flavor with salty, creamy and tangy flavors in a salad or cooked.

- ½ yellow onion, chopped
- 2 large tomatoes, or ½ can stewed tomatoes
- 3 cloves garlic
- 1 bunch dandelion or other greens, washed and roughly chopped
- ¼ cup chopped olives and/or capers
- 2+ tablespoons feta cheese
- Red pepper flakes, to taste
- 1 tablespoon olive oil
- Salt and pepper to taste
- Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 5 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add cheese and serve over cooked pasta or toasted bread.