



Tucson Community Supported Agriculture

Newsletter 723 ~ March 2, 2020 ~ Online at www.TucsonCSA.org

Winter 2019

Harvest lists are online.

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Find many more recipes on our website.

Pasture-Raised Beef and Pork Shares

We're still taking orders for both pork and beef shares! The pasture-raised animals will be sourced from Josh Koehn of **Chiricahua Pasture Raised Meats** and butchered by Ben Forbes of **Forbes Meat Co.**

Pork shares will be ready in mid-March, followed by beef shares at the end of March. To order a pork and/or beef share, please put down a \$20 deposit with the volunteer in the CSA Shop.

We Need Bags, please!

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.

Sweet Sixteen – Happy Anniversary, Tucson CSA!

February marked the 16th (that's right, 16th!) anniversary of Tucson CSA. That's 16 whole years of strengthening our local food shed, eating tons of fresh produce, and sharing each and every moment with you, our members!

Tucson CSA got its start in 2004, when Philippe and a small group of University of Arizona grad students partnered with Farmer Frank from Crooked Sky Farms to start a small Community Supported Agriculture program. At that time, when farmers' markets were less established and urban farms were scarce, Tucson CSA provided much-needed community access to local and organically grown food. Throughout the years, Tucson CSA has evolved: our pickup location moved from a porch to the Historic Y; we partnered with other local producers to offer bread, cheese, meat, and more; and our community grew from 15 members to over 300. Regardless of the changes that have taken place, our community has continued to do what it set out to do 16 years ago: support local farmers through the good and the bad. We like to think that our food system (and our bellies) are better for it.

We're having a party in the courtyard to celebrate our 16th anniversary with you this week. Alongside Farmer Frank, who is visiting for the day, we'll enjoy live music from our musicians; meyer lemon cookies, dill-citrus spritzer, and cauliflower en escebeche; and contribute to a community mural that we'll put up at the CSA for everyone to enjoy. Most of all, we'll do what we always do: enjoy special time with wonderful people who love good food!

Cultivating Cabbage

Written by Farmer Frank

Cabbage was originally cultivated in Northern China around 4,000 BC. It didn't look anything like the round cabbage we are familiar with today ... the first cabbage was a thick, non-heading loose leaf cabbage. Many years later it was domesticated by the Celts of Central and Western Europe. In Ancient Rome cabbage was considered a luxury vegetable and, as such, had a higher stature than other common vegetables – it was said that the Greek philosopher Diogenes ate only cabbage and drank only water. As the cultivation and availability of it continued, cabbage was adopted by the lower classes as well.

Cabbage continues to be one of the most popular vegetables in the world, and ranks as the fourth most popular vegetable worldwide. The average Russian eats almost 50 pounds of this delicious vegetable every year! Sadly, the amount consumed by the average person in the U.S. per year can be measured in grams – 100 grams to be exact – and most of this is consumed in coleslaw.

Head to TucsonCSA.org for many delicious cabbage recipes!

RECIPES

Sweet and Spicy Brussel Sprouts (or Cabbage) - New! (GF)

Sara Jones, Tucson CSA

You can use both the tiny sprouts and the large, collard like greens from your Brussel sprout stalk in this recipe. Shredded cabbage is a good substitute, too. The baby sprouts are incredibly tender so you don't want to overcook them. The idea is to get a pretty good sear and caramelization on the sprouts without burning the edges or overcooking the center, so keep an eye on the heat and adjust accordingly. A hard sausage, like Spanish chorizo or dry salami makes an excellent addition to this recipe.

Sprouts and several leaves from one stalk Brussel sprouts, or about ½ head of cabbage, leaves shredded and sprouts cut in half
Scant tablespoon oil
2 cloves garlic, minced
¼ cup of salami or Spanish chorizo, chopped fine (optional)
1 tablespoon apple juice or water
1 tablespoon balsamic, sherry or rice wine vinegar
Drizzle of honey (about 2 teaspoons)
1 teaspoon red chile flakes
1 teaspoon paprika, sweet or smoked
2 teaspoons soy sauce

Heat a large skillet over high heat, add oil and sprouts and toss to coat. Lower heat a tad to medium high. Cook untouched for about 4 minutes. While sprouts are cooking, whisk together liquid ingredients with chile flakes and paprika. Once sprouts have a good sear on bottom, add garlic, and sausage if using and stir and shake to rotate. Continue cooking a few more minutes until the sprouts are a little more browned then add the liquid. Lower heat to medium and cook until liquid is mostly evaporated.

Spaghetti with Mustard Greens and Goat Cheese (Veg, GF)

Philippe, Tucson CSA (adapted from Vegetables from Amaranth to Zucchini, by Elizabeth Schneider)

1/2 pound spaghetti
1/2 pound mustard greens
4 ounces goat cheese
1 tablespoon olive oil

Wash the mustard greens leaves, fold them in half and cut away the stems. Stack the leaves, roll them tightly and slice in super-thin slivers. Boil spaghetti until "al dente" then stir in half the greens and remove from heat. Drain. Toss with olive oil and remaining greens and crumbled goat cheese.

Cauliflower Feta Dip - New! (Veg, GF)

Sara Jones, Tucson CSA

Still have an oversize cauliflower lingering in the fridge?! Use this recipe to turn it into a cheesy dip, sandwich spread or pasta sauce. You can also cover this dip in grated cheese and bake like an artichoke dip! If you need to find a way to use more of the greens from your share you can add blanched greens to the recipe if you like.

1 head cauliflower, cleaned and broken into medium florets
1 tablespoon oil
1 cup Greek yogurt or sour cream
1 cup crumbled feta
2 tablespoons good quality olive oil
2 tablespoons lemon juice
1 teaspoon ground cumin and/or red chile powder
¼ teaspoon onion powder
Salt and freshly ground pepper
Grated cheese for top, if baking

Rub cauliflower with oil and place on a baking sheet. Roast at 400 degrees for about 15 minutes, flip and continue to cook until both sides are caramelized another 10 minutes or so. Remove and let cool. Blend feta with olive oil, yogurt and juice until mostly smooth. Add cool cauliflower to cheese mix and season with lots of freshly ground pepper. Process until smooth. Season with salt if needed.

Italian Dandelion Greens (Veg, GF)

Sara Jones, Tucson CSA

The salty, spicy and tangy flavors here help balance the bitterness of dandelion greens. Remember you can also blanch your greens before using in recipes to reduce the bitterness even more.

½ yellow onion, chopped
½ can stewed tomatoes
3 cloves garlic
1 bunch dandelion or other greens, washed and roughly chopped
¼ cup chopped olives and/or capers
2+ tablespoons goat cheese
Red pepper flakes, to taste
1 tablespoon olive oil
Salt and pepper to taste
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and pepper and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or cooked wheat berries.