



Tucson Community Supported Agriculture

Newsletter 551 ~ August 15, 2016 ~ Online at www.TucsonCSA.org

Summer 2016

Harvest list is online

Spicy Green Beans
Quick Okra Jambalaya
Roasted Carrots and Beets
with Kale and Feta

**Many more recipes and ideas
on our website and on our
page on Facebook**

Josh's Pork Shares

In addition to eggs, pasture-raised chickens and grass-fed beef, Josh also raises his own pasture-raised pigs.

For the second time, we are making Josh's pork available. We bought 2 hogs from Josh and put together 25 shares of assorted cuts.

Josh's pork is more expensive than Guzman's pork because, well, you know Josh: he doesn't cut corners when it comes to raising his animals. This is prime quality pork.

A pork share typically weighs about 10 lbs and includes 2 packs of ground pork (~ 2 lbs), 2 packs of Italian sausage (~ 2 lbs), 2 chops (~ 1.5 lbs), 1 roast (loin, shoulder, or pork belly, 2-3 lbs), and a miscellaneous cut (spare ribs, baby back ribs or neck bones (~ 1.5 lbs). Prices are between \$55 and \$75 per share, depending on the weight and type of cuts.

The pork shares are already available, so you can buy one right away, or pay a deposit to reserve one and pick it up later.

Barrio Bread Shares Waitlisted Again, But Not For Long

As many of our members are returning to the fold after a torrid Old Pueblo summer, our Barrio Bread share numbers are going up again and, sadly, the bread shares waitlist has kicked into effect again, starting this week. We know that this causes a bit of a problem for members who temporarily drop their bread subscription, because they can get waitlisted when they re-add their bread share. However, the good news is that, if things are anything like they were last year, the waitlist may never be very long. Also, we usually have extra Barrio Bread for sale, fresh or frozen.

Another piece of good news is that Barrio Bread will open a bakery and retail store at Broadway Village (Country Club and Broadway) in November. Don's increased baking capacity will eliminate our waitlist.

Trading Table and Surplus Bench: A Refresher

As many new members have joined the CSA since we last did a refresher, we'd like to explain how the Trading Table and the Surplus Bench work.

The Trading Table: Located near the front desk, the Trading Table is where you can trade produce from your produce share. The Trading Table starts off as a full share, with each produce portion in a separate basket, and it evolves throughout the pickup as people trade their produce.

How does it work? You give a full portion and you take a full portion: if you don't want your potatoes, for example, you can place your full portion of potatoes in an empty basket and you take a full portion of another veggie that is in another basket. Or if you would like extra potatoes, you can take a full portion of potatoes (providing there are some on the table) and give away a full portion of say, carrots, from your share.

Important: always trade a full portion for a full portion! A portion is whatever quantity of each produce there is for that week. For example, if this week's share includes 4 potatoes and 3 onions, and you want to trade your potatoes for onions, you must exchange all of your 4 potatoes for all of 3 onions (provided there are onions on the trading table). Do not trade 1 potato for 1 onion, for example. To make this easier, all portions are placed in separate baskets and there is always one empty basket: give your portion to the empty basket, and take a portion from a full basket. Note that portion sizes may fluctuate during the pickup, as we may start with 5 small potatoes, then move on to 4 medium potatoes and finish with 3 large potatoes – however, overall portion sizes stay even.

The Trading Table is for trading only: don't take without giving, or give without taking as it messes up the system. If you want to take without giving, or give without taking, use the Surplus Bench.

The Surplus Bench: Located on the bench next to the Trading Table, the surplus bench includes extra produce from the farm and/or produce donated by members (from their share or from their garden). Whatever is on the surplus bench is up for grabs (within reason... don't be too greedy). You can also put any produce you don't want from your share on the surplus bench. For example, if you don't want your potatoes and there is nothing on the Trading Table that interests you, just leave your potatoes behind on the Surplus Table for another member to enjoy. If you know at the outset that you don't want a particular item, please don't leave it in the trays at the produce line in the courtyard because other members then don't have access to that item from your share.

Spicy Green Beans

Sara Jones, Tucson CSA

- 1 bag green beans
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1/2 teaspoon chili flakes (or to taste)
- 2 teaspoons vegetable oil
- Soy sauce to taste

Clean beans and remove stem end. Heat oil in skillet over medium high heat. Add garlic, ginger and chili flakes and stir quickly for about 30 seconds. Add green beans and toss to coat. Drizzle with a little soy sauce and water, then cover and cook over medium heat for about 5 minutes. Add more soy sauce if needed and serve.

Quick Okra Jambalaya

Sara Jones, Tucson CSA

Use leftover cooked rice for this easy recipe.

- 1 basket okra, cleaned and chopped
- 1 handful long beans, cleaned and chopped
- 2-3 tomatoes, cleaned and chopped
- 1 tablespoon tomato paste
- 1 small sweet onion, sliced thinly
- 3 cloves garlic, minced
- 1 cup cooked kidney beans (or use leftover cooked chicken or sausage)
- 2 cups cooked rice
- 1 tablespoon oil
- 1 teaspoon each of red chili, paprika, black pepper, oregano and thyme
- Salt to taste

Heat oil in a large skillet over medium high heat, add okra and onions. Sauté for about 5 minutes then add green beans, tomatoes, tomato paste, garlic and spices. Stir well, cover and reduce heat to medium. Cook for about 7 minutes, adding water if necessary to keep vegetables from sticking. Add beans (or chicken or sausage) and rice. Cook, stirring frequently until rice is heated through. Add salt to taste and serve.

Roasted Carrots and Beets with Kale and Feta

Philippe, Tucson CSA. Adapted from Cake And Commerce

- 1 bunch carrots
- 1 bunch beets
- 2 bunches greens (beet greens, kale, Swiss chard, etc.)
- 3-5 cloves garlic
- Water or stock
- Seasonings of your choice: pinch of allspice or cumin.
- Salt and pepper to taste
- Olive oil
- Feta or goat cheese for garnish

Preheat oven to 425°.

Trim and wash the greens. Dry and set aside. Scrub the beets and the carrots. If the carrots are small, you can leave them whole, if not, slice carrots into one-inch pieces. Dice the beets in slices or in bite-size cubes. Toss carrots and beets with spices and olive oil to coat. Add enough salt and pepper to taste. Roast for 15 minutes at 425° then lower heat to 350°, then roast until tender (approx. another 45 minutes). Meanwhile, add a few tablespoons of oil to a hot skillet with a cover. Throw in garlic, closely followed by the greens. Add a little stock or water to help in the cooking. Cook for 10 minutes or so. Don't worry about overcooking these. Once most of the cooking liquid has been reduced, set aside. Once everything is roasted and cooked, combine the carrots, beets and greens. Adjust salt and pepper. Sprinkle with crumbled feta or goat cheese. Serve immediately or at room temperature.

