



# Tucson Community Supported Agriculture

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## Fall 2019

*Harvest lists are online.*

### Back Page Recipes

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*Find many more recipes on our website.*

### Annual Holiday

**Break: 12/17-1/07**

Tucson CSA will be closed during the holidays and there will be no pickups during the last week of December and the first week of January.

There is no need to place your subscription on hold for those 2 weeks.

The last pickups of 2019 will be on December 17 & 18. The first pickups of 2020 will be on January 7 & 8.

### 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. These seasonal Black Mesa Ranch candies will be available until we sell out.

## Giving Thanks

*Written by Shelby Thompson*

Thanksgiving is one of my favorite holidays. As a person who wholeheartedly loves cooking and eating, I relish this food-centric celebration that brings everyone together around a delicious meal. Once Halloween is over I begin to strategize my menu, collecting too many recipes for even a lifetime of Thanksgiving dinners along the way. The days leading up to the big dinner are a flurry of farmers' market shopping sprees, cleaning the baseboards that haven't been given a second look for twelve months, and a surprising amount of math (how many days *does* it take to defrost an 18-lb turkey?). Yet during all of the shopping; the cleaning; the cooking; and especially the eating – I give thanks for healthy, local food and the dedicated farmers that grow it.

For the past five years I've had the privilege of getting to know many of our small local farmers in southern Arizona. Our countless conversations, combined with compelling data, have taught me that farming is not an outwardly lucrative endeavor. Farmers—especially those who plant small to medium biodiverse farms—are not promised a good salary or even a living wage. In fact, in 2018 the medium farm income in the U.S. was -\$1,840 (USDA). Our farmers increasingly rely on off-farm income, earned from their partner or a second job, to get by.

Money (or rather the lack of it) is a huge challenge for farmers, and so is labor and isolation. Crops and farm animals don't take vacations, which means that many small farmers don't either. Trained labor is expensive and, even when farmers can afford to hire help, is difficult to find in rural areas. As a result, farmers like Fiore di Capra Owner Alethea Swift haven't take a vacation in *15 years*. The stress that results from debt, immense workloads, and isolation has resulted in a farmer suicide rate that is more than double that of veterans (*The Guardian*).

Yet despite all of that, our farmers have an immense amount of passion for what they do – and for feeding their community in the process. “I love fresh, real food and I was fortunate to be exposed to that growing up – my mother always had gardens and I was privileged to see that growing up. I saw a need for that in Tucson, where there is a lack of fresh food. I want to get fresh food out to those outside of my immediate circle,” says Clay Smith of Sleeping Frog Farms. But he also adds that, “We (farmers) end up paying the price and burden of the community's high-quality food.”

I'm thankful for these farmers: the people who go out into the field every day to care for their crops, their animals, and their employees in order to feed their community. Their hard work and dedication make possible the wonderful community that is Tucson CSA, and for that I am especially thankful. In return for the nourishment that our farmers provide for us and our families, the least we can do is commit to supporting them through thick and thin. And that's exactly what we'll do.

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## RECIPES

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### Potato Tacos

Sara Jones, Tucson CSA

This is my favorite way to use leftover potatoes, perfect for the day after Thanksgiving. If you have radishes, try making the salsa for a CSA centered meal. Making the tacos is a kind of delicate operation, be patient and don't be frustrated if your first couple end up a bit ugly – they'll still taste fine.

About 1 ½ cups leftover mashed potatoes  
½ teaspoon ground cumin  
2 cloves garlic, minced  
Salt and pepper to taste  
2-4 roasted chiles, peeled, seeded and diced  
About 8 corn tortillas  
2-4 tablespoons vegetable oil  
Salsa and garnish for tacos

Mix together potatoes, chiles, cumin, garlic and salt and pepper. In a heavy skillet, heat 1 tablespoon of oil over medium heat. Place one tortilla into oil and flip after one or two seconds (this makes the tortilla pliable enough to fold in half without breaking). Place 1 heaping tablespoon of potato mixture on the half of the tortilla closest to you. Gently fold the other half over the filling, towards you. Press the tortilla closed for a few seconds to seal, then move the taco to one side to make room for more tacos. Repeat with remaining tortillas. Add more oil as needed to keep skillet covered in a thin layer. Flip tacos when beginning to brown on bottom side. When cooked on both sides, place on an old newspaper to drain.

### Radish Salsa

Sara Jones, Tucson CSA

Use this salsa to garnish your tacos or burritos. It is also refreshing alongside a steak, or any other heavy, hearty dish. This is a great salsa with just the cilantro and lime juice, but you can add the others spices to your personal taste. Soaking the onion and radish in water for just 10 minutes takes away some of the smelly sulfur compounds and mellows the flavors considerably.

About 1 cup radishes, diced into 1/4 inch cubes  
1/2 red onion, diced  
1 small handful cilantro, chopped  
Juice from one lime  
Salt to taste  
1 pinch toasted mustard seeds (if desired)  
1 pinch ground cumin (if desired)  
1 pinch ground red pepper (if desired)

Put diced radish and onion into fresh, cold water to soak for 10 minutes. Drain well and toss with lime juice, cilantro, spices and a pinch of salt. Refrigerate until ready to serve.

### Sweet Potato Biscuits

Lorraine Glazar, Tucson CSA

If you have any leftover sweet potatoes after Thanksgiving this is a fun way to use them!

2 cups all purpose flour (about 9 ounces)  
1 Tablespoon sugar  
2 teaspoons baking powder  
½ teaspoon salt  
5 Tablespoons chilled unsalted butter, cut into small pieces  
1 cup pureed cooked sweet potatoes, cooled  
1/3 cup fat free milk  
Cooking spray

Preheat oven to 400 degrees. Combine flour, sugar, baking powder and salt in a bowl, Cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Combine sweet potato and milk in a small bowl, add potato mixture to flour, stirring just until moist. Turn dough out onto a lightly floured surface, knead lightly 5 times. Roll dough to a ¼ inch thickness, cut with a 2 inch biscuit cutter into 10 biscuits. Place biscuits on a baking sheet sprayed with cooking spray. Gather remaining dough. Roll to a ¼ inch thickness. Cut with a 2 inch biscuit cutter into 6 biscuits. Place the biscuits on prepared baking sheet, discard any remaining dough. Bake at 400 degrees for 15 minutes or until lightly browned. Remove from baking sheet and cool 5 minutes on wire rack. Serve warm or at room temperature.

### Orange Soup

Yaron Hadad, Tucson CSA

3 tablespoons olive oil  
1 medium-sized diced onion  
3 thinly chopped garlic cloves  
1 cup red lentils  
3 cups of any orange vegetables diced into ½" cubes (my favorite combo is ½ butternut squash, 1 cup of diced pumpkin and 1 sweet potato)  
A small piece of lemon peel  
Salt, black pepper and curry  
Optional: ½ a chile

Heat up the oil in a big pot and stir-fry the onion until slightly transparent. Add the garlic and vegetables and keep stirring for 5 more minutes. Add the rest of the ingredients and the spices, together with 5 cups of water. When the water boils, cook on low temperature for 25 minutes. I recommend blending about half of the soup in a food processor and mix it back in. You should get the lemon peel out before doing so. The soup goes well with fresh cilantro / parsley served on top. Bon appétit!