



Tucson Community Supported Agriculture

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Spring 2019

Harvest lists are online.

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Find many more recipes on our website.

Celebrate Our 15th Anniversary with Us!

Join us at the Historic Y during our regular hours next week to celebrate our 15th Anniversary! Enjoy delicious snacks, live music, activities, and a raffle as we celebrate 15 years of community.

Lamb Shares for Easter

We're still taking orders for grass-fed lamb shares, which will be ready for pick up the week before Easter (April 16 & 17). Please see the front desk volunteer to put down your \$20 deposit.

We Need Your Bags!

If you have any clean grocery bags that you would like to donate to the "I Forgot My Bag" bin, please give them to a CSA volunteer during one of your upcoming pickups. We (and everyone who forgets their bag in the future) greatly appreciate the donations. Thank you!

Golden Rule Dairy: Milk to Feel Good About

Written by Shelby Thompson

95 miles southeast of Tucson, down a pine tree-lined dirt road in the quiet community of Elfrida, sits a dairy reminiscent of our pastoral yesteryear. **Golden Rule Dairy** is picturesque: a modest country house, a big barn, and a small herd of content Jersey cows rest on acres of pasture at the base of the looming Chiricahua Mountains. Golden Rule is the quintessential dairy farm that industrialized milk producers pretend to be – and it's right here in southern Arizona.

Husband and wife Jared and Joyce Strite were both raised on dairy farms on the East Coast. After operating their own dairy farm in southern Pennsylvania for eight years, they made the trek out west and settled in Dragoon, Arizona. 21 years later, with their three dairy cows and 10 children in tow, they moved down the road to Elfrida and set out to make their dream of owning a raw milk dairy come true. Now, four years and 15 Jersey cows later, Golden Rule Dairy is a fully licensed and operational raw milk dairy.

Raw milk is that which has not been pasteurized (heated) before it is consumed. "We wanted to produce raw milk because of the enzymes and good bacteria that stay intact," Jared says, explaining that pasteurization kills many of the nutrients in milk. To receive their state-issued license, Golden Rule Dairy had to meet 3-A Standards: the highest and costliest sanitary standards that exist in the dairy industry. To retain their license, the Strites maintain an impeccable facility and test every batch of milk for harmful bacteria.

Dairies that pasteurize their milk can cut corners—feeding their cows harmful feed and cramming them into disease-filled buildings—knowing that the pasteurization process will kill most of the harmful bacteria that is harbored there. Raw milk dairies, on the other hand, have to do everything right from the beginning. At Golden Rule Dairy, this starts with docile Jersey cows. Although Jersey cows produce less milk than more traditional Holstein cows, it's higher in buttercream and much more delicious.

The 18 lovingly-named Jersey cows that make up Golden Rule's herd live their lives on open pasture, free to roam, graze, and lay down as they please. As a result of their lifestyle, the cows are impeccably clean – and they eat well, too. Their pasture grazing is supplemented with a diet of local alfalfa hay, sprouted barley, and hand-fermented crimp barley, which aids in digestion. When it comes time for their twice-daily milking, the cows shuffle calmly to the spotless holding area and wait until, three by three, the whole herd is milked.

We at Tucson CSA are proud to offer milk from Golden Rule Dairy, where the cows are happy and the milk is sweet. You can find ½-gallon containers of their milk in the CSA shop every week.

Stir Fried Shungiku with Mushrooms and Bacon

Philippe, Tucson CSA

If you don't have shungiku, you can use any other tender green instead.

1 bunch shungiku, roughly chopped
1 share oyster mushrooms, or button mushrooms, roughly chopped
2-4 bacon slices
Juice of 1 lemon
Freshly ground pepper
1/2 tablespoon soy sauce

Slice bacon strips in short segments and sauté on medium hot until they start to get crisp. Add the mushrooms and sauté until cooked, about 6 minutes. Add lemon juice and black pepper. Add the shungiku greens and toss until wilted. Add soy sauce to taste.

Root Vegetable Coleslaw

Sara Jones, Tucson CSA

This recipe also works great with turnips, mustard root or kohlrabi. If you want to practice your knife skills, julienne the veggies, otherwise, it is fine grated. Add thin slivers of celery for extra flavor.

3 medium radishes, peeled and grated
3-4 celery stalk, thinly sliced
1 small clove garlic, minced
2 tablespoons mayo
1 heaping teaspoon Dijon mustard
About 2 tablespoons orange juice, plus the zest from one orange
1 handful greens, chopped into thin ribbons
1 tablespoon poppy seeds (optional)

Whisk together the garlic, mayo, mustard, orange juice and poppy seeds. Pour mixture over cut veggies and toss to coat. Add greens just before serving to prevent wilting.

Spicy Peanut, Carrot, and Snap Pea Wraps

Carl Englander, Tucson CSA

1/2 cup chunky peanut butter, unsalted
1 teaspoon chili garlic sauce
2 tablespoons low-sodium soy sauce
4 tablespoons water
6 whole wheat tortillas (10 inch diameter)
2 cups carrots, grated
2 cups sugar snap peas, chopped

In a small bowl, whisk peanut butter, chili sauce, soy sauce, and water to blend. Evenly divide mixture between tortillas and spread in a rectangle down the middle of each, leaving a small border. Evenly top rectangles with carrots and snap peas, then roll-up burrito-style, cut into portions if desired, and serve cool.

Haluski (Cabbage and Noodles)

Amanda Shauger, Tucson CSA

Haluski is a Polish dish consisting of noodles and cabbage that I learned from a roommate from central Pennsylvania. When I saw those cabbages in my share, I knew I needed to make this recipe again. It's extremely simple and delicious as it is, but can also be varied. It's great comfort food for a recession.

1 CSA cabbage, cut into ribbons
1 onion chopped
1 stick butter (4 ounces or 8 tablespoons) I know, it sounds like a lot on paper, but it's really yummy
Salt to taste. Try 1/2 teaspoon.
1 pound noodles, cooked and drained. I prefer to use fettucine, but egg noodles or home made noodles are traditional.

Saute the chopped onion in butter in a large skillet. I prefer to use cast iron. When the onion is translucent, add the cabbage ribbons and continue to saute until the cabbage is soft. When the cabbage-onion mixture is soft, toss it in with the already cooked noodles and serve. Serving Suggestion: I enjoyed my haluski with some powdered chitpotle.

Greens with Soy Sauce & Oyster Sauce

Adapted from consciouschoice.com

Greens are delicious with a bit of butter and oyster sauce!

1 bunch tender greens, cleaned and chopped
1 tablespoon water
1 tablespoon oil
1/4 teaspoon salt
1 teaspoon soy sauce
1 teaspoon oyster sauce
1/2 tablespoon unsalted butter

Cut greens into half-inch segments. In a skillet, heat oil over moderately high heat and stir-fry the greens with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, one to two more minutes.