



# Tucson Community Supported Agriculture

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## Fall 2019

*Harvest lists are online.*

### Back Page Recipes

- CSA Greens Chopped Salad
- Green Chile Pork
- Spanish Egg Drop Soup
- Salad Turnips in Mustard Dill Butter

*Find many more recipes on our website.*

### Your Favorite Holiday Candy Has Arrived!

Here at Tucson CSA, there's no surer sign of the holidays than the arrival of artisan fudge, bon bons, caramels, and toffee from Black Mesa Ranch. These exquisite candies are made in small batches with premium Belgian chocolate. The milk chocolate candies – which we call “goat candies” – are made with milk from the ranch's goats.

This year, we are selling Belgian Dark Chocolate Fudge and Fudge on Fire (spicy chocolate fudge infused with locally grown Concho chiles and studded with pecans). You can also buy boxes of Desert Tortoises, Buttercream Mints, a variety of bon bons, and vanilla bean caramels. These holiday candies are great to share with others at holiday gatherings, give as gifts, or keep all to yourself. These seasonal Black Mesa Ranch candies will be available until we sell out. Find them in the CSA Shop!

## Six Principles of Seasonal Cooking

*Written by Rachel Yaseen*

I lived in Tucson for 25 years. Initially, the desert seemed uninhabitable—prickly, dry, unfriendly. But slowly I developed a relationship with the land and the plants. I learned that this land was much more fertile than I suspected. I could grow a garden, and not just herbs for a kitchen garden—crops that could provide nourishment for an entire meal. Beans, corn, tomatoes, peppers, zucchini, eggplant, giant cucumbers, all kinds of greens, squash, and so much more. I found that I could grow native varieties that often looked and tasted so much different than what I could find in my grocery store.

Whether you have your own garden or get your produce from the CSA (or both), there is always a time in the season when you ask yourself what in the world you are going to make with \_\_\_\_\_ *again*. When this frustration sets in, it forces me to come up with new and different ideas for my cooking class students. It forces me to be creative; to think outside of the box. There are certain elements that I like to draw on to help with this process:

1. **Food as friends.** All of the ingredients that grow during a season are friends. For example, summer crops like eggplant, tomatoes, peppers, zucchini, basil, okra—these are all friends. In other words, they can all be prepared together and come together in one delicious dish. This principle makes me confident that I can bring home a share from the CSA and combine all of the ingredients to make something fantastic.
2. **Find a trusted resource.** *The Flavor Bible* by Karen Page and Andrew Dornenburg is a fantastic thesaurus for food. If for example, if you have an ingredient and do not know what flavors to combine it with, you can look it up in the book and it will tell you *all* of the ingredients that go well with that particular item, including other spices, herbs, meats, cheeses, fruits and vegetables, etc. Finding a comprehensive resource that you trust can inspire creativity and flexibility.
3. **Eat the rainbow.** Color is so important. It's possible to make a delicious, elegant meal with only a few ingredients when you are attentive to color. When your meal is all one color, I find that something is missing. Try to incorporate as many colors as possible—as many shades of red, yellow, purple, green, orange, etc. Eat the rainbow!
4. **Be creative.** Be willing to play! Try each ingredient raw, roasted, grilled, and sautéed.
5. **Let yourself fail.** Be willing to mess up! When you play, your food does not always turn out perfect. That is the risk, but the reward can be so great. And the more you do it, the easier it gets.
6. **Stock your pantry with high-quality ingredients.** High quality salt (I love black lava salt) and high quality olive oil and/or butter make a big difference in the overall taste of a dish.

**CSA Greens Chopped Salad**

Philippe, Tucson CSA

3/4 lb mixed greens such as mizuna, bok choy, arugula, and spinach, finely chopped  
1/4 cup walnuts  
2 tablespoons olive oil  
1 tablespoon vinegar  
1/2 onion, finely chopped  
1/8 teaspoon salt  
1/8 teaspoon black pepper

In a large bowl, whisk together vinegar, oil, onion, salt and pepper until emulsified. Add greens and toss until coated well.

**Green Chile Pork**

Lisa Anderson, Tucson CSA adapted from “Lower Valley Carnitas” recipe in The Border Cookbook

4 teaspoons ground cumin  
4 teaspoons oregano  
2 teaspoons salt  
1 teaspoon freshly ground black pepper  
3–5 lbs. pork shoulder roast, cut into 2-inch cubes  
Olive oil to sear pork and sauté onions  
4 cloves garlic, minced or crushed  
1 onion, chopped in large pieces  
4–6 fresh green chiles, roasted or steamed, then peeled and seeded  
1–2 bay leaves  
1 cup chicken broth or other liquid  
Optional Serving Suggestions  
Tortillas  
Fresh Chopped Cilantro  
Chopped Radishes  
Lime Wedges

Stir together the cumin, oregano, salt, and pepper. In a large bowl, stir the spice mixture into the meat chunks. You may need to do this in 2 batches, and it’s fine to let the meat sit for a bit at this point while you prepare the onion, garlic, and chiles.

In a large pot or Dutch oven, warm the oil over medium-high heat, add the pork and sear it quickly. Again, this may need to be done in 2 batches. Remove meat from pan, set aside, and use pan to sauté the onions and garlic until starting to be translucent. Return the meat to the pan with a small amount (a cup or less?) of chicken broth, along with the chiles and bay leaves. Cover and cook for 2–4 hours in a 325-degree oven or on the stovetop, stirring every 30–40 minutes or so.

Near the end of cooking, remove lid, if needed, to boil off any excess liquid. Shred the meat by pulling apart with 2 forks. Serve with tortillas, fresh chopped cilantro, chopped radishes, and lime wedges.

**Spanish Egg Drop Soup**

Sara Jones, Tucson CSA

This light soup is the perfect way to enjoy some of the first tender greens of the season. You can add diced ham for a heartier soup.

1-2 shares baby greens, cleaned and cut into strips  
2-3 cloves garlic minced  
2 teaspoons olive oil  
2 eggs  
1 teaspoon each of salt and pepper  
1 tablespoon flour  
4 cups soup stock  
Green onion, chopped, to garnish

In a soup pot, sauté garlic in olive oil until fragrant, add stock and bring liquid to a boil. Lower heat to keep liquid at a simmer. Mix together eggs, salt and pepper and flour. Pour egg mixture through a colander and into boiling broth. Stir briefly, add greens (and ham, if using) and stir again. Cook until greens are wilted, just a minutes or two. Serve, garnished with chopped green onion.

**Salad Turnips in Mustard Dill Butter**

Sara Jones, Tucson CSA

Use sweet salad hakurei turnips or radishes interchangeably in this recipe. No need to peel them. Make extra mustard/dill butter to cook with fish if you like.

1 bunch white turnips sliced into 1/8 inch coins  
1 tablespoon softened butter  
1 teaspoon Dijon mustard  
1 small handful of dill, finely chopped  
Cracked black pepper and salt to taste  
Lemon juice to taste

Mix mustard, butter and dill. Set aside. Heat a couple teaspoons of oil in a skillet over medium high heat. Add turnips, stir to coat and cover. Cook for about 3 minutes, until slightly tender but still a bit crisp. Add butter mixture and toss to coat. Cook an additional few minutes, stirring occasionally to evenly distribute butter mixture. Remove from heat, sprinkle with black pepper, salt, lemon juice and extra dill, if desired.