



# Tucson Community Supported Agriculture

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## Spring 2019

Harvest lists are online.

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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.

### CS-Aid

Thanks to the generosity of our members and our farmers, we’re offering free and half-price produce subscriptions to those who need them.

To request a free or half-price share, please email us at [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org).

We’re happy to feed more people in our community during this time!

## The Value of Food Security

Written by Mary Kay Allen

I began a series of newsletter articles about the many positives of CSA membership a month or so ago; feels like years now. The concept of food security was not on my radar as a possible theme... because like many social ills, though aware of it, that particular pie hadn’t hit me in the face - yet.

I grew up on a small family farm, a “gentleman’s farm,” for my dad commuted an hour each way to his job as safety director of a large tire factory. But when he was at home, he was a farmer, growing garden produce to last us for the year, raising livestock, and generally just puttering about the place. I write a blog titled ***Raised On the Farm***, in which I contrast life then to the life I lead now. Part memoir, part recipe, but also part introspection; with both my parents gone, I have unanswered questions.

A quote from an early blog post:

*“Having known my parents for decades, I have to wonder why I never asked them about their decision to buy and move to the farm. ... It was the early fifties, and they were living the good life in a hip urban neighborhood when they flew the coop for life in the country. I suspect that my father’s memories of a farm childhood along with the birth of my older brother spurred the decision.”*

Not until recently did it occur to me that these fine folks had also survived two World Wars and the Great Depression. It might have been an extremely enticing prospect for them to produce their own food. Food security.

Suddenly, I understand that food security is not as assured as I once thought. On my first post-pandemic grocery trip, I had to laugh when the hard-working grocery clerk asked if I was finding everything I needed. The produce department options were quite limited, and let’s not even talk about toilet paper or cleaning supplies. When I giggled, he responded in kind, suddenly realizing what a funny question it was under the circumstances. I assured him that, in the big picture, I was finding everything I truly needed.

In the chaos in which we live today, I am extremely fortunate and grateful to purchase a weekly stake in a local farm. I don’t live on a farm anymore, but knowing that I can count on a weekly share of fresh, organic produce offers security that I didn’t know I needed. I am so appreciative of the tireless effort by our CSA staff to ensure that members get their produce and other healthy food products safely, without interruption. My CSA share has allowed me to cut my grocery trips to bi-weekly, increasing safe shopping space for others and limiting my need to leave my home.

So here’s to food security, CSA membership and CS-Aid, an opportunity to increase food security for others in this perilous time. And to the realization that, in the big picture, I truly have everything I need.

*Read more on Mary Kay’s wonderful blog, [www.raisedonthefarm.com](http://www.raisedonthefarm.com).*

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## RECIPES

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### Fried Squash Blossoms

Heidi DeCosmo, Tucson CSA

1 large egg  
½ cup ice water  
Pinch of sea salt  
½ cup all-purpose flour  
Vegetable oil for frying  
6 squash blossoms  
Sea salt, freshly ground black pepper, and fresh lemon juice

In a mixing bowl, lightly beat the egg and pour in the ice water; mix to combine. Add the salt and flour, and continue to mix until the batter is the consistency of heavy cream. While the batter is resting, carefully clean the fragile blossoms. Look inside each blossom to check for insects and remove any green leaves near the stem. Heat 2 inches of vegetable oil over medium-high heat to 375 degrees. Dip 2 blossoms at a time in the batter and coat them completely, letting the excess drip off. You may want to fry one flower first to test the oil. The blossom should be light-brown when fried and crisp. Fry the flowers in the hot oil for 2 minutes until crisp and golden brown.

### Fruity Beety

Maggie Newman, Tucson CSA from The New Laurel's Kitchen by Laurel Robertson

2 large or 3 medium beets  
3 oranges  
2 tablespoons grated coconut  
1 teaspoon honey  
juice of ½ lemon  
grated peel of ½ lemon  
2 tablespoons currants (I substituted raisins)  
1 teaspoon vinegar, if desired  
pinch salt

Wash beets and steam whole until tender; then peel. Grate on ripple-shaped grater or slice into long, thin sticks. Peel, seed and cut up oranges. Place half the oranges in blender with coconut, honey, lemon juice and peel, and blend 2 minutes. Mix all ingredients, balancing the sweetness with the additional vinegar if needed. Chill, letting the flavors blend for two hours or so.

### Wheat Berries with Beets and Walnuts

Sara Jones, Tucson CSA

Simple ingredients make a satisfying dish in this easy recipe. Pre-roast the beets and boil the wheat berries earlier in the week for a really quick meal. Add the beet greens if you like, or save them for another dish. Pasta works well in place of the wheat berries, if you prefer.

1 bunch beets, roasted, peeled and diced  
1 large handful parsley, finely chopped  
1 handful walnuts, roughly chopped  
1/2 bunch green onion, thinly sliced  
2 cups cooked wheat berries

1-2 tablespoons olive oil  
1-2 tablespoons balsamic vinegar  
Salt to taste

Mix together all ingredients, seasoning to taste. Let sit for at least 30 minutes to allow flavors to meld. Serve warm, or as a cold salad. Garnish with whole parsley leaves.

### Cilantro Dip

Nora McGinnis, Tucson CSA

This is a great way to use up a lot of cilantro at once and make use of cilantro stems. The stems actually contain much more flavor than the leaves and add a huge punch to recipes where their texture won't interfere. This recipe is very flexible and adjusts well to your taste.

2/3 cup toasted slivered almonds (whole and/or raw almonds also work just fine, as does almond meal or flour)  
1 garlic clove  
1 and 1/2 tablespoons chopped jalapeno (with or without seeds to your taste)  
1 packed cup cilantro, stems and all  
2-3 tablespoons lime juice  
3 tablespoons sour cream  
1/4 cup mayonnaise  
1 teaspoon salt

Toss everything in a food processor and pulse until smooth, scraping down sides as needed. Serve as a dip with crackers, tortilla chips, or veggies, or use as a spicy pesto on pasta. (If using whole almonds, it can speed up the process to pulse them first on their own until roughly chopped, and then add the other ingredients).

### Huevos Florentine

Paula Redinger, Tucson CSA

1 large flour (or corn) tortilla  
1 small bunch or half large bunch CSA greens  
2 eggs  
olive oil  
crushed garlic  
salt and pepper

Combine a tablespoon or so of olive oil with crushed garlic (as much as you like.) Wash and shred the greens. Wilt in a pan with a few drops of olive oil, salt and pepper. Cook a few minutes longer, covered. When done stir in garlic/olive oil mixture. When the greens are almost done, fry the eggs, sunny side up or over easy. Season with salt and pepper. Warm the tortilla. Place the tortilla on a plate, arrange greens on the tortilla and top with the eggs.