



# Tucson Community Supported Agriculture

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## Winter 2019

*Harvest lists are online.*

### Back Page Recipes

- Roasted Broccoli and Cheese Dip
- Citrus Avocado Salad
- Quick Indian-Inspired Greens and Lentil Soup
- Balsamic Lemon Greens

*Find many more recipes on our website.*

### Managing Your CSA Account

Tucson CSA members have the ability to put their subscriptions on hold, add other shares to their accounts, and recharge them when needed. For help managing your account, check out the *Help* tab on our website, [TucsonCSA.org](http://TucsonCSA.org). If your question isn't answered there, we'd love to hear from you at [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org).

### 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!

## CSA Superheroes

*Written by Shelby Thompson*

Happy New Year! After two weeks away from the CSA, I feel especially ready to return to my weekly helping of delicious local produce. While I was happy to work my way through the stockpile of butternut squash, potatoes, and dried beans I'd stashed in my pantry, the lack of color on my plate was noticeable. It was a good reminder of how much I rely on farmers Frank, Clay, and Laurel for the plethora of beautiful, nutritious food I eat every week. As always, I'm grateful for them, and for you - Tucson CSA members who help make our delightful corner of the universe possible. Here are just a few of the ways you make a positive impact by being a CSA member:

1. Nourish yourselves and others: Since the time between when your produce is harvested and when it gets delivered to the CSA is so short, it retains nutrients and flavor - nourishing you and your loved ones with every bite.
2. Support local farms: The lump sum of money you pay for your CSA subscription gets passed on to our farmers, who in turn use it to buy seeds, build infrastructure, pay farm workers fair wages - and borrow less money from banks.
3. Support a local business: Tucson CSA is locally owned and operated and we keep our money local as much as we possibly can. When you spend \$100 at a locally owned business, \$43 of that money stays in the economy (as opposed to \$13 for every \$100 spent at a non-locally owned business).
4. Create a safer food system: The less steps there are between harvesting and eating our food, the less chances there are for something to go wrong along the way. In a nation where food recalls happen frequently, you're helping to create a local food system that provides the community with safe and healthy food.
5. Combat climate change: Instead of supporting industrial farms that contribute to climate change, you're buying produce from local farms that go above and beyond USDA Organic practices.

We truly believe that CSA members are helping to change the world one meal at a time. Here's to a year of good food, good friends, and good farmers!

## Back Pocket Resources

Whether you're a new CSA member (welcome!) or a seasoned veteran, it's great to have a few resources in your back pocket to help you get the most out of your CSA share. For a lovely read that will inspire you to cook with your heart, I highly recommend Tamar Adler's *An Everlasting Meal* - it instills confidence in even the most novice of cooks. [TucsonCSA.org](http://TucsonCSA.org) has almost 15 years' worth of simple, seasonally inspired recipes - it's a great place to go when you need ideas for how to prepare less-common produce like kohlrabi, or when you're in a cabbage rut. While you're there, check out *Sara's Winter Greens Guide* under the recipes section to get great ideas for how to prepare the many greens we get in our CSA shares during the colder months. Lastly, our CSA volunteers are a wealth of knowledge when it comes to anything related to local food and how to prepare it. They welcome your questions and feedback!

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## RECIPES

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### Roasted Broccoli & Cheese Dip (Veg, GF)

Philippe Waterinckx, Tucson CSA

1 head broccoli, broken into florets  
1/4 cup fresh goat cheese  
1/4 cup cream cheese  
1/4 cup feta  
1/4 cup grated Parmesan  
1/2 to 1 cup milk  
2 cloves garlic, finely minced  
Olive oil  
Salt and pepper to taste

Heat oven to 375. Rub some olive oil, salt and pepper on the broccoli and spread in single layer on a roasting dish. Cook about 15 minutes and then flip and raise temperature to 400 degrees, continue cooking until barely tender and beginning to brown and char a bit around the edges.

Cheese Dip: mix remaining ingredients and beat it with an egg beater or whisk until smooth. Add extra milk if necessary to obtain creamy semi-liquid consistency. If desired, heat in the microwave or put in an ovenproof dish and bake with broccoli.

### Citrus Avocado Salad (Vegan, GF)

Sara Jones, Tucson CSA

Roasted broccoli would be an excellent addition to this salad, along with a sprinkling of toasted nuts. Just follow the directions above for roasting your broccoli. You will need to segment your citrus for this recipe. To do that, take a sharp knife and peel away both skin and pith. To remove each fleshy segment, cut down in a v-shape along the membranes running along each side. toward the center of the grapefruit.

1 grapefruit or 2 smaller oranges, segmented, any juice reserved  
1 ripe (but not soft) avocado, diced  
1 heaping tablespoon green onions or chives, finely chopped  
1 teaspoon honey or agave nectar  
1 tablespoon olive oil  
Salt and pepper to taste

Toss citrus pieces, avocado and chives together in a medium bowl. In a small bowl whisk together reserved citrus juice, honey, oil and salt and pepper. Drizzle over salad and serve immediately.

### Quick Indian-Inspired Greens and Lentil Soup (Vegan, GF)

Kusuma Rao, Tucson CSA

Dill is excellent addition to lentils! If you are looking for a way to use up some of your dill, try adding a handful to this delicious dish.

3 cups of cooked lentils (split mung dal is my favorite)  
2 tablespoons oil  
1/2 teaspoon of cumin seeds  
1-2 dried red chilies  
1/2 teaspoon turmeric  
1 jalapeno (seeded if you are more heat sensitive)  
1 teaspoon minced garlic  
2 teaspoons minced/grated ginger  
3 cups of chopped greens (kale, turnip greens or collards all work great), cut into small pieces  
1 teaspoon coriander powder  
1/2 cup chopped dill or cilantro

In a 4-quart saucepan, warm the oil on low to medium heat and add dried red chilies and cumin seeds. When the oil starts to smell fragrant and the cumin seeds just begin to lightly toast (this should take about 2-3 minutes but watch your cumin, don't let it burn) add the turmeric and diced jalapeno. Sauté for 1-2 minutes and then add ginger and garlic. Add chopped greens. Raise the temperature to medium-high and sauté with 1/2 teaspoon of salt and coriander powder (about 3-4 minutes until they are nice and tender). Add the lentils and dill and simmer for another 5-10 minutes. Serve over basmati rice.

### Balsamic Lemon Greens (Vegan, GF)

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of some greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

1 bunch greens, cleaned and any thick stems removed  
2 teaspoons oil  
1 squeeze of lemon juice  
dash balsamic vinegar to taste  
dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.