



Tucson Community Supported Agriculture

Newsletter 714 ~ December 16, 2019 ~ Online at www.TucsonCSA.org

Fall 2019

Harvest lists are online.

Back Page Recipes

- Spaghetti Squash Salad
- Scalloped Potatoes and Greens
- Linguine with Arugula
- Citrus Vinaigrette
- Apple Coleslaw

Find many more recipes on our website.

Annual Holiday

Break: 12/17-1/07

Tucson CSA will be closed during the holidays. **The last pickups of 2019 will be on December 17 & 18. The first pickups of 2020 will be on January 7 & 8.** There is no need to place your subscription on hold for those 2 weeks.

Have fun, be safe, and we'll see you in 2020!

Where's the Meat?

You may have noticed the lack of meat shares and pork products at the CSA lately. Earlier in the year, Josh's local butcher (Guzman's Meat Co.) sold their business to a family that abides by halal practices, and Josh lost his longtime meat processor. This has made it more difficult for us to source pork and whole animals from Josh, but we're working together to be able to offer our regular selection of meats early in the New Year. Thanks for your patience!

A Wonderful Rollercoaster of a Year

Written by Shelby Thompson

Week in and week out, it's easy to forget all of the big things that happen throughout the year. Over the weekend I took some time to read through the 49 newsletters we printed in 2019 and marveled at all that's happened within our CSA community over the last 12 months.

It was a year of change at Tucson CSA – we lost long-time producers, gained fantastic new ones, and survived a six-month-long absence of Josh's eggs. In the beginning of the year, we teamed up with 12-year-old Chef Abel to offer his white Sonora wheat tortillas (you can help get his tortillas back on shelves by backing his Kickstarter campaign). After Black Mesa Ranch retired their goat cheese business, we partnered with farmer and cheesemaker Alethea Swift to source our goat cheese from Fiore di Capra. Dani at Sunflower Superfoods came on as our sprouts producer, adding variety and nutrients to our weekly CSA shares. We became Desert Pearl Mushrooms' second buyer ever and watched with wonder as their mushrooms grew and improved, all the while eating the fantastic fungi. We added basic pantry items—like Golden Rule Dairy raw milk, Barrio Grains flour blends, Nex Veg plant-based burgers, and Guru Broo bone broth—to the CSA Shop in hopes of making your weeknights a little easier (and more delicious).

Despite the “ups and downs of small local agriculture” (as Philippe so accurately describes it), we feel incredibly privileged to have access to the food we eat every week. In the midst of nationwide recalls for everything from romaine to eggs, we have access to food that makes us healthy. As farm workers across the county fight for fair wages, we're supporting farmers that get paid well above minimum wage. As industrial farms make detrimental contributions to the worsening of climate change, we are part of a sustainable agriculture revolution that is good for the planet.

As CSA members and volunteers, you're helping to sustain all of these important things. In 2019, Tucson CSA members collectively paid \$177,719 to Crooked Sky Farms and \$57,523 to Sleeping Frog Farms. You paid for salaries; for seeds; for shade cloth; you voted with our dollars for a more just, sustainable, and high quality local food system. It isn't always easy being a CSA member - Sara and I understand that you have easier, cheaper, and quicker options. Nonetheless, we're so thankful for the loyalty you've shown to Tucson CSA throughout the last 15 years. We promise to keep working hard to make our community better, both for you and for our farmers.

Volunteer with Us!

Volunteering at Tucson CSA is a great way to get involved in your local food system. If you're interested in unloading the produce truck, contributing to the newsletter, helping during CSA pickup, or playing music in the courtyard, please let us know! All volunteers get a produce share in exchange for their time and effort. Just send an email to tucsoncsa@tucsoncsa.org and we'll get back to you with more info.

RECIPES

Spaghetti Squash Salad

Sara Jones, Tucson CSA

How about using leftover, cooked Spaghetti Squash in a salad rather than a hot dish? Of course, you could always serve this dish warm if you prefer.

2 cups cooked spaghetti squash, strands teased apart
2 large handfuls arugula, cleaned and finely chopped
2 tablespoons balsamic vinegar
1 tablespoon olive oil
1/4 cup toasted pecans, chopped
1/4 cup dried fruit, rehydrated for 15 minutes in warm water
1/4 crumbled blue cheese or goat cheese
Salt and pepper, to taste

Gently toss squash and arugula with oil, vinegar and a bit of salt and pepper. Top individual servings with a sprinkling of nuts, fruit and cheese.

Scalloped Potatoes and Greens

Philippe, Tucson CSA

4 medium potatoes, thinly sliced
2 tablespoons butter
1 bunch scallions (or I'itoi onions), sliced
1 bunch greens (any greens), sliced in ribbons
2 tablespoons flour
2 cups milk
1 dash nutmeg
1 teaspoon dry mustard
salt and pepper to taste

Heat oven to 350°. Lightly grease an 11 x 7-inch baking dish. Melt butter in a medium saucepan. Add scallions and sauté for one minute. Stir in flour until smooth. Add milk and stir until thick and bubbly. Add salt, pepper, mustard and nutmeg. Stir in greens. Pour mixture over potatoes and mix well, but gently. Pour the potato mixture into baking dish. Cover with foil. Bake for 45 minutes. Uncover and bake for another 15-20 minutes, or until potatoes are tender.

Linguine with Arugula, Pine Nuts and Parmesan Cheese

Phoenix SW Valley CSA

We often recommend tossing arugula, mizuna and other tender and mild greens with pasta at the last minute, long enough to wilt it down but not lose its bright flavor and color.

1 pound linguine
1/2 cup olive oil
4 ounces arugula or mizuna, cleaned and trimmed
2 cloves garlic, minced
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile,

heat oil in heavy large skillet over medium heat. Add arugula and garlic and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately.

Citrus Vinaigrette

Rachel Yaseen, The Organic Kitchen

Use this vinaigrette for a tossed salad, or drizzle over cooked broccoli or greens for a lovely side dish.

1/3 cup grapefruit or tangerine juice (if using orange juice, use 1 tablespoon lemon or lime juice to add more acidity)
1/4 cup walnut, avocado or olive oil
2 tablespoons agave nectar
1 tablespoon chives, chopped
1/4 cup parsley, chopped
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.

Apple Coleslaw

Sara Jones, Tucson CSA

Apples are great additions to slaws, especially the firm and tart honey crisp apples we have been getting in our shares. Salad turnips or broccoli stems are perfect to make up the bulk of the slaw and you can add extra greens like arugula too! If you want to practice your knife skills, julienne the apples, turnips and broccoli stems, otherwise, it is fine grated.

Roots from one bunch turnips or stems from broccoli, peeled and grated
1 apple, peeled and grated
1 small clove garlic, minced
1 tablespoon capers, minced
2 tablespoons mayo
1 heaping teaspoon Dijon mustard
About 2 tablespoons orange or grapefruit juice, plus the zest from one orange
1 handful arugula or watercress, chopped into thin ribbons
1 tablespoon poppy seeds (optional)

Whisk together the garlic, capers, mayo, mustard and orange juice. Pour mixture over veggies and apples and toss to coat. Add arugula just before serving to prevent wilting.