



# Tucson Community Supported Agriculture

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## Summer 2019

*Harvest lists are online.*

### Back Page Recipes

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- Pasta Salad with Tomatoes and Feta

*Find many more recipes on our website.*

### Laurel's Florals Pop-Up This Week!

Laurel, one of our incredible farmers from Sleeping Frog Farms, has her own flower business: Laurel's Florals. This week (July 16 & 17) she'll be in the courtyard selling bouquets of the beautiful flowers she's worked so hard to grow.

If the thought of a gorgeous bouquet of locally grown, chemical-free flowers makes you happy, please consider supporting Laurel at her pop up next week – she'll have a few different sizes and varieties for sale.

### Sprouts Are Back

We are excited to announce Tucson CSA's partnership with **Sunflower Superfoods**, our new sprouts provider! Our new 4-oz sprout shares will be delivered on a weekly basis **beginning this week**.

Log into your account to add them to your share!

## Flower Power

### *Why local + organic flowers are better for people and the planet*

Today, most of the flowers sold in the United States have been imported from abroad. Although the majority of flowers sold by florists, grocery stores, and corner bodegas were once grown on American soil, this changed when an American by the name of David Cheever recognized that Bogota's geographical location made it ideal for growing flowers year-round. Thus in 1969 the global industrialization of the flower industry took off.

Flower imports to the United States exploded in 1991, when the U.S. government suspended import duties on Columbian flowers. By 2003, the U.S. was importing 200 billion major blooms and growing only 200 million. The result was devastation to American flower farmers and the explosion of an industry that relies on cheap labor, toxic chemicals, and the depletion of precious environmental resources. Most of the labor force in Bogota's flower industry is made up of women who have been displaced by guerrilla wars and rural poverty. Working in physically demanding conditions for minimum wage (about \$250 USD per month) without medical treatment, these women are often victims of sexual harassment and repetitive stress injuries. They're also continuously exposed to as many as 127 toxic chemicals – most of which are insecticides and fungicides – that are believed to cause miscarriages, premature births, and congenital birth defects.

The flower industry's damages extend far past the 100,000 employees that fill its greenhouses. In order to keep as well as possible, cut flowers require a chain of refrigerated warehouses and trucks at every point between the greenhouse and the final destination. It takes three to four days and an immense amount of energy to transport flowers from a greenhouse in Columbia to a retailer in the U.S. Growing this water-intensive crop has also proven to be detrimental for Bogota's water supply; groundwater levels there have plunged in recent years.

Simply put, the cut flower industry isn't so flowery. Given what we know about the chemicals, labor issues, and environmental damage perpetuated by the industrial flower industry, it seems inappropriate to give these same flowers to new moms, the sick and elderly, and those we care most about. Luckily we have local flower growers like **Laurel's Florals** (@laurels\_florals) who provide us with locally grown flowers that are better for the earth and our loved ones. Laurel grows all of her flowers organically on a plot of land at Sleeping Frog Farms in Cascabel, where she also works as a produce farmer. You can find her flowers at Tucson CSA at this week's flower pop-up, or at Sleeping Frog Farms' booth at the Rillito Park Farmers Market and Time Market the rest of the time. Another local and sustainable source for flowers is **The Wild Stamen**, a woman-owned business that provides realistic handcrafted paper botanicals that can be used time and time again. You can find them online at [thewildstamen.com](http://thewildstamen.com). Let's use our flower power to support those in our community who are changing the flower industry for the better.

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## RECIPES

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### Spaghetti Squash Pad-Thai

Sara Jones, Tucson CSA

This is a great idea from one of our volunteers. While the texture of spaghetti squash is not really spaghetti-ish, it is quite similar to Thai rice noodle so in this recipe the squash actually makes a decent stand in for noodles. Add sliced peppers or sautéed greens if you like.

1/2 medium spaghetti squash, cooked and separated into strands  
2 eggs, beaten  
2 cloves garlic, minced  
1/2 medium onion, thinly sliced  
1 large handful sprouts  
1 tablespoon oil  
2 tablespoons fish sauce, plus a scant tablespoon soy sauce (use all soy sauce if you don't have fish sauce)  
2 tablespoons lime juice (plus extra for garnish)  
1-2 tablespoons brown sugar  
1 tablespoon chile sauce  
1/2 cup dry roasted peanuts, finely chopped  
Cilantro, for garnish

Mix together lime juice, fish sauce, soy sauce, sugar and chile sauce and half of peanuts. Stir fry onion and garlic in hot oil for a minute or two. Move to the side of the pan and pour in beaten eggs. Wait until mostly set and then stir, to scramble. Add about half of the lime juice mixture to pan and once it begins to bubble add squash. Toss gently to coat. Taste for seasoning, adding more of the liquid mixture as needed. Serve immediately, garnished with extra peanuts, lime wedges and sprouts.

### Simple Melon Salsa

Philippe Waterinckx, Tucson CSA

You could add tomato to this if you like but the melons make a fine salsa on their own.

1/2 melon, peeled and seeded and cut in small cubes  
2 cloves garlic, minced  
1/2 red onion, chopped  
1/2 cup cilantro, chopped  
1/2 Jalapeno or Serrano pepper, finely chopped or 1/2 tablespoon chile flakes  
Juice of 1 lemon or 2 or 3 limes  
Salt

Gently mix all ingredients. Refrigerate for 1 hour before serving.

### Fried Squash Blossoms

Heidi DeCosmo, Tucson CSA

If you feel like getting fancy with your squash blossoms this is a classic recipe. You can fill these if you like, or just serve as a simple tempura. Use any extra batter to fry slices of butternut, summer squash or peppers.

1 large egg  
1/2 cup ice water  
Pinch of sea salt  
1/2 cup all-purpose flour  
Vegetable oil for frying  
6 squash blossoms  
Sea salt, freshly ground black pepper, and fresh lemon juice  
For filling mix together about 1 tablespoon goat cheese, 1/4 cup ricotta and freshly chopped herbs

In a mixing bowl, lightly beat the egg and pour in the ice water; mix to combine. Add the salt and flour, and continue to mix until the batter is the consistency of heavy cream. While the batter is resting, carefully clean the fragile blossoms. Remove any green leaves near the stem. Check inside for any insects and brush out if necessary. If you are stuffing the blossoms you can use a icing piping bag to fill each flower, or carefully spread open and scoop in cheese mixture. Pull petals back together to seal up filling. Heat 1 inch of vegetable oil over medium-high heat to 375 degrees. Dip 2 blossoms at a time in the batter and coat them completely, letting the excess drip off. You may want to fry one flower first to test the oil. The blossom should be light-brown when fried and crisp. Fry the flowers in the hot oil for 2 minutes until crisp and golden brown.

### Pasta Salad with Tomatoes and Feta

Philippe, Tucson CSA

An easy and delicious pasta salad which you can serve warm or cold.

1 pound pasta (e.g. rotelli, fusilli)  
1 medium onion  
2 clove garlic  
1/4 cup olive oil  
3-4 tomatoes, diced  
1/4+ cup basil, finely chopped  
1 medium squash, diced  
About half a goat cheese log, crumbled  
Salt and pepper to taste

Boil and drain pasta according to pack instructions. Mix crumbled cheese into warm pasta, so that the cheese melts a little. Saute diced squash in a bit of oil until tender and golden brown. Salad dressing: in a small food processor, or chopper, purée or finely chop the onion and the garlic in the remaining olive oil. Mix pasta, salad dressing and remaining ingredients.