



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.

Fridge Repair Needed

Are you or someone you know skilled at refrigeration repair? We need your help fixing one of our CSA fridges! If you're able to help or have a recommendation, please reach out at tucsoncsa@tucsoncsa.org.

COVID-19 Updates

Although the stay-at-home order has been lifted, we will continue to operate under the rigorous safety protocols we put into place two months ago. We ask that you continue to:

- 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.

Thank you so much for helping us to stay healthy and serve our community!

The State of Small, Sustainable Meat Processing

Written by Shelby Thompson



Hens flock on the lush pasture at Josh Koehn's family farm. (Photo courtesy of Josh Koehn.)

You may have seen the industrial meat processing plants in the news recently. Staffed with thousands of people forced to work in tight spaces, they leave no dignity for the humans or animals that enter their doors. Corporate meat processors like Tyson, Cargill, and Smithfield may be able to produce seemingly unlimited cuts of beef, chicken, and pork, but their hunger for profit comes at a great cost to the health of people, animals, and the planet. Here at Tucson CSA, it's our mission to support small, sustainable farming – slow food, if you will.

Although it comes with its challenges, sustainable livestock farming is worth supporting.

We've worked with pasture farmer Josh Koehn to source eggs and meat for many years. Heavily influenced by the work of renowned pasture farmer Joe Salatin, Josh raises laying hens, chickens, turkeys, steers, hogs, and sheep on lush pasture near the Chiricahua Mountains. When Josh's longtime meat processor and butcher Bernie Guzman retired and sold his family business last year, Josh was left without a nearby USDA-certified facility – and he isn't alone. Across the country, there's a huge shortage of family-owned USDA-certified meat processing facilities. Since the 1990s, these small business owners have been unable to afford the cost of updating their facilities to comply with more stringent USDA industry standards. As a result, many family-owned meat processors have closed - leaving small producers like Josh without an alternative.

Since Guzman sold his shop, Josh has been taking his animals to be processed at the U of A Food Product and Safety Lab. Although the Lab is adequate, demand is high and it's difficult to get on their processing schedule. That, combined with higher demand for locally raised meat in the COVID-19 era, has left Josh in shorter supply than usual. Luckily, he has a plan: come August, the farm should have a fully equipped and inspected facility installed on-property. Josh plans to join forces with Bernie Guzman to butcher his own animals, negating the need for a third party.

We're currently working with both Josh and butcher Ben Forbes, of Forbes Meat Company, to source the meat offered in the CSA Shop. Ben is a longtime craft butcher who works exclusively with animals raised on small local farms or by 4-H kids. A proponent of small and sustainable agriculture himself, Ben works to source animals that have been raised with care and integrity. You can find a selection of chicken, beef, and pork in the CSA Shop every Tuesday and Wednesday from 4 – 7 p.m. We welcome any questions you have!

RECIPES

Minty Squash Pasta Salad (V)

Sara Jones, Tucson CSA

This is great hot or cold. Try using basil instead of mint and parsley for a nice change.

1 box penne or bowtie pasta
About 2 teaspoons olive oil
About 2 medium summer squash, cut into half-moons
2 cloves garlic, minced
1 handful mint, chopped finely
1 handful parsley, chopped finely
Zest of two limes
Juice from one lime
2 teaspoons walnut or hazelnut oil (optional)
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook stirring occasionally until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture herbs, lime zest and juice. Drizzle with nut oil and salt to taste.

Two Dressings for Cucumber Salad (Vegan, GF)

Sara Jones, Tucson CSA

Cold cucumber salad in the summer heat is the best! You can make a whole meal centered on the vegetable by tossing the cucumbers and dressing with cold, cooked noodles (soba or ramen noodles are perfect) and diced chicken or tofu. Add some freshly chopped herbs, sprinkle with toasted sesame seeds or peanuts and serve!

Sesame Miso Dressing

2 tablespoons miso
3 tablespoons rice wine vinegar
1 tablespoons soy sauce
1 tablespoons toasted sesame oil
freshly grated ginger, minced garlic and red chile flakes to taste

Mix all ingredients together, adding a little water, if necessary, to thin. Pour over a prepared salad.

Peanut Ginger Dressing

2 tablespoons peanut butter
1 inch piece fresh ginger, grated
¼ cup orange or apple juice or coconut milk
1 tablespoon rice wine vinegar
1 tablespoon soy sauce

Blend ingredients until smooth. Add a bit of water, if necessary, to thin. Taste for seasoning and add more soy sauce if needed.

Spicy Southern Greens (GF)

Serve these greens along with chile and cornbread for a delicious meal.

1 tablespoon olive oil
2 slices bacon
1 medium onion, chopped
2 cloves garlic, minced
1 teaspoon salt
1 teaspoon pepper
2 cups chicken broth
1 pinch red pepper flakes
1 bunch curly kale, cleaned, stems removed and cut into 2-inch pieces
Dash of red wine vinegar
Dash of hot sauce (if desired)

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add greens, and fry until they start to wilt. Pour in chicken broth, and season with salt, pepper, and red pepper flakes, vinegar and hot sauce. Reduce heat to low, cover, and simmer for 25 minutes, or until greens are very tender.

Squash Blossom Quesadillas (V)

Adapted from cooking-for-compliments.com

2 tablespoons of olive oil
1 cup minced red onions
2 green or Anaheim chiles, charred, peeled and seeded
1 clove garlic
6 squash blossoms, cut into strips
salt to taste
½ cup Monterey Jack cheese
6 small flour or corn tortillas

Heat the oil in a large skillet over medium heat and sauté the onion until softened. Cut the prepared chiles into strips and cook with the onion for 5 more minutes. Stir in the garlic and the blossoms. Continue to cook for another 5 minutes. Season with the salt and add the cheese. Turn off the heat and stir until the cheese is melted. Place a spoonful of the filling into each tortilla, and fold the tortillas in half over the filling. Heat a non-stick skillet over medium heat and cook each quesadilla, turning halfway through, until lightly browned on each side. Serve with sides of avocado or sour cream if desired.