



Tucson Community Supported Agriculture

Newsletter 729 ~ April 20, 2020 ~ Online at www.TucsonCSA.org

Spring 2019

Harvest lists are online.

Back Page Recipes

- Classic Coleslaw (NEW!)
- Chocolate Beet Cake
- Green Dumplings

Find many more recipes on our website.

COVID-19 Updates

Please see the “Covid-19 Update” on the side bar of our website and read your weekly pickup email for the latest details on how we’re adapting. We ask that you:

- Stay home if you or someone in your household is sick.
- Keep a distance of 6 feet between you and others.
- Try to only send one person to pick up your CSA share.
- Wash your hands frequently.
- Wear a mask if you can.

In Stock

We’ve been adjusting to the new demand for CSA Shop items like eggs, dry beans, potatoes, and onions and are finally figuring out what quantities to order so that we don’t run out of certain items by the end of the night. That being said, it’s a process and we greatly appreciate your patience. If we are out of the item you want, we will try to have it in stock for the next week!

CS-Aid: Feeding Our Community in Times of Need



Now more than ever, our community is in need of support. Thanks to generous donations from wonderful CSA members, the Food Conspiracy Co-op, and our farmers, we’re able to offer a limited number of half-price and free produce subscriptions to those who need them.

The CS-Aid Pilot Program will begin with **six half-price and four free** six-week produce subscriptions, available to current CSA members.

Anybody who is in need of food assistance is eligible to request CS-Aid. If you’re interested in participating in this program, please send an email to us at tucsoncsa@tucsoncsa.org and indicate whether you’re interested in a free or half-price produce subscription. Requests will be met on a first come, first serve basis. Once the first ten spots are filled, we will add people to a waitlist for the next 6-week cycle. While we hope to be able to continue and expand this program in the future, we cannot guarantee that all requests for CS-Aid will be fulfilled.

CS-Aid wouldn’t be possible without the extraordinary generosity of our members, farmers, and the larger Tucson community – *thank you!* If you would like to donate to this program so that we can continue to feed our community well into the future, there are several ways to do so: you can mail a check to Tucson CSA, make a donation when you come to pick up your share, or add a \$2 dollars/week “CS-Aid Donation” to your [subscription online](#) (this can be done between the day after your pick up until midnight on Friday). We’re humbled by the generous spirit of this community and look forward to sharing more wonderful local produce with people because of it.

All About Dry Beans

Native American and Spanish cooks in the old Southwest relied on large amounts of various dried beans, but there are fewer varieties of beans in the modern Southwestern diet. One of the most commonly used beans is the pinto bean. Its name means “painted” in Spanish, referring to the mottled brown-and-tan coloring of the raw bean. At Crooked Sky Farms, they harvest the dry beans in September. Freshly harvested pinto beans are not to be missed! Even though they will keep, we encourage you to use them now—their flavor will be simply outstanding. Crooked Sky Farms grows up to 9 different kind of dry beans, including Mayacoba Beans, Black Turtle Beans, Black Kidney Beans, and Tepary Beans.

The Tucson CSA Facebook Group, is a lovely way to connect with other Tucson CSA members while we shelter in place. [facebook.com/groups/tucsoncsacomunity](https://www.facebook.com/groups/tucsoncsacomunity)

RECIPES

Classic Coleslaw - New! (Veg, GF)

Sara Jones, Tucson CSA

This recipe for the classic BBQ side dish is a bit lighter and less sweet than most recipes. It is great to have on hand in the fridge as it can be combined with leftover proteins and cooked grains to make an easy lunch. By massaging the cabbage and letting it marinate in the vinegar and seasoning you achieve a better texture, with less mayonnaise.

