



Tucson Community Supported Agriculture

Newsletter 581 ~ March 27, 2017 ~ Online at www.TucsonCSA.org

Spring 2017

Harvest lists are online

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Many more recipes on our website

Beef Shares

Are ready for pickup. We were able to make quite a few extra ones