



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.

Things We Like

Reading: *What does your microbiome have to do with soil?* By Dr. Mark Hyman

Listening to: *Seasonal Eating is Sexy* from Radio Cherry Bombe

Watching: *The Myth of Choice: How Junk Food Marketers Target Our Kids* from Anna Lappé & Food Mythbusters

Eating: *Thai Green Curry with Spring Vegetables* from Cookie + Kate

Update On Josh's Eggs

Josh's new flock of hens has been growing well and should start laying eggs in about a month. We can't wait to have them back in the CSA Shop!

Local Goods in Stock in the CSA Shop

- Raw Honey • Dried Pinto and Black Beans • Pastured/Backyard Eggs • Raw Milk • Pasture-Raised Beef • Pasture-Raised Pork • Pasture-Raised Chicken • Grass-Fed Bone Broth •

A Few Tips for Putting Your CSA Share on Hold

Summer is coming, which (for many of you) means vacation is coming! Luckily you can put your Tucson CSA share on hold while you're away. Here are a few things to remember about holds in general, whether they're for just one week or two months.

1. Your CSA account must have sufficient funds to cover at least one pickup after the hold ends. ***If not, your subscription will expire, even if a hold is set.*** To prevent an unwanted cancellation, make sure to recharge your CSA account if necessary (if you don't want to pay a full 6 weeks, go to the front desk and pay just enough to cover one pick up after your hold).
2. You can schedule up to three separate holds at any one time.
3. If you want to place a hold for the upcoming week, it must be placed ***by midnight Friday of the current week at the latest.***

To place a Delivery Hold:

1. Go to the Tucson CSA (tucsoncsa.org) homepage and click on "**Manage Account**". Then click on the "Delivery Hold" tab.
2. Enter a date range for the desired hold. You will not be scheduled for pickups during the range specified, including the "from" and "to" dates. Press "save".
3. You will receive an automatic e-mail confirmation immediately after placing a hold. Please verify your hold dates in that e-mail. If you don't receive a confirmation e-mail, it means that your hold was not placed successfully or that our confirmation e-mail ended up in your spam folder. Send us an email (tucsoncsa@tucsoncsa.org) if you need any help.

Desert Pearl Oyster Mushrooms



Desert Pearl Mushrooms is a local organic mushroom farm that was founded in the summer of 2018. We are driven by our love of growing mushrooms, and through our work we hope to supply a variety of fresh gourmet mushrooms to people in the Tucson area. Our mission is to share our love for mushrooms with others and get them excited about all of the different tastes, textures, and health benefits that fungi provide. We currently grow lion's mane, king oyster, blue oyster, and pink oyster mushrooms in our greenhouses in southwest Tucson. We look forward to growing and

changing with our Tucson community!

We're so excited to partner with Desert Pearl Mushrooms to source the oyster mushrooms in your CSA shares! 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. **The first mushroom pickups will be on May 28 and 29.**

Beets and Walnut Quinoa Salad

Sara Jones, Tucson CSA

Simple ingredients make a satisfying dish in this easy recipe. Pre-roast the beets and cook the grains earlier in the week for a really quick meal. You can use wheat berries or barley for a heartier grain bowl. Add the beet greens if you like, or save them for another dish.

1 bunch beets, roasted, peeled and diced
1 large handful parsley, finely chopped
3 cups cooked quinoa
1/3 cup walnuts, roughly chopped
1/2 bunch green onions or baby leeks, thinly sliced
1-2 tablespoons olive oil
1-2 tablespoons balsamic vinegar
Salt to taste

Mix together all ingredients, seasoning to taste. Let sit for at least 30 minutes to allow flavors to meld. Serve warm, or as a cold salad. Garnish with whole parsley leaves.

Garlicky Sauté of Quelites and Tomatoes

Serve with grilled meat or with a toss of rice, beans, and corn for a meatless meal. The cumin, allspice, and sesame all subtly underscore the greens, so don't omit them. This recipe originally calls for lambsquarters or amaranth but you can use any greens available.

1 bunch quelites, any tough stems removed, cleaned and finely chopped
1-2 tomatoes, seeded and diced if large
6 medium scallions (green onions), thinly sliced
2 garlic cloves, minced
4 tablespoons olive oil
Salt and pepper to taste
1/4 teaspoon ground allspice
1/2 teaspoon ground cumin
1 to 2 teaspoons balsamic vinegar
1 tablespoon toasted sesame seeds

In a very large skillet, heat 2 tablespoons oil over fairly low heat. Add garlic and stir until light golden. Add scallions, tomatoes, salt, pepper, allspice, and cumin. Raise heat to moderately high and sauté until tomatoes are juice and tender but not soft, about 2 minutes. Add greens leaves. With tongs, turn to mix evenly with tomato mixture. Stir and twist leaves constantly until they barely wilt, a minute or two. Turn off heat. Add remaining 1 tablespoon oil and 1 teaspoon vinegar. Taste and add more vinegar and pepper if needed. Scoop into dish. Sprinkle with sesame seeds and serve hot.

Beet and Carrot Bolognese Sauce

Sara Jones, Tucson CSA

This is a great way to use carrots and beets and also works if you have to sneak either of these vegetables past anyone you are serving. You can make a vegan version with cooked lentils or use ground beef or pork.

2 beets, scrubbed and shredded
2 carrots, scrubbed and shredded
1 large onion, diced
1 tablespoon oil
2 cloves garlic, minced
1 tablespoon tomato paste
1 teaspoon dried oregano
1 teaspoon dried thyme
1 bay leaf
1/2 pound ground meat or 1 1/2 cups cooked lentils
1 large can diced tomatoes
Salt to taste

Heat oil in a large saucepan over medium to medium high heat, add beets, carrots and onions and stir to coat in oil. Cook, stirring occasionally, until veggies are caramelized. (Depending on the heat this could take 10-30 minutes, the longer the better for flavor.) Stir in garlic and tomato paste and cook another few minutes. If using ground meat, add now and using a wooden spoon or spatula chop into small bits while browning. Add tomatoes and herbs (and lentils if using) bring to a simmer and cook for about 10-15 minutes. Salt to taste before serving.

Goat Cheese Sauce

Philippe Waterinckx, Tucson CSA

This makes a great sauce for grilled or roasted vegetables or grilled chicken. You can also use it as a salad dressing or sandwich spread.

1 log chevre
6 ounces feta
4 ounces heavy cream
4 ounces cream cheese
1-2 small heads green garlic, peeled and finely chopped
1/4 to 1/2 cup milk
Salt and pepper

Blend together all ingredients with a whisk or hand mixer until well blended. You can use more or less milk to make it either a sauce, a dip or a salad dressing.