



Tucson Community Supported Agriculture

Newsletter 736 ~ June 8, 2020 ~ Online at www.TucsonCSA.org

Spring 2019

Harvest lists are online.

Back Page Recipes

- Tomatillo Soup
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- Rice Pilaf with Amaranth Greens

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!

Food Justice is Racial Justice

Black Lives Matter. As an organization, Tucson CSA has not done enough to support our Black and Brown community. That changes now.

Food justice is racial justice. Tucson CSA stands in solidarity with our Black and Brown community and commits to doing our part to dismantle racial injustice in the food system.

Food and social justice activist Karen Washington taught us that we aren't working toward food justice if we aren't also working to undo pervasive social injustices relating to:

- Race, gender, and class
- Monopolies of power
- Displacement of people (gentrification, red-lining)
- Lack of good jobs
- Access to clean water
- Access to land
- Wage and health inequality

We hope to assemble a diverse advisory board comprised of people of color and others committed to actively working against racism. In the meantime, we commit ourselves to:

- Becoming more educated on racism and the role that it has in our food system.
- Listening and responding to the voices of our Black and Brown community.
- Donating to organizations that are actively working for racial justice, especially in our food system.
- Sharing resources from Black and Brown authors, farmers, and activists working in food.

Interested in helping us out with any or all of the above? Please let us know. We are here to listen, learn, and grow together.

Initial Resources for Learning About Racism in our Food System

1. *A Reading List For Learning About Anti-Black Racism and Food* by Emily Johnson and the Editors of *Epicurious, Epicurious*
2. *How Fostering Empathy for the People Who Feed Us Could Change Our Food System* by Simran Sethi, *Civil Eats*
3. *The Racist Sandwich* podcast by Stephanie Kuo, Juan Diego Ramirez, Soleil Ho, and Zahir Janmohamed

RECIPES

Tomatillo Soup

Sara, Tucson CSA

You can puree this soup and serve it hot or cold, or you could also add squash and cooked beans to make it more of a summertime minestrone.

3 medium potatoes, chopped
3 tomatillos, peeled and cleaned, chopped
½ onion, diced
3 cloves garlic
1 pinch dry oregano
1 teaspoon cumin
1 ½ quarts broth or water
Salt and pepper to taste
2-3 tablespoons cream, if desired

In a large soup pot, sauté potatoes, onions, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Garnish each bowl with the chopped bell pepper and serve hot or cold.

Southwestern Hash

Inez Whipple, Tucson CSA

Serve this hash alongside cooked pork or veggie sausage patties. It is also great smothered in melted cheese!

2 medium potatoes, scrubbed and cut into 1/2" cubes
1-2 tablespoon olive oil
½ medium onion, chopped
1 medium summer squash, cut into ½" cubes
1/2 teaspoon smoked paprika
1/8 teaspoon or less cayenne pepper
1/4 teaspoon ground sage
1 large handful greens, washed and chopped
1 large or 2 small tomatillos, peeled, cleaned and chopped
Ground pork sausage or veggie sausage links (optional)
salt and black pepper to taste

Heat the oil in a large non-stick frying pan over medium to medium high heat, add the potatoes and cover. Cook the potatoes until they are browning on the bottom then stir or flip to continue cooking. When potatoes have browned on a bit more, stir then top with onions, squash and spices, cover and continue cooking another 4 minutes or so. Stir together to allow squash and onions a change to brown as well. Cover and cook until the potatoes and squash are pretty much cooked through then stir and add the chopped tomatillos and greens. Cover and cook until the greens are wilted. Salt and pepper to taste. Stir the mixture until everything is thoroughly combined and serve.

Greek Lemon Potatoes

Paula Borchardt, Tucson CSA

8 small potatoes
¼ cup lemon juice
2 teaspoons lemon zest
1 tablespoon olive oil
1 ½ tablespoons oregano
3 cloves garlic, minced
2/3 cup crumbled feta cheese
1 cup hot water

Slice potatoes into ¼" thick pieces and combine in a mixing bowl with the lemon juice, lemon zest, olive oil, oregano, and garlic. Place all in a buttered 13x9x2 baking pan. Pour 1 cup hot water over all and bake uncovered at 450° for 30 minutes. Sprinkle the feta cheese on top and bake for an additional 15 minutes.

Rice Pilaf with Amaranth Greens

Philippe Waterinckx, Tucson CSA

1 bunch amaranth green, chopped
1 or more onions, chopped (this dish benefits from a lot of onions – you can add up to 3 cups of chopped onions if you have them).
1 garlic clove, minced
1 cup basmati rice, uncooked
2 cups vegetable or chicken stock
2 tablespoons olive oil
1 teaspoon ground pepper or chili flakes

Heat olive oil over medium heat in skillet. Add onions and garlic and sauté until soft. Add rice, black pepper and stock. Bring back to a boil, reduce heat to low, cover and simmer for 10 minutes. Turn off heat and let sit to steam, covered, for another 5 minutes. Meanwhile, chop off and discard any tough stems on the quelites (unless the stems are very tender, in which case you can leave them on). Roughly chop the quelites and fold them into the cooked rice. They will wilt instantly in the residual heat and steam. Let rest for another 5 minutes before serving. Stir together and season with salt to taste.