½ large head or 2 baby heads cabbage, cleaned and finely sliced
1-2 teaspoons salt
1 teaspoon white sugar (optional)
¼ teaspoon onion powder
½ teaspoon black pepper
1 tablespoon apple cider or rice wine vinegar
1 tablespoon mayonnaise

Mix cabbage and salt together in a large bowl, massage cabbage to soften a bit and let sit for 20 minutes. Sprinkle with sugar, onion powder, pepper and vinegar. Stir well to mix and let sit in fridge for another 20 minutes. Add a tablespoon of mayonnaise and stir well to combine. Taste for salt and add more as needed. Eat within 5 days.

Chocolate Beet Cake (Vegan)

Paula Borchardt, Tucson CSA

Approximately 1 cup cooked, chopped beets
¼ cup water
Approximately 1 cup applesauce
1 teaspoon vanilla extract
1 teaspoon apple cider vinegar
1 ½ cups whole wheat flour
½ cup cocoa
1 cup sugar
2 teaspoons baking soda
¼ teaspoon salt
½ teaspoon cinnamon
1 cup chocolate chips

Puree the beets and water in a blender or food processor. Pour into a large measuring container and add enough applesauce to make two cups total. Mix in the vanilla extract and apple cider vinegar. In a separate bowl, mix all the other ingredients together; fold in the beet mixture and mix all thoroughly. Bake in a pre-greased 9×13" pan at 325° for 35 minutes.

Green Dumplings (Veg)

Sara Jones, Tucson CSA

If you have greens piling up in your fridge, this is a great way to deal with them. This recipe uses several bunches of greens. The prep for the recipe takes a little while, but will give you about 8-10 servings. You can freeze the dumplings to add to soups and stews in place of noodles. Or boil, drain and fry in butter and garnish with parmesan cheese for a side dish.

2-4 bunches of greens, washed, thick stems removed (you need about 2 ½ cups of blanched and finely chopped greens)
1 tablespoon butter
4 cloves garlic, minced
1 16-ounce container of ricotta cheese
⅓ cup grated Parmesan cheese
1 ½ cups flour, start with 1 cup flour and add more as needed to bind
2 eggs
2 teaspoons salt
½ teaspoon nutmeg and/or 2 tablespoons chopped dill, optional

Bring a large pot of water to a boil. Working in batches, drop large handfuls of greens in water and boil for 1-4 minutes, depending on the thickness of the leaves. Remove blanched greens from pot and place in a bowl of icy water. Squeeze water from greens and set bunch aside. Repeat until you have about 3 cups of greens. You want to remove as much water as you can from the greens so squeeze and twist hard. Lay blanched bunches of greens on a cutting board and chop finely, or pulse in a food processor. Squeeze chopped greens to further remove water. Sauté garlic in butter just to release fragrance. Combine all ingredients (starting with 1 cup flour). Mix well. Mixture will be sticky, but not too sticky to work with. Test dough by dropping a 1-inch ball into boiling water. The dumpling should hold together, though some greens may float off. If dumpling falls apart, add flour, a few tablespoons at a time until test dumpling holds together. Coat hands in flour and grab a tennis ball size chunk of dough. On a well-floured cutting board, roll dough into an approximately 6-inch log. Cut log in half lengthwise, then cut each half lengthwise again to make four small logs. Sprinkle with flour and roll each piece to smooth out edges. Line pieces up and use a large knife to cut into one inch dumplings. Toss dumplings onto a floured baking sheet and repeat with remaining dough.

To use: Add dumplings to hot soup or marinara sauce, stir gently and cover to steam for about 15 minutes. To serve as a side dish, cook dumplings in boiling water for about 5-6 minutes. Drain. Heat a few tablespoons of butter in a skillet over medium high, and add dumplings. Stir to coat with butter and cook until beginning to brown. Remove from skillet and sprinkle with parmesan cheese.

To freeze: lay dumplings on a baking sheet in a single layer and place in freezer until frozen through. Put in a freezer bag to store. Do not defrost dumplings! To use, add straight to boiling water and cook for about 8-10 minutes or stir into a soup or sauce and cook for 20 minutes.