



## WHAT'S HAPPENING AT TUCSON CSA 2021 AND BEYOND

by Shelby Thompson

Happy New Year to you, the wonderful friends and community members who feed our souls. Last year you reinforced our belief that a strong community can support each other during the most difficult of times. Simply by being Tucson CSA members you are resisting a destructive industrial food system, supporting the small farmers and producers around you, and fostering togetherness in a time when it is almost impossible to be together. No matter what 2021 brings, we will take it on knowing that we are stronger together and that we can make a difference every day by supporting those around us.

In 2021, Tucson CSA will continue to work towards food justice in the larger Tucson community. We're thrilled to have assembled an advisory board of CSA members who are committed to supporting our existing community and actively dismantling racial injustice in the food system. At the end of last year, we were awarded a grant from the Community Food Bank of Southern Arizona in partnership with Pivot Produce and Imago Dei Middle School, which will enable us to provide weekly produce shares and food education to 30 of the school's low-income families. We're also in the process of formalizing the CS-Aid application and distribution process in hopes that it will make our weekly produce subscriptions accessible to more people. Our food justice goals will only grow as we continue to learn from the community and our Food Justice Book Club, which begins this week!

We will also continue to support you, our beloved community, with more resources and opportunities. Our new newsletter, designed by Harrison Kressler, was created directly in response to your invaluable feedback. It will be published on a bi-weekly basis and include Tucson CSA updates, farm reports, produce and volunteer profiles, and (of course) recipes! (Tip: Cut out the double-sided recipe card on the bottom and start your own CSA recipe box!) Speaking of recipes, we'll be posting more how-to videos on our YouTube channel and hope to have virtual cooking meetups in the near future. For now, our food literature lending library is up running! If you would like us to create a library account for you so that you can check out books, please send us an email at [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org).



### SAVE THE DATE

**JANUARY 9**

*Food Justice Book  
Club Meeting*

**JANUARY 15**

*Unprocessed Challenge  
Begins!*

**JANUARY 28**

*Virtual Cooking Demo  
(Tentative)*



## ASAPHATIDA, TURMERIC, AND MORE THE SPICE PANTRY

by Shelby Thompson

Tucson CSA advisory board member Zeba Basu and her daughter Ela have been making wonderful cooking videos that demonstrate how to make authentic dishes from Zeba's home country of India. To go hand-in-hand with the cooking videos (which you can find on our YouTube channel), Zeba is stocking a spice pantry at Tucson CSA to make her recipes even more accessible.

Have you ever wanted to try cooking an authentic Indian recipe but didn't know where to find the spices? Or, perhaps you hesitated to buy a whole container of a spice you might never use again. The spice pantry will allow you to take home small amounts of the spices called for in Zeba's recipes so that you can easily make them at home. The spices available include asaphatida, cumin powder, turmeric powder, panch poran, mustard seeds, cumin seeds, nigella seeds, and curry leaves. If you're interested in taking some home, please see the CSA Shop volunteer inside of the courtyard so that they can retrieve them for you. There is no cost to take home spices, but feel free to leave a small donation to help Zeba replenish the stash in the future!

### CSA SEASONAL RECIPES

## EASY MINESTRONE SOUP

by Sara Jones, Tucson CSA



- 2 tablespoons olive oil
- 1 sweet yellow onion, diced
- 2 cloves elephant garlic, minced
- 1 tablespoon tomato paste
- 2 turnips, peeled and diced
- 2 handfuls broccoli or cauliflower, chopped
- 1-2 bunches greens (beet, turnip or radish greens are all good), cleaned and chopped
- 1 sweet potato, diced
- 1 can diced tomatoes
- 1 can kidney beans, drained
- About 2/3 cup elbow macaroni or other small pasta shape
- 1 teaspoon oregano
- 1 teaspoon thyme
- Salt and pepper, to taste

In a large saucepan, sauté onion in oil over medium high heat until it begins to brown. Push onion to one side and add tomato paste to the pan. Cook, stirring continuously, until the paste has darkened a shade or two. Add garlic, herbs, canned tomatoes, and about 1 quart of water. Stir in remaining veggies, except greens. Bring to a simmer and cook for about 10 minutes, then stir in greens and beans. Increase the heat and bring the soup to a low boil. Add pasta and stir frequently until pasta is al dente. Remove the pot from the heat and season to taste with salt and pepper. Add a drizzle of balsamic vinegar, if desired.

**Sara's serving suggestion:** Garnish with shredded Parmesan and croutons.

*Find more recipes on the back*



AT HOME WITH YOUR CSA PRODUCE

## HOW TO PROPERLY CLEAN & STORE ROOT VEGETABLES

by Shelby Thompson

Winter and spring are abundant with freshly harvested root vegetables like radishes, turnips, beets, and carrots. Here at Tucson CSA, we consider them bonus veggies because they often come with edible greens attached! When cleaned and stored properly, root vegetables can last for months. Roots that do not need to be stored in the refrigerator include potatoes, sweet potatoes, garlic, and onions – these should be stored in a cool, dark place such as a pantry or kitchen cabinet. Onions and garlic should not be washed (simply removing their skins will ensure that no dirt makes it into your meal), while potatoes and sweet potatoes should be thoroughly dried before being placed in storage to avoid spoilage.

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Root vegetables such as beets, rutabagas, turnips, radishes, and carrots should be stored in the refrigerator. Before storing them, remove their greens by snipping the base of the stems. Clean, dry, and store the roots and greens separately by submerging them in a large basin of water. Use a clean scrub brush or your fingers to remove the dirt from the roots. Keep in mind that the roots keep for much longer than their greens, which will start to yellow in about a week's time.



### WE'RE READING

*"Phoenix Didn't Just Feed the Hungry. It Saved Farms and Restaurants"*  
(Chris Malloy for Citylab)



### WE'RE LISTENING TO

*Pop-ups, Dudebros, and Indian-Mexican Fusion*  
(with Kusuma Rao)  
(Racist Sandwich Podcast)



### WE'RE WATCHING

*The Invisible Vegan*



### ON SOCIAL

*Check out the recipes, tips, and tricks in our Highlights on Instagram!*  
[@tucsoncsa](#)



## BACK AT THE FARM

by Shelby Thompson

In December Sara, Daniela, and I took the winding road to Cascabel to visit farmers Clay and Laurel at **Sleeping Frog Farms**. Sleeping Frog Farms grows about half of the items that we get in our Wednesday produce shares, and the raw honey that we sell in the CSA Shop comes from the hives on their farm.

We were greeted by Heady, the farm's new four-month-old

Great Pyrenees puppy, who is learning how to protect both the vegetable crops and animals from the surrounding wildlife. The crops have been ravaged by javelinas several times in the last few months, making Heady's arrival to the farm especially timely and important. After marvelling at her responsibilities, we surveyed the production fields, which were teeming with green and purple lettuces, kale, radishes, and collard greens. Clay and Laurel feel hopeful that the new year will bring an abundance of greens and root vegetables, as well as local citrus from the Aravaipa orchard they help to manage.

Before the trip was over, we stopped to see the passel of hogs that farmer Felicia raises at Sleeping Frog Farms. They were happy as could be, rooting in the mud and snorting nonstop as they did so.

While there are only a few farm animals at Sleeping Frog Farms, they play an integral role in managing the weeds and fertilizing the soil.

On our way home we stopped at **Fiore di Capra** for a wonderful visit with farmer and cheesemaker Alethea Swift, who introduced us to her goats and sheep before showing us around the creamery. Alethea raises LaMancha goats, distinguished by their good nature and tiny ears, which she considers her beloved pets. They follow her around adoringly! The impending kidding season, when the pregnant females give birth, will reduce the amount of milk available for cheese making, as Alethea doesn't separate the does from their babies. However, CSA members with goat cheese subscriptions can expect to get goat cheese in their share throughout the kidding season without pause.

## BRILLIANT BEET DIP

by Lori Adkison, Tucson CSA

- 1 share beets, greens removed
- 2 tablespoons olive oil
- 1/4 sour cream or tofutti (vegan sour cream)
- 2 tablespoons red wine vinegar
- 1 clove of elephant garlic, minced
- Salt and pepper, to taste
- Chives, for topping

Preheat the oven to 400 degrees. Wrap beets in aluminum foil or place in a casserole dish with a lid. Bake until tender, approximately 1 hour. Set aside until cool enough to handle, then slip the skins off of the beets and chop them into large pieces. In a food processor, pulse beets, olive oil, tofutti, vinegar, garlic, salt and pepper. Mix until mostly smooth. Transfer to a serving bowl and sprinkle with chives. Serve with pita chips or as a spread on toasted bread.

## SWEET POTATO AND QUINOA SALAD

by Rachel Yaseen, Rachel Yaseen Worldwide

- 1 cup quinoa (uncooked)
- 1 large sweet potato, peeled & cut into small chunks
- 1 apple, cut into small chunks
- 1/2 cup pecans or walnuts
- 1/2 cup dried cranberries
- 1/2 cup each cilantro and parsley, finely chopped
- 1/2 teaspoon salt
- 1/2 cup coconut (optional)
- 1/4 teaspoon cinnamon
- 1/2 cup lime juice
- 3-4 tablespoons, agave, to taste

On a baking sheet, roast the sweet potatoes at 350 degrees for 45 minutes. In a covered saucepan, cook quinoa in 1 1/2 cups water on low until water completely evaporates (approximately 15 minutes)—do not stir while cooking. When quinoa and sweet potato are cooked, mix them together and then add the apples, pecans, cranberries, cilantro/parsley, salt, coconut, and cinnamon. Meanwhile, for the vinaigrette, put lime juice and agave nectar in a jar with a tight lid. Shake well to mix. Pour desired amount over quinoa. Toss and add more liquid or salt to taste.