



Tucson Community Supported Agriculture

Newsletter 686 ~ June 3, 2019 ~ Online at www.TucsonCSA.org

Spring 2019

Harvest lists are online.

Back Page Recipes

- Panzanella
- Summer Squash with Toasted Garlic and Lime
- Zucchini Noodles
- Carrot and Sweet Potato Coconut Velouté

Find many more recipes on our website.

Tomato Flats

We are still taking orders for tomato flats for folks who want a large quantity of tomatoes for canning or other projects. The flats will initially be mixed, but we should have the option to request Roma-type tomatoes specifically for canning sometime in June.

Each tomato flat contains 10 - 15 pounds of tomatoes, costs \$30, and must be paid in full when you place your order. If you would like to order a flat, please see the front desk volunteer.

We Need Your Bags

Do you have extra paper and plastic grocery bags? Please donate them to the CSA so that we can reuse them! Thanks so much!

Be a CSA Volunteer!

We're looking for volunteers to join our awesome Tucson CSA crew. If you're interested, please see Sara or send an email to tucsoncsa@tucsoncsa.org.

Q & A with Zoe Sand of Planted Blissfully

Hi, I'm Zoe! I'm originally from Los Angeles County, but I've lived in Tucson for about a year and a half now. I work at the University of Arizona as a research specialist studying diabetes, obesity and metabolism. My days in the kitchen started early on as a kid, watching my mom bake cookies, muffins and cakes frequently and cook a delicious homemade meal for us almost every night. I really got into cooking for myself during college. Since then, I only seem to spend more and more time in the kitchen. See what plant-based meals I'm cooking up on my blog, plantedblissfully.com and follow me on Instagram @PlantedBlissfully.

What inspired you to adopt a plant-based diet?

I've struggled for years to figure out what it means to "eat healthy." I had a friend who was doing a 2-week plant-based challenge and it sparked my interest. After some searching, I did Colleen Patrick-Goudreau's 30 Day Vegan challenge. Just a couple weeks in, I realized that this was a lifestyle change I wanted to make for good. I educated myself more about plant-based eating (and veganism as a whole) through documentaries such as *Forks Over Knives*, *What The Health*, and *Cowspiracy*. Initially, I made the switch because plant-based eating made me feel the healthiest I've ever felt. I've been able to stick to with it for ethical reasons as well, both for the animals and for the environment.

How has being a Tucson CSA member fit into your plant-based lifestyle?

Tucson CSA is the perfect complement to a plant-based lifestyle. I rely on the CSA for the majority of my weekly produce. Sometimes I go through burnout buying the same veggies at the store, so being surprised by different produce from one week to the next is a great way to mix things up. Plus, delicious bread and mushroom shares and dried beans from the CSA Shop make it that much easier for me to access plant-based foods at the CSA.

What is the most challenging thing about being a Tucson CSA member? How have you overcome it?

The most challenging thing about the CSA is trying to use up a bunch of one ingredient! I've had to get pretty creative with all my cabbages in the last couple weeks. Another challenge is trying to use every part of my vegetables, like carrot tops and beet greens. I've learned you can make just about anything into pesto!

What recommendations do you have for people who want to start eating more plant-based meals?

Take small steps to incorporate more plant foods into your diet. Try having at least one meatless meal per week. If you're up to a bigger challenge, try one meatless meal per day. The best way to shift to a healthy plant-based diet is to focus on eating whole foods - fruits, vegetables, legumes, whole grains, leafy greens, nuts, seeds. If you need help with meal planning ideas, check out forksmealplanner.com for some easy and healthy recipes. Lastly, try making your Tucson CSA produce the star of your meal!

To read our full interview with Zoe, head to the Blog section of TucsonCSA.org.

Panzanella

Sara Jones, Tucson CSA

2 to 3 mixed red and green tomatoes, cut into wedges
2 tomatillos, cut into wedges
1 medium cucumber, cut into half moons
1 large or 2-3 small onions, diced
2 to 3 cloves garlic, minced
3 slices stale bread, cut into cubes
1 teaspoon paprika
1 teaspoon ground oregano
1 teaspoon thyme
2 tablespoons olive oil
1 tablespoon vinegar or lemon juice
Salt and pepper to taste

Mix vegetables together, drizzle with the vinegar, one tablespoon of the oil and a pinch of salt and pepper. Heat the remaining one tablespoon of oil in a large skillet over medium high heat. Add bread cubes to skillet and stir to coat with oil. Sprinkle bread with herbs and spices, and cook, stirring occasionally until crispy and beginning to brown. Add hot bread directly to vegetables and toss to combine. Serve at room temperature.

Summer Squash with Toasted Garlic and Lime

Mariquita Farm, Watsonville, CA

1 lb. zucchini or yellow squash, cut in ½-inch cubes
1 scant teaspoon salt, plus more to season finished dish
2 tablespoons vegetable broth for sautéing
5 cloves garlic, thinly sliced
1 tablespoon freshly squeezed lime or lemon juice
¼ teaspoon freshly ground black pepper, or to taste
½ teaspoon dried or 2 teaspoons freshly chopped oregano
2 tablespoons chopped flat-leaf parsley

Toss the squash with the salt and let stand in a colander for 30 minutes over a dish or in the sink. Rinse and pat dry. In a large skillet, sauté the garlic in the vegetable broth until soft, about 3 minutes. Remove garlic and set aside. Raise heat to medium-high. Add squash to pan and sauté for 8-10 minutes, until tender but a little crunchy. Stir in lime juice, oregano, parsley, pepper, roasted garlic, and salt to taste. Mix well.

Zucchini Noodles

Sara Jones, Tucson CSA

You can use any summer squash for this recipe. Serve as a side dish, tossed with goat cheese and herbs. Or make a large portion and use in place of regular noodles in your favorite pasta dish.

1 large summer squash
1 tablespoon olive oil
Salt and pepper to taste

Peel zucchini into thin ‘noodles’. Heat a skillet with olive oil and sauté the squash for a few minutes, until tender. Season with salt and pepper.

Carrot and Sweet Potato Coconut Velouté

Kusuma Rao, www.Ruchikala.com

This creamy vegetable soup is a warming treat. It can also be served chilled.

2 tablespoons olive oil
1 pound of carrots (diced)
1 pound sweet potatoes (peeled and chopped)
1 quart of vegetable stock
1 large sweet onion (minced)
2 teaspoons salt
1 bay leaf
4 cloves garlic, smashed
2 tablespoons ginger grated
½ – 1 whole habanero (to your heat tolerance, remove seeds and veins if sensitive to heat), chopped
½ teaspoon turmeric
1 teaspoon coriander powder
1 teaspoon cumin powder
1 teaspoon garam masala
1 cup coconut milk
3 tablespoons brown sugar

In a large sauté pan set to medium high heat, fry the onions and bayleaf with the olive oil until it just starts to lightly brown. Bring down to medium heat adding garlic and ginger with the habanero, sauté for 2 additional minutes. Add turmeric, sauté for 10 seconds.

Add carrots, sweet potatoes, as well as all the remaining spices, with the vegetable stock. Simmer for 15-20 minutes, until vegetables are soft and tender. Fish out and pull the bay leaf from the pot.

Blend soup thoroughly using an immersion blender. If you don't have an immersion blender, carefully transfer soup to a blender a few cups at a time. Secure lid and place thick folded kitchen towel held tightly over the top in case you get any splash back.

Return to stove on low heat, add coconut milk and brown sugar. If desired, add 1 more ½ teaspoon of garam masala. Season with salt and brown sugar to taste.