



# Tucson Community Supported Agriculture

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## Summer 2019

*Harvest lists are online.*

### Back Page Recipes

- Cocido
- Summer Squash and Pea Tacos with Tomato-Avocado Relish
- Morning Glory Muffins

*Find many more recipes on our website.*

### Volunteer with Us!

Want to join our awesome volunteer crew and get a CSA share in return? Send an email to [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org) for more information.

### Tomato Flats

We are still taking orders for tomato flats. 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.

### A Bountiful Share

Just a little reminder that the gorgeous produce we get at Tucson CSA goes so well with the other shares we offer:

- Barrio Bread
- Chef Abel's Tortillas
- Fiore di Capra Chèvre
- Desert Pearl Mushrooms
- Sprouts

You can add any of these to your CSA subscription on Thursday or Friday.

## Working Cooperatively Together

*Written by Barbara Eiswerth*

Have you heard of **Iskashitaa Refugee Network**? Did you know that "Iskashitaa" means "working cooperatively together" in Somali, and that **Tucson CSA** has been partnering with us for almost 15 years? Both Iskashitaa and Tucson CSA are passionate change-makers with community integration at our core. Iskashitaa addresses two issues: first, UN refugees and asylum seekers who are struggling to become integrated members of our community and second, the lack of access to fresh, local produce for the 1 in 4 people in Pima County who suffer from hunger. This includes many of the 11,000 UN refugees who are estimated to be living in Tucson today.

Since 2003, refugees and volunteers have worked together to harvest over one million pounds of produce from backyards, farms, and orchards. That produce is then donated to food banks, schools, soup kitchens, and hundreds of refugee families. By marrying these two challenges, Iskashitaa is able to break down the social isolation many refugees face, increase self-sufficiency and food security, and reduce Tucson's food waste.

Often a UN refugee's isolation ends when they join Iskashitaa Refugee Network and work alongside caring volunteers to rebuild their self-esteem. The road to recovery through their programs involves practicing English, developing job skills, and learning to navigate Tucson. Iskashitaa provides refugees a way to give back to the community that has given them so much. You can get involved, too! If you're interested in joining our new listserv, volunteering to harvest on Wednesdays or Friday mornings at 8 a.m., or have other talents such as food preservation and canning, computer skills, writing, or photography, please email our Volunteer Coordinator Kate at [volunteer@iskashitaa.org](mailto:volunteer@iskashitaa.org).

## The Mushroom of the Animal Kingdom

*Written by Laura Brehm*

If you have a mushroom share, chances are you've encountered a fuzzy-looking white mushroom in the last few weeks. **Lion's Mane mushrooms** grow on hardwoods, producing delicious fruit bodies with cascading icicle-like teeth. Native to North America, China, Japan, and Europe, they have a wonderful chewy texture and taste slightly reminiscent of seafood. This funny-looking fungi is not only tasty, but also medicinal. Rich in some physiologically important components such as  $\beta$ -glucan polysaccharides, Lion's Mane mushrooms are well known for providing support to the brain and nervous system. Recent studies have shown that Lion's Mane may repair nerve cells in the brain, helping to treat patients with Alzheimer's disease and dementia. Whether you enjoy this mushroom variety for its tasty flavor or its medicinal benefits, it's a good one to have in your diet!

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## RECIPES

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### Cocido

Sara Jones, Tucson CSA

This soup is traditionally prepared with soup bones or short ribs, but it is also good as a vegetarian dish if you prefer. It is served with whole chunks of corn on the cob, which really helps to infuse the broth with flavor. Use a large squash, if you have one; its flesh with get tender and tasty. Serve with warm tortillas and lime wedges.

About 1/2 pound soup bones, short ribs or chuck roast, if desired  
2 small onions, chopped into large pieces  
3 carrots, chopped into large pieces  
4 to 5 potatoes, chopped into large pieces  
1/2 of a large squash or 1 medium squash, chopped into large pieces  
2 to 3 ears of corn, husks and silk removed and broken into pieces  
1 can garbanzo beans, drained  
2 bay leaves  
1 teaspoon oregano  
1 teaspoon cumin  
Red pepper flakes, to taste  
Salt to taste

If using meat, bring 2 quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 to 1 1/2 hours. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients. If making vegetarian cocido, start with all the ingredients together in a pot, with enough water to cover. Cook 1 hour, adding salt about half way through cooking. Add additional salt in the end, if needed. Serve in large bowls, ensuring that everyone has at least one chunk of corn on the cob.

### Summer Squash and Pea Tacos with Tomato-Avocado Relish

Kusuma Rao, Tucson CSA

3 small or one large summer squash  
1 jalapeno  
1 onion  
1 cup frozen sweet peas  
1-2 tomatoes  
3 tablespoons sunflower seeds  
Arugula or greens of your choice or finely minced cilantro  
Olive oil  
Salt and pepper  
Lemon/lime  
Handful of dates or dried cranberries (optional)  
10-12 flour/corn tortillas

Cut the summer squash into bite-sized pieces. Finely dice onions and jalapenos. Fry the onions with a good pinch of salt in 1 tablespoon of olive oil. When onions are browned (about 4-5 minutes) add minced jalapeno. Cook 1 minute and then add summer squash (fry on medium high heat for 3 minutes or to desired doneness. Assemble relish: finely mince 1/2 a small onion, add 2 finely minced avocados, salt and pepper to taste and finish with a drizzle of tsp. of olive oil and diced dates/cranberries (optional). Assemble the tacos: spoon about 1/4 cup of the vegetable mixture onto the taco, sprinkle with 1 tsp. of sunflower seeds per taco and then top with 1-2 tablespoons of relish. Top with a small handful of greens or sprinkle with cilantro.

### 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.