



# Tucson Community Supported Agriculture

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## Summer 2020

*Harvest lists are online.*

### **Back Page Recipes**

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- Crockpot Tomatillo Shredded Beef (NEW!)

*Find many more recipes on our website.*

### **No CSA Pickup Next Week**

We've been working nonstop to adapt to the new safety protocols and heightened demand for local food in the last four months. In an effort to reset and get some rest, we're closing the CSA for a week in August.

There will be no CSA pickup on August 4<sup>th</sup> and 5<sup>th</sup>. There's no need to put your subscription on hold. The schedule will be paused and you will not be charged that week. Pickups will resume the week of August 10<sup>th</sup>. Thank you for understanding!

### **Check Out Our YouTube Channel**

We miss gathering with you in the courtyard for recipes demos! Search "Tucson CSA" on YouTube to find our recorded recipe demos for your at-home enjoyment.

## **To Our Community,**

To say that the last four months is a blur would be an understatement. Most people in the world have had to adapt, to work even harder to survive, since March – and we at Tucson CSA are no different. With little guidance from the CDC, the national government, and our state and local officials, we had to scramble to adapt our operations in an effort to keep our members and volunteers healthy, to continue supporting our farms, and to accommodate to the sudden increase in demand for locally grown produce.

Yet despite the anxiety, fear, and additional work that the pandemic brought with it, we feel immensely grateful. We are healthy, our farmers are healthy, and we're experiencing a renewed interest in local agriculture as more people than ever have been awakened to the faults of our global industrial food system. With your help, we started our CS-Aid program, which enables us to provide free and half-price produce subscriptions to folks who need them. We started consistently donating extra produce to Tucson Food Share, a grassroots mutual aid network that provides free groceries to any person that needs them. Once again we were reminded of the power and kindness in our community, and it brought us solace on the darkest days.

Thank you for everything you do to support us, your farmers, and the Tucson community. We couldn't do what we do, without you.

## **Food Justice is Racial Justice, Continued**

In our effort to help dismantle racism in the food system, we have been listening, learning (did you know that less than 2% of farmers in the U.S. are Black?), donating, and creating tools to help us all move forward together.

We're in the process of stocking our brand-new food literature library, which will highlight the voices of Black, Indigenous and People of Color (BIPOC) authors. These publications will be available to CSA members to borrow so that we can all learn (and cook!) together. This week we received the first cookbook for our lending library: *Jubilee*, by Toni Tipton-Martin, celebrates two centuries of African American cooking. We've also ordered *Recipes for Respect* by Rafia Zafar, *Freedom Farmers: Agricultural Resistance and the Black Freedom Movement* by Monica M. White, and *Living Lively* by Haile Thomas. Please let us know if you have recommendations for books to add to the lending library!

We're also starting a food justice book club, which we hope to launch in September. Stay tuned for more information after the break.

Education isn't a stopping point, but we believe it is necessary to move forward with this work. In order to truly dismantle racism in our food system and elsewhere, we must first learn the history, culture, and demands of BIPOC folks. We hope you'll join us!

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## RECIPES

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### **Dal Nopal (Vegan, GF)**

Kusum Rao, [Ruchikala](#)

Moong dal is preferred here but you can use any kind of lentils available.

1 cup cooked dal  
1 tablespoon cooking oil (canola, sunflower or coconut)  
1 teaspoon cumin seeds  
¼ teaspoon asafoetida  
2 strands of curry leaves (if available)  
¾ teaspoon turmeric  
1-inch piece of ginger (minced)  
3 cloves of garlic (minced)  
1-3 Thai chiles (minced) to taste  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
1 large nopal pad, scraped clean or singed over open flame to remove tiny spines, edges trimmed, cut into bite size pieces  
1 lemon (juiced and zested)  
1/3 of bunch of cilantro, stems and leaves (cut into ribbons of coarsely chopped)

Make sure you have all your ingredients prepped and ready to go. Bring a 4-quart saucepan to medium high heat. Add oil and cumin seeds, watch the seeds closely and let them turn a slightly warmer shade of brown being careful not to not let them burn. Add curry leaves, asafoetida, and turmeric. Add chiles, ginger sauté for a couple minutes, then add ground spices, sauté for another minute, stirring continuously. Then add chopped cactus pads. Sauté for about 2-3 minutes with a teaspoon of salt. Add about ¾ cup water and cooked dal. Stir and cook another 5-10 minutes, until cactus pieces turn a dull green. Add another teaspoon of salt (or adjust seasoning to taste). Stir in lemon juice and zest. Serve as an accompaniment with rice.

### **Summer Pasta with Goat Cheese (Veg)**

Shelby Thompson, Tucson CSA

¾lb whole wheat spaghetti  
1 tablespoon butter  
1 tablespoon olive oil  
1/2 large yellow onion, thinly sliced 3 gloves garlic, smashed  
1 teaspoon red chile flakes  
3 cups summer squash, thinly sliced 1 large heirloom tomato, diced  
1 teaspoon capers, minced  
4oz goat cheese  
Sea salt, to taste

Heat olive oil and butter in a large skillet over medium-low heat. Add chile flakes, onions and garlic and cook for 7 minutes, until tender. Add summer squash to the skillet and cook for 5 minutes. Salt the veggies with a few pinches of sea salt. Add the diced tomato (with its juices) and capers and simmer everything for 10- 15 minutes over low heat while pasta is cooking. Add spaghetti to the skillet with goat cheese and 1/2 cup pasta water and toss to evenly coat pasta. Serve immediately.

### **Coconut Basil Pesto (Vegan, GF)**

Rachel Yaseen, Tucson CSA

1 cup organic basil leaves (chopped)  
2 tablespoons organic olive oil (to taste)  
2 tablespoons dried organic coconut (available in the bulk section at the co-op or Whole Foods)  
5 walnut halves  
2 cloves garlic  
1/4-1/2 teaspoon salt

Place all the ingredients in a blender and pulse until it is a desired consistency (you can puree entirely or leave it a little chunky). (Also, if you find that you pureed too much, just add some finely chopped basil).

### **Crockpot Tomatillo Shredded Beef - New! (GF)**

Sara Jones, Tucson CSA

You can use tomatillos in place of tomatoes in many recipes for an unexpected twist. This simple crockpot recipe can be adapted to what you have on hand and would work just as well in an Instant pot if you prefer. If you have a few weeks' worth of tomatillos in the fridge you could double the ingredients for the tomatillo sauce and reserve some for serving over the cooked meat.

1 small chuck or round roast, about 2-3 pounds  
2 tablespoon oil  
1 tablespoon tomato paste  
1 can beer (anything besides IPA would be good)  
1 share tomatillos, husked and cleaned  
2-3 small onions  
5 cloves garlic  
1 tablespoon mild red chile powder  
2 teaspoons dried oregano  
1 teaspoon cumin  
1 ½ teaspoons salt

Puree tomatillos, onions and garlic and spices until well blended but a little chunky. Heat oil in a large skillet over medium high and add roast. Cook about 5 minutes until a nice sear has formed on the bottom. Flip roast and add tomato paste to one side of pan. Stir tomato paste until beginning to darken then add the tomatillo sauce and stir together. Once sauce is fragrant and beef is browned on second side remove from heat and scrape the contents into a crockpot. Pour beer over the top of roast and add a good sprinkling of salt. Cover and set on high for about 4 hours or low for 7 hours, until beef is tender and falling apart. Remove meat from pot and set aside to cool. Once cool enough to handle, pull apart into shreds. Stir meat back into sauce and season to taste with more salt, if needed. Serve in tortillas or sandwiches or over rice.