



Tucson Community Supported Agriculture

Newsletter 722 ~ February 24, 2020 ~ Online at www.TucsonCSA.org

Winter 2019

Harvest lists are online.

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Find many more recipes on our website.

National CSA Day is this Friday!

National CSA Day is this Friday, February 28th!

We'll be celebrating with a good local meal made with food from our farmers.

If you love Tucson CSA, please celebrate National CSA Day by leaving us a Google or Facebook review and telling your friends about the magic of CSA. We're so grateful.

CSA's Sweet Sixteen

We're celebrating our sixteenth anniversary next week! Join us in the courtyard for music, snacks, and a fun art project when you come to pick up your share.

Farmer Frank will even be at the CSA on Tuesday to talk about the farm and answer your questions!

We Need Bags

Please bring us your clean grocery bags – plastic, paper, and cloth will all do. These bags go in the “I forgot my bag” chest, which members can take from when they need to.

The Joel Salatin of the West

If you've read *The Omnivore's Dilemma* or seen *Food Inc.*, you might remember Joel Salatin of Polyface Farm. The livestock farmer, who owns a 550-acre farm in Virginia's Shenandoah Valley, does things much differently than most of his counterparts. Through regenerative farming practices, Salatin cares for his land, animals, and the environment with intent and integrity. Virginians have Joel Salatin – but we have Josh Koehn.

Influenced by Salatin's method of raising animals in a way that is better for both them and the land, Josh began raising chickens on pasture when he was a teenager, eventually adding cattle, sheep, and pigs to his farm in Kansas Settlement, Arizona. Josh grows a variety of seasonal pasture – oats, rye, turnips, and clover, to name a few – for his animals and uses rotational grazing practices. Essentially this means that he moves the animals to different parts of the land every few days so that the pasture stays healthy and the animals have constant access to fresh crops. The animals' manure provides crucial nutrients to the soil, regenerating a new crop of pasture that can re-grow while they graze on a different part of the land.

We believe that it's important to source the highest-quality meat, which is why we've been working with Josh at **Chiricahua Pasture Raised Meats** for so many years. We keep a selection of pasture-raised chicken, beef, and pork in supply at the Tucson CSA, which is available in the CSA Shop during pickup hours. Additionally, we offer beef, pork, and lamb shares to our members a few times each year. More recently, we haven't been able to offer meat shares because Josh's longtime meat processor sold their business and Josh has had trouble finding a USDA-certified processor to harvest and butcher the animals. The problem, he says, stems from the fact that industrial livestock operations own the majority of processing plants and – as an increasing number of small, family-run butchers go out of business – don't allow small producers to access their facilities. As such, Josh has had to rely on the University of Arizona's meat processing facility, which is in high demand and boasts a long waitlist. Now that we've finally been able to arrange processing at the UA's facility, we're able to offer beef and pork shares again – all expertly butchered by Ben Forbes of **Forbes Meat Company**.

Ben Forbes came to butchery when he was 15, about the same age that Josh Koehn began pasture farming. After apprenticing with old-time butchers who “introduced [him] to the lost art of being a real butcher”, Forbes went on to hone his butchery skills in Los Angeles, Portland, Maine and, now, Tucson. Since reestablishing Forbes Meat Co. a few years ago, Ben Forbes has been committed to working with animals that are locally and humanely raised. Ben is truly talented in his craft and we're so excited to be working with such excellent professionals such as him and Josh.

Pork shares should be available in early March, followed by beef shares a few weeks later. To order meat shares, please place a \$20 deposit at the front desk during our regular pickup hours.

RECIPES

Cauliflower en Escabeche (pickled cauliflower)

Amy Valdes Schwemm, Tucson CSA

If you are finding the cauliflower a bit overwhelming, this week is a perfect time to freeze or pickle you share to enjoy later. You can use fresh chiles or dried chiles for these spicy cauliflower pickles. A sprinkling of chilepins would add just the right flavor!

Cauliflower
Chiles, fresh or dried, wiped clean
Vinegar, cider or distilled
Salt, non-iodized
Extras:
Carrot
Onion
Garlic
Mexican oregano

Cut slices of onion and garlic, break cauliflower into bite size florets. Chiles can be left whole with stems, or seeded and sliced. Mix vinegar and water in equal parts, making enough to easily cover veggies. Put solution in a non-reactive pot with 1 teaspoon salt for each cup of solution. Bring this brine to a boil and cook veggies for 1 to 3 minutes (more time for whole chiles, less for sliced). Do not let cauliflower get soft! Remove from heat and let cool. Put in jars, making sure the chiles stay submerged in brine, and refrigerate. They will keep up to a year.

Cabbage Slaw in Peanut Ginger Sauce

Sara Jones, Tucson CSA

Finely shred the cabbage for this salad. You can add any other veggies and herbs you think might be good. Serve with cold noodles and diced chicken or tofu for a light meal. Garnish with roasted peanuts and lime wedges if you like.

For about half a head of finely shredded cabbage you will need:

1/4 cup natural peanut butter
1-inch piece fresh ginger, grated
1/4 cup orange juice
1 tablespoon oil
1 tablespoon rice wine vinegar
1 tablespoon soy sauce
1-3 teaspoons sugar (optional)
1/2 ground cayenne pepper (optional)

Blend dressing ingredients in a food processor or blender, adding more juice if needed for desired consistency. Taste for seasoning and add additional soy sauce or sugar if desired. Toss with cabbage just before serving.

Stir Fried Shungiku with Mushrooms and Bacon

Philippe, Tucson CSA

If you don't have shungiku, you can use fresh spinach instead.

1 bunch shungiku, roughly chopped
16-oz fresh button mushrooms, quartered
2-3 bacon slices
Juice of 1 lemon
Freshly ground pepper
1 tablespoon soy sauce

Slice bacon strips in short segments and sauté on medium hot until they start to get crisp. Add the mushrooms and sauté until cooked, about 10 minutes. Add lemon juice and black pepper. Add the shungiku greens and toss until wilted. Add soy sauce to taste. Serve immediately.

“Sweetheart” Greens

Rita Silverberg, Tucson CSA member

When there is an abundance of greens it is easy to toss them into almost whatever you cook. But remember how delicious a simple side of greens can be. This is a quick sweet and tart dish for stronger tasting greens.

1 bunch greens such as turnip, rutabaga, turnip, mustard, collard, etc. (of course, you can use ANY greens)
1 small onion, chopped (about 1/4 cup)
Juice of one small sweet/tart citrus – with pulp
1-2 tablespoons sugar, agave nectar, honey, or brown rice syrup

Steam the greens to desired taste and texture, but not too long. Drain and chop greens, adding onion (uncooked), orange juice & pulp, and sweetener.