



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.

Oyster Mushrooms Are Back!

Last week we made the sad announcement that Sonoran Mushroom Co. had closed. This week, we have some good news! Shelby has formed a partnership with **Desert Pearl Mushrooms** to source the mushrooms at Tucson CSA. Desert Pearl is a smaller operation that is still experimenting with growing a variety of oyster mushrooms, which means they'll be sending a great variety for our shares. Other than the provider, mushroom shares will remain the same. If you currently have a mushroom share, you don't need to do anything. If you would like to add a mushroom share to your account, please do so in the time between the day after your pickup and midnight Friday.

Leave Us a Review

Love Tucson CSA? Please help others in the community learn about our organization by leaving us a review on Google, Yelp, Facebook, and wherever else you leave reviews. Thank you in advance!

Local Goods in the CSA Shop

Have you visited the **CSA Shop** (oftentimes called the “cantina” or the “front desk”) lately? After you've made your way through the produce line, head through the open door under the green *Tucson CSA* sign to find a variety of specially selected and carefully sourced local goods. We know that most of you supplement the produce in your CSA shares with items like milk, eggs, meat, and beans, which is why we offer these items in the CSA Shop each week. While you won't find a huge variety of items in the Shop, you will find local goods of the highest quality.

In our refrigerator you'll find both local **pastured eggs** from **Cruz Farm** and pastel-colored **backyard eggs** from a few different trusted sources. The hens that lay these eggs roam outdoors and get a varied diet that consists of veggie scraps, pasture, insects, and locally sourced feed. The result is delicious eggs that you can feel good about buying. In the same refrigerator you'll find ½ gallons of creamy **raw milk** from **Golden Rule Dairy**, where a small herd of Jersey cows lives happily on pasture. The Strite family takes exceptional care in their work, and we are happy to have an alternative to the questionable milk produced by the corporate dairy industry. Look a little closer in the “refrigerated section” and you'll also see that we carry **pork lard** from Josh's pasture-raised hogs (perfect for that flaky pie crust you've always dreamt of) and gut-healing **Guru Broo**: local bone broth made with Josh's pasture-raised beef bones.

Our frozen **meat** selection consists of a variety of pasture-raised chicken, beef, and pork – most of which comes from **Chiricahua Pasture Raised Meats**. Josh is an exceptional farmer who cares deeply about the wellbeing of his animals and doesn't cut corners. His animals are raised on pasture that he grows especially for them and are free to move about as they please. We almost always have the basics—whole chickens, ground beef and pork, breakfast and Italian sausage, and bacon—in stock, but we also have a great variety of roasts, steaks, stew meat, and more. If you're looking for an uncommon cut, please ask our front desk volunteer if it's in stock.

Lastly, on our shelves you'll find a few staple pantry goods like **raw local honey** (mesquite, catclaw and wildflower) from the hives at **Sleeping Frog Farms** and dried pinto and black **beans** from **Crooked Sky Farms**. If you haven't smeared a spoonful of that creamy honey onto a piece of Barrio Bread, you're missing out on one of life's greatest joys. As for the beans? Once you make your own, you'll never want to go back to the canned variety.

We are happy to offer this carefully curated selection of high-quality local goods in hopes of making the CSA a one stop shop for our members. If you think we're missing something, please let us know – we're always open to new suggestions.

The CSA Shop is open to CSA members and the public every Tuesday and Wednesday from 4 – 7 p.m. We accept cash, check, and card.

Rutabaga Fries

Sara Jones, Tucson CSA

Like most other root vegetables, rutabaga is great baked. Try making fries with your share and you won't be disappointed. These fries will be more like sweet potato fries, in that they will never get perfectly crisp like a potato. To help them crisp better, switch them to broil right when they are almost tender. That will give them more color and a better texture than just baking.

1 share rutabaga, peeled and cut into French fry strips
2 teaspoons oil
Salt and pepper
Curry powder, paprika, cayenne or any other spice mix you like
Preheat oven to 375 degrees. Toss rutabaga with oil, salt and pepper and spices. Spread in a single layer on a baking sheet and place in oven. Cook about 10-20 minutes (depending on the thickness of your slice). Once almost tender, switch oven to broil and cook until nicely browned. Serve immediately.

Morning Glory Muffins

Lorraine Glazar, Tucson CSA

These muffins have a great shelf life and actually taste better a day after baking, when the flavors have melded. Store them at room temperature, covered, for up to 3 days, or freeze them for up to 2 months.

1 cup sugar
2 1/4 cups unbleached all-purpose flour
1 tablespoon ground cinnamon
2 teaspoons baking soda
1/2 teaspoon salt
1/2 cup shredded, sweetened coconut
3/4 cup Raisins
1 large apple, peeled and grated
3/4 cup dried pineapple
2 cups grated carrots
1/2 cup coarsely chopped pecans or walnuts
3 large eggs
3/4 cup vegetable oil
1/4 cup buttermilk
1 teaspoon pure vanilla extract

Preheat oven to 350 degrees F. Sift or whisk together the sugar, flour, cinnamon, baking soda, and salt into a large bowl. Add the coconut, raisins, apple, pineapple, carrots, and nuts, and stir to combine. In a separate bowl, whisk the eggs with the oil, buttermilk and vanilla. Pour into the bowl with the dry ingredients and blend well. Spoon the batter into muffin tins lined with muffin cups, filling each to the brim. Bake for 35 minutes or until a toothpick inserted into the middle comes out clean. Cool muffins in the pan for 10 minutes, then turn out onto a rack to finish cooling.

Spanakopita

This recipe is a great way to use up a backlog of greens, as it requires a few bunches. You can vary this recipe according to your own taste. Add in things like cooked ground beef, chopped nuts, hard-boiled eggs or even raisins. If you still have some dill kicking around in the back of the veggie drawer use it here! If you don't eat cheese leave it out or substitute crumbled tofu. I use pre-made puff pastry sheets because phyllo can be really fussy. If phyllo is all you can find, just follow the direction on the package for assembly. This filling is also great in a pastry crust, either baked in a pie tin or made into individual hand held pastries.

2 large bunches greens, cleaned and roughly chopped
1 onion, sliced
1 tablespoon olive oil
1 handful feta or goat cheese
1 egg
About 1/4 teaspoon grated nutmeg
Salt and pepper to taste
2 puff pastry sheets, thawed

In a large skillet, cook onion in oil, over medium high heat. Cook until onion begins to brown then add greens and nutmeg. Stir well and cover, cooking for a few minutes until greens are wilted. Add salt and pepper to taste then transfer mixture to a colander to drain. Prepare puff pastry by lining a large rectangular baking dish with one sheet. Squeeze greens filling to remove excess moisture then mix in feta, egg and any other additions. Spread filling over pastry sheet. Top with another pastry sheet, tucking pastry down around the edges. Bake according to direction on pastry box.

Raw Squash Salad

Sara Jones, Tucson CSA

This simple but incredibly delicious salad is a great way to celebrate the first squash of the new season. You can use any fresh, leafy herbs you have available. A combination of parsley, mint and chives would be perfect. Ideally, you want small, thin slivers of squash for this salad. Do not grate it, it loses too much of its juice that way. If you don't have the patience to julienne the squash, simply cut into thin coins or half-moons.

1 medium squash, cut into small pieces
1 tablespoon vinegar or lemon juice
1 large handful fresh herbs, finely chopped
2 tablespoons good olive oil or walnut oil
Salt and pepper to taste

Mix together herbs, oil and vinegar. Toss gently with squash. Add salt and pepper and more acid, if needed, to taste.