



Tucson Community Supported Agriculture

Newsletter 680 ~ April 22, 2019 ~ Online at www.TucsonCSA.org

Spring 2019

Harvest lists are online.

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Find many more recipes on our website.

Upcoming Events!

Outdoor Screening

What: Bring the whole family to the outdoor screening of *Rango*. Geronimo's Revenge food truck will be there selling food! Suggested donation of \$5/family to benefit the Community Food Bank.

When: Friday, April 26, from 6:30 – 9 p.m.

Where: Las Milpitas Community Farm

Vermiculture Workshop

What: Join the worm revolution! In this **Vermiculture Workshop**, learn how to create a keystone microenvironment not only to repurpose your waste, but to support other numerous organisms - insects, plants and animals - in your yard. (\$20/individual; \$30/couple)

When: Sunday, April 28, from 10 a.m. – 12 p.m.

Register: Contact Kim Fox (520-365-8462, kimfox@protonmail.com)

Every Day is Earth Day at Tucson CSA

Written by Shelby Thompson

Buying locally grown food isn't only delicious – it's better for the planet. According to Barbara Kingsolver in her book *Animal, Vegetable Miracle*, "each food item in a typical U.S. meal has traveled an average of 1,500 miles." The oil it takes to get food from farms to our plates is a significant reason why, as of 2004, each individual American consumes approximately 400 gallons of oil for agriculture every year. The solution? Locally grown food. If we all ate just one locally sourced meal a week, "we would reduce oil consumption in the U.S. by over 1.1 million barrels *every week*," says Kingsolver (an easy feat for Tucson CSA members).

Eating locally and organically grown meats and produce is a hugely important eco-friendly act in itself. As a Tucson CSA member, you're buying food that was grown close to home and, as a result, took much less fuel and energy to get to you than most food available at the grocery store. Every dollar spent at Tucson CSA is a vote for a more sustainable food system that values farmers, land, and community over banks and corporations.

Simply buying and eating locally grown food is good for the planet, but there are many ways to be even more eco-friendly when you pick up and cook with your CSA share. From biking to the CSA, to bringing reusable bags and containers, to composting veggie scraps and compostable bags, there are many ways that you can reduce your carbon footprint before, during, and after your weekly CSA pickup.

The CSA's central location makes it easy to further reduce your oil consumption by biking, walking, or taking public transportation to get there each week. When it comes to picking up your share, bringing your own bags and storage containers is the first step towards reducing waste. Sturdy tote bags, large baskets, and bike panniers are perfect vessels for holding the bounty of goods you get in your share. Invest in a set of washable cotton bags to store individual produce items like carrots, turnips, and beets; bring glass storage containers for more delicate items like salad greens and tomatoes. If you forget to bring your own bags, take one from our collection of used paper and plastic bags and reuse them before they go into the landfill. Keep your eco-friendly efforts up at home by using as much of your food as possible and composting what you don't eat. Incorporate broccoli stems into your stir-fry, blend carrot tops into a spring pesto, and sauté radish greens with a little olive oil and garlic, just as you would spinach. Save food scraps – the ends of onions, carrot shavings, parsley stems – to make a delicious slow-simmered vegetable stock at the end of the week.

Every step you take to eat more locally grown food, use less plastic, and reduce fuel consumption makes a positive impact on the environment. With help from Tucson CSA members (like you!) and our incredible farmers and producers, we can all make planet Earth a better place.

Turnip Kofta

Kusuma Rao, [Ruchikala](#)

These are fantastic grated turnip and ginger dumplings. It is a great way to use turnips, using cooked potatoes and breadcrumbs as a binder. o prep turnip – grate the vegetable, add ½ teaspoon of salt, stir, set aside for a few minutes.

1 pound turnips, grated
3 medium potatoes (boiled, cooled, peeled and mashed)
1 teaspoon cumin seeds
½ teaspoon asafoetida
1 teaspoon turmeric
1-3 Thai chiles, or to taste (minced)
3 inch piece of ginger, minced fine
3 cloves of garlic, minced fine
½ cup + ¾ cup panko breadcrumbs
2 teaspoon salt, or to taste
Oil for deep frying

To prep turnip – grate the vegetable, add ½ teaspoon of salt, stir, and set aside for a few minutes. Then squeeze very hard to remove all the water from the vegetable. It is now ready to use. Mix together turnips with the mashed potatoes, cumin, asafoetida, turmeric, chiles, ginger, garlic, salt and ½ cup of the breadcrumb. Be sure it's all evenly incorporated. Form the kofta into 2 inch balls. Add a couple tablespoon of panko to your palm and then roll the kofta into the breadcrumbs in your hands, just so some of the crumbs adhere to the outside of the ball. Heat oil in a large dutch oven or cast iron skillet with high sides. Heat at least two inches of oil to 350 degrees. Keep a pair of easy to handle metal tongs or a spider for frying nearby. Fry the koftas, turning them occasionally until they are golden brown. Drain them on a paper towel. Serve them with an aioli or on a bed of seasoned tender greens.

Collards and Quinoa

Laurel Lacher, Tucson CSA

1 cup dry quinoa
2 cups water
1 bunch collard greens, stems removed and coarsly chopped
1 boullion cube (veggie or chicken)

Put quinoa, water, and boullion cube in a 2-quart pot and bring to a boil. Add collards, stir, and reduce heat to simmer. Continue cooking 10-15 minutes until quinoa is done and all of water is absorbed. You could serve this dish garnished with toasted nuts for additional texture and flavor.

Stovetop Un-stuffed Cabbage - New!

Sara Jones, Tucson CSA

Stuffed cabbage can be an undertaking and is probably not a meal for a weeknight. To simplify you could layer the elements of a classic stuffed cabbage into a lasagna dish. Or make a stovetop version with all of the elements cooked together for a super streamlined version. Use lots of your dill, too, as it goes well with both tomatoes and cabbage.

1 tablespoon oil
1 medium onion, chopped
½ large head of cabbage, chopped
1 cup long grain white rice
½-¾ pound ground beef and/or pork sausage
1 teaspoon dried marjoram or oregano
1 teaspoon garlic salt
1 can crushed tomatoes
1 small can tomato sauce
1 large handful chopped fresh dill
1 tablespoon apple cider vinegar
1 teaspoon salt

In a large sauce pan with a tight fitting lid, heat oil and cook onion until golden. Add ground meat mixture and, using a wooden spoon or spatula, chop and stir meat until in mostly small pieces. Add the remaining ingredients plus 1 cup of water. Bring to a simmer, then cover and reduce heat to low. Cook for 30 minutes. Taste for seasoning and add more salt if desired and more fresh dill before serving.

Creamy Carrot Ginger Soup

Lorraine Glazar, Tucson CSA

Serve this soup hot or cold.

6 large carrots, about 1 pound
2 stalks celery, including leaves
1 cup thinly sliced onion
¼ cup crystallized (candied) ginger, chopped
7 cups vegetable or chicken broth
½ cup cooked white rice
Salt and pepper to taste
½ cup half and half or vegan alternative (almond milk is nice)
Mint or watercress for garnish (optional)

Slice carrots and celery crosswise and place in a heavy pot with onion, ginger and broth. Bring a boil, then simmer until vegetables are very tender (about 20 minutes). Remove from heat and add rice. Season with salt and pepper and allow to cool for 15 minutes. Puree in small batches in a blender until smooth. Return to the pot and stir in half and half or your choice of a vegan alternative. Heat soup through but do not boil. Garnish and serve.