



# Tucson Community Supported Agriculture

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## Spring 2014

Harvest list is online

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Many more recipes on our website

### Josh's grass-fed beef: taking deposits for shares now

As we do every 3 months or so, we buy a whole beef from Josh, have it cut to our own specifications and make it into about 40 to 45 shares, depending on the size of the animal. A typical share weighs 8-9 lbs and includes 2 steaks, 1 roast, 2 lbs ground beef and a miscellaneous cut (e.g. BBQ ribs, short ribs, stew meat, soup bones). The average price per pound is \$7.00, but varies with the cut content of each share.

A \$20 deposit is required at the time of ordering at our front desk. The balance is due upon pickup. The beef shares are expected to be available for pickup at the end of May

We take deposits for up to 40 shares, which is the number of shares we can be confident of making from one animal. Depending on the size of the animal, we can sometimes make several more shares. But we don't know that until it arrives. So, after we pre-sell 40 shares, we still take waitlisted orders for a few more shares, with no deposit and with no guarantee of a share.

Josh's cattle are entirely raised on irrigated pasture. They are never fed additives such as growth stimulants, antibiotics or grains. Calves are raised by their mothers on a ranch near Josh's farm until weaning at six months of age. Cows and their calves are often on grassy range where they are free to roam and enjoy ample shade, fresh water and protection from predators.



## GOAT CHEESE SHARES START THIS WEEK



Pickups for Black Mesa Ranch shares of fresh goat cheese logs start this week and will continue every other week until the end of the year. **If you are subscribed to a cheese share, remember to pick yours up at the front desk this week.** Note: if you forget to pick up your cheese share, we freeze it and keep it for a month so that you can pick it up later. Freezing does not affect the logs' flavor. Some claim it even makes them creamier.

When you pick up your cheese share, you can trade it for another flavor if any are available in our display fridge. We usually have a small selection of extra cheese logs. These are available for trades or for walk-in purchases.

You can add (or remove) cheese shares from your subscription only during the "change window" which starts the day after your pickup day and ends at midnight Friday. Note: you don't pay additional money at that time; the cost of your extra share just gets deducted from your available CSA balance at each pickup.

We have 3 types of goat cheese shares: 1) plain only, 2) rotation of plain and herb, and 3) rotation of all 4 flavors - plain, herb, chipotle and jalapeño.

On most weeks, we also have Black Mesa Ranch's feta. It's really good! Feta is not available as shares, but you can trade your cheese share for one and pay the difference.

## GLENDALE GOLD ONIONS

There is something very special about those little guys: they are Crooked Sky Farms' very own onion variety. It is an heirloom variety of sweet onions native to the Phoenix Basin. The seeds of those onions used to be distributed by a well-known seed company. In 2008, the seed company decided to discontinue the variety. When a seed company discontinues a seed it holds the rights to, it is quite a significant event in the world of heirloom seeds because that variety may become extinct.



When Farmer Frank heard of this, he approached the seed company and purchased the rights to trademark and distribute that onion's seeds. He subsequently renamed it Glendale Gold Little Sweetie Onion, and has since been growing those onions on his farm. They are amazingly good!

Heirloom varieties are unfortunately becoming increasingly rare as seed distributors move to newer hybrids. Large seed companies prefer hybrids prevent growers from reproducing the plants themselves by collecting the seeds. Instead, these seeds must be purchased anew from the seed company every season.

Protecting heirlooms from extinction preserves the genetic diversity of our crops. Scientists point out that genetic diversity may be especially important as climate change occurs – some varieties may show greater ability to adapt and thus reduce the risk of crop failures.

Thanks to grass-roots seed-saving organizations, non-profit seed-saving organizations such as Native Seeds/SEARCH, heirloom seed companies, and individuals such as Farmer Frank, the genetic material of some heirloom varieties is being preserved.

**Cold Borscht**

Liz Kennedy, Tucson CSA

2 quarts of water  
8 large beets  
1/4 cup sugar  
1 big onion  
1 tablespoon salt (or less if you don't like a lot of salt, my father did but I don't)  
Juice of 4 lemons, or less depending on their size  
Sour cream or light sour cream

Bring water to boil. Add remaining ingredients except for the sour cream. Simmer for 1 hour or until beets are very tender. Discard the onion. Peel beets and put them into a blender or food processor. Pour the cooking liquid in and blend (I find I need to do it in several batches). My Dad would mix two teaspoons of sour cream during the blending process. But I don't. I prefer to add a tablespoon of sour cream in each bowl when I serve it. Each diner can mix in his/her sour cream. In any case, serve cold for lunch or as a first course for dinner. You won't believe how it will cool you down.

**Quick Indian Inspired Greens and Lentil Soup**

Kumi Rao, Tucson CSA

This is a nice way to use kale or beet greens (providing the beet greens haven't suffered too much from the recent hot weather and look a bit poorly).

3 cups of cooked lentils (split mung dal is my favorite)  
2 tablespoons oil  
1/2 teaspoon of cumin seeds  
1-2 dried red chilies  
1/2 teaspoon turmeric  
1 jalapeno (seeded if you are more heat sensitive)  
1 teaspoon minced garlic  
2 teaspoons minced/grated ginger  
3 cups of chopped greens, cut into small pieces  
1 teaspoon coriander powder

In a 4-quart saucepan, warm the oil on low to medium heat and add dried red chilies and cumin seeds. When the oil starts to smell fragrant and the cumin seeds just begin to lightly toast (this should take about 2-3 minutes but watch your cumin, don't let it burn) add the turmeric and diced jalapeno. Sauté for 1-2 minutes and then add ginger and garlic. Add chopped greens. Raise the temperature to medium-high and sauté with 1/2 teaspoon of salt and coriander powder (about 3-4 minutes until they are nice and tender). Add the lentils and simmer for another 5-10 minutes. Serve over basmati rice and top with fresh cilantro.

**Carrot Salad (or Dip)**

Sara Jones, Tucson CSA

One of our Tuesday volunteers, Dana, found some really interesting ways to use our abundance of carrots. This is one of the recipes she found and tweaked to fit our CSA produce. Serve this dish as a salad, or purée it to serve as a dip. Use half parsnips in this dish if you like (and if you still have any).

5-6 large carrots  
1/4 cup fresh grapefruit juice  
2 garlic clove, minced  
2 teaspoons cumin  
Cayenne pepper, to taste  
Salt, to taste  
1/4 cup olive oil  
Large handful of parsley, chopped

Slice carrots into coins and cook in simmering water for about 3-5 minutes, until tender. Drain. Whisk together citrus juice with garlic, a pinch of salt and spices. While whisking, slowly drizzle in olive oil, to emulsify. Add parsley and pour over carrots, stirring well to coat. Taste and add more salt if desired. Serve garnished with parsley sprig.

**Caramelized Onions**

Sara Jones, Tucson CSA

Caramelizing onions makes them incredibly sweet and delicious. The super sweet Glendale Gold onions are perfect for this recipe. Use the onions to top burgers, casseroles or pasta.

About 3 cups thinly sliced onions  
2 tablespoons oil  
1 teaspoon salt  
Sprigs of fresh thyme or rosemary, optional

Heat oil over medium heat and add onions, stirring well to coat. Once onions begin to brown reduce heat to medium low, add herbs and cook, stirring often, until onions are nicely browned. Add salt and a splash of balsamic vinegar if desired. Remove herb sprigs and cool onions before storing in refrigerator.

**Citrus Vinaigrette**

Rachel Yaseen, The Organic Kitchen

Use this vinaigrette for any salad, or you can use leftovers to drizzle over roasted veggies, too.

1/4 cup orange juice (or half orange, half grapefruit)  
1/8 cup each, juice of 1 lemon and lime  
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil  
2 tablespoon agave nectar  
1 tablespoon chives, chopped  
1/4 cup parsley, chopped  
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.