



# Tucson Community Supported Agriculture

Newsletter 690 ~ July 1, 2019 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer 2019

Harvest lists are online.

### Back Page Recipes

- Chocolate Beet Cake
- Stuffed Squash
- Squash and Grain Fritters
- Watermelon Ice Cream (New!)

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.

## Cooking In and Cooking Out

Written by Shelby Thompson

It's officially summer, which means cookout season is in full swing! Whether you're firing up your backyard grill or using a grill pan in your cool kitchen, you don't have to sacrifice quality food for chemical-laden hot dogs and fake meat. Tucson CSA has everything you need to eat locally and sustainably this summer.

For the first time ever, we're carrying **locally made veggie burgers** that will make everyone happy at your next cookout. These **vegan** veggie burgers are made by a Flagstaff-based company called NexVeg (formerly known as Tapa Burger) and are the same delicious veggie burgers you find on the menu at Graze and Diablo Burger. To begin, we'll carry their **Tepary and Hemp burgers** in both Original and Smoky Southwest flavors. The Tepary burgers are made from 65-70% local ingredients and contain only whole foods, such as tepary beans from Ramona Farms, carrots, kale, lemon juice, whole oats, organic blue cornmeal, and extra virgin olive oil. The high-protein hemp burgers are made with hemp kernels instead of beans and hold up better on the grill. You can find two-packs of these plant-based burgers in the CSA Shop for \$5.99.

Omnivores will find a wide variety of local, pasture-raised meat in the CSA Shop. We have pastured ground beef (hello, burger season!), a few different kinds of steaks, pork roasts, and sausages that are all great for summer get-togethers or even just for yourself. This meat comes from Josh of **Chiricahua Pasture Raised Meats**. Josh uses regenerative ranching techniques to raise his animals on rotating pasture. This way of ranching is laborious but ensures that the animals are taken care of, the land is not destroyed, and that the meat is the best quality meat can be. The way that Josh cares for his animals and the land is a true act of love and we're eternally grateful to have such a trustworthy source for meat in southern Arizona.

Paired with the freshly harvested and organically grown produce in your CSA share, these plant and animal-based offerings will make for a wonderful addition to your table this summer.

## Things We Like

**Watching:** *The Devil We Know* (Netflix)

**Reading:** *Fake Meat: Big Food's Attempt to Further Industrialize What We Eat* by Vandana Shiva (Consortium News)

**Doing:** Volunteering with Iskashitaa! You can get involved when you send an email to Kate at [volunteer@iskashitaa.org](mailto:volunteer@iskashitaa.org).

**Eating:** Fresh Peach Cake (Ina Garten)

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## RECIPES

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### Chocolate Beet Cake

Paula Borchardt, Tucson CSA

About 1 cup cooked, chopped beets  
1/4 cup water  
approximately 1 cup applesauce  
1 teaspoon vanilla extract  
1 teaspoon apple cider vinegar  
1 1/2 cups whole wheat flour  
1/2 cup cocoa  
1 cup sugar  
2 teaspoons baking soda  
1/4 teaspoon salt  
1/2 teaspoon cinnamon  
1 cup chocolate chips

Puree the beets and water in a blender or food processor. Pour into a large measuring container and add enough applesauce to make two cups total. Mix in the vanilla extract and apple cider vinegar. In a separate bowl, mix all the other ingredients together; fold in the beet mixture and mix all thoroughly. Bake in a pre-greased 9x13" pan at 325° for 35 minutes.

### Stuffed Squash, aka Zucchini Boats

Sara Jones, Tucson CSA

These boats are the perfect dish for an oversize squash but you could also use a couple of smaller squash instead. This recipe calls for ground meat, but if you like, you can substitute with cooked lentils or crumbled Tapa veggie burgers.

1 large or 2 medium squash  
About 1/2 pound ground pork and/or beef  
1/2 cup shredded carrot or beets (if available)  
1 onion, chopped  
2 garlic cloves, minced  
2 tablespoons olive oil  
2 tomatoes, chopped  
1/4 cup tomato sauce  
1/2 cup broth or water  
1/2 teaspoon oregano  
1/2 teaspoon thyme  
1/2 teaspoon cumin  
Salt and pepper to taste  
Mozzarella or goat cheese for topping

Heat oil in skillet and sauté carrots, beets and onions over medium high heat for about 5 minutes. Add meat and garlic and using a chopping motion, break meat into very small pieces. Add herbs and spices, tomatoes, sauce, salt and pepper and rice. Stir together than add broth. Cook until broth is mostly evaporated. Cut squash in half lengthwise and use a spoon to scrape out seeds. Lay the squash cut side up in a baking dish with a lid and add a generous portion of the filling to each half. Add about 1/2" of water to bottom of pan and cover with lid. Bake for 30-40 minutes in a 350 degree oven until squash is very tender. Remove from oven, add cheese and return to oven under the broiler until cheese is melted and browning.

### Squash and Grain Fritters

Sara Jones, Tucson CSA

2 cups grated summer squash  
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice  
1/2 small sweet onion, sliced thinly  
1 egg  
1 tablespoon flour  
Salt and pepper to taste

Drain squash in a colander for 30 minutes. After draining squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. Mix again, adding more flour if mixture seems very loose. Heat a large skillet over medium heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cover fritters and cook until golden brown underneath, about 4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

### Watermelon Ice Cream- *NEW!*

Sara Jones, Tucson CSA

What do you do with a 30-pound watermelon? If you are going to a big summer party, perfect! But if not it can be overwhelming. Once you break into it you will need to keep it cold. How about cutting some for snacking then freezing the rest? Then you can pull the frozen pieces out and make Watermelon Ice Cream. Since the fruit is so sweet on its own it doesn't need additional sweetener, but you could add a tablespoon or two of honey if you like. Use yogurt or coconut milk for a delicious treat.

About 3 cups diced, frozen watermelon  
1 can coconut milk or 1 1/2 cups yogurt  
2 tablespoon honey or agave nectar (optional)  
Fresh herbs like mint or basil (optional)

Blend frozen watermelon with your choice of yogurt or coconut milk in two separate batches in food processor or blender. When almost smooth add honey and herbs if using and continue processing. Place mixture in a container and refreeze until set, about 2 hours. Eat within one day to prevent ice cream from crystalizing and become hard.