



Tucson Community Supported Agriculture

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Winter 2019

Harvest lists are online.

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Find many more recipes on our website.

Update on Meat Shares

We're still taking orders for both pork and beef shares! As of now, pork shares will be ready for pick up the week of March 23rd and beef shares will be ready shortly thereafter. **Pork shares** will include natural bacon, sausage, ground pork, chops, ribs, and a roast. **Beef shares** will include steaks, ground beef, a roast, and either ribs or stew meat. Our butcher Ben Forbes is working hard to cut, cure, and smoke the meat with care!

To order a meat share, please place a \$20 deposit with the front desk volunteer.

Please Donate Bags

Please bring us your clean grocery bags – plastic, paper, and cloth will all do. They will be reused by CSA members!

Nourishing People and Communities

Written by Theresa Smith

As I decluttered my kitchen, I came across a pile of old Tucson CSA newsletters. As I took a closer look at that treasure trove of recipes, news, cooking tips, articles, and old pictures, I couldn't help but remember my first few months as a CSA member back in late 2007 and early 2008. My husband and I were newly married and had just bought our first house. I had heard about the concept of CSA while pondering how to get more fresh produce into our diet, which leaned heavily on boxes, cans, pasta, meat, and a few frozen veggies. I decided that dedicating a part of our meager grocery budget to supporting local farmers would be a great way to expand our menu. Little did I know what I was getting into!

In 2007, you couldn't sign up as a CSA member at any given time – you had to sign up for an entire 13-week season and there were frequently waitlists. We were lucky enough to land a spot in the Winter 2007/2008 session, which started in December and ended in April. We couldn't wait! We showed up excitedly to our first pick up and started going down the produce line. There were a couple of veggies that I knew what to do with, followed by some citrus, and then... greens? My mom was from Texas so I had heard that greens were something that could be eaten, but I certainly had never eaten them myself and cooking them was a far cry from anything that I had ever done in the kitchen.

Thankfully, my trusty CSA newsletter had some ideas and the CSA volunteers were full of suggestions. I tried a few things, but I honestly struggled with the greens for a very long time. The cooking demos really helped and I slowly got better at washing and chopping as I started finding recipes we liked. I realized that the bok choy in my share could be used for the stir fry on the cooking show that I happened to catch on PBS. Many of the greens we got that year were common in Asian-inspired recipes, so I started looking for similar recipes and quickly realized that spring rolls were both fun to make and a great place to hide some more of those greens. I tried a recipe for sautéed greens with Josh's eggs from the newsletter and felt amazing all day when I started my day off with that instead of boxed breakfast cereal. Bit by bit the greens became less of a problem. This was partly because I was learning how to use them and partly because the season was shifting. I learned about other veggies, like radishes, that could be diced and fried up with their greens in plenty of butter or pork fat. I learned to love turnips and rutabaga in stews. And then, before I knew it, I went to pick up my share and the greens were gone! The weather had gotten warm and the greens had bolted, only to be replaced by beets and beans and sweet potatoes and so many more veggies that were still new to me, but that were a little less scary after all those greens.

And now? Now my knife skills are sharp and my recipe collection is large. I look forward to each of my old favorites as they come through in the year (and I miss the ones that don't make it because of weather or bugs). I am no longer a newlywed just learning how to cook, but instead a seasoned mom who has had the luxury of raising her kids on real food grown in a way that nourishes not just growing bodies, but also people and communities.

RECIPES

Cabbage Curry With Garam Masala and Coconut (Vegan, GF)

Kusuma Rao, [Ruchikala](#)

This is a simple curry that comes together very quickly. Make sure to have all of your ingredients prepped and ready to go.

2 tablespoons olive oil
2 teaspoons cumin seeds
Seeds from 3 cardamom pods
1 jalapeno, finely diced (optional)
4 cloves garlic
1 tablespoon of grated ginger
½ teaspoon turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
4 cups of shredded cabbage
½ cup coconut milk
½ teaspoons of garam masala

Add two tablespoons of oil to a large skillet on medium heat. Add the cumin seeds and fry for 1-2 minutes till the seeds become lightly aromatic. Add the jalapenos and fry for 1 minute. Bring the temperature to low heat and add ginger and garlic, sauté for another minute. Add turmeric, cumin and coriander. Fry for another 30 seconds. Add cabbage and a teaspoon of salt and sauté for about 5 minutes, stirring frequently, until softened. Add coconut milk and stir to combine. Finally add the garam masala Check for seasoning. Serve with Rice or quinoa.

Curtido - New! (Vegan, GF)

Sara Jones, Tucson CSA

This lightly pickled cabbage dish from Central America is a great accompaniment to tacos, tostadas and sandwiches and makes a great addition to a bean and grain bowl. Consider this a baby step toward fermenting sauerkraut or kimchi!

1 head cabbage, outer leaves removed, head thinly sliced
½ large onion, sliced
1 teaspoon dried oregano
1 hot pepper, thinly sliced
2 tablespoons coarse sea salt
½ cup white vinegar
2 ½ cups water

Place cabbage in a large bowl and sprinkle with a few pinches of the salt, massage together, squeezing and tossing well. Add onion, pepper and oregano and toss together. Let sit about 15 minutes, until cabbage is a bit limp. Meanwhile mix together vinegar, water and the remaining salt. Stir well to dissolve. Pack cabbage into quart jar (depending on the size of your cabbage you may need a quart and a pint or even 2 quarts). Pour brine over mixture then use a glass or ziplock bag of water to weigh down cabbage, so it remains submerged. Put on a tray to capture and spills, cover with a clean towel and let sit at room temperature for 3-5 days, until pleasantly sour. Transfer to fridge and eat within one month.

Carrot and Fennel Pasta (Veg)

Sara Jones, Tucson CSA

This is a fast and easy recipe, everything is ready by the time the pasta is done cooking. The vegetables, cut into long thin strips, cook quickly. Use a vegetable peeler to cut strips of carrot, and a very sharp knife to cut long strips of fennel and onion. Butter complements the taste of fennel, but you can use olive oil if you prefer.

4 small carrots, sliced into thin strips (or grated)
1 share fennel, sliced into thin strips (use leafy fennel fronds for garnish if desired)
3 green onions, sliced lengthwise into thin strips
3 cloves garlic, minced
2 + tablespoons butter
Salt and pepper to taste
Cooked pasta

While pasta is cooking, stir carrots, fennel, onion and garlic into melted butter, in a skillet over medium high heat. Stir often, sprinkling mixture with a little of the boiling pasta water or white wine if it appears too dry. When pasta is cooked through, drain and add to vegetable mixture with a splash of pasta water. Season with salt and pepper and another pat of butter, if desired, and toss to mix. Serve hot, sprinkled with fennel fronds as garnish.

Japanese Farmhouse Greens (Vegan)

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. The tahini provides an excellent foil to the mineral or pungent taste of greens. This is great served alongside squares of tofu and makes an excellent filling for sushi, too. Shungiku has a very unique, almost medicinal flavor profile and a bit of sugar helps to round out the taste. Use a dash of mirin to dilute the sauce or just add a pinch of sugar when mixing.

1 bunch shungiku or other greens
1 tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini, miso paste and a small splash of soy sauce adding a bit of water or mirin to make a smooth paste. Mix into chopped greens and season to taste with additional soy sauce if needed. Sprinkle with sesame seeds to serve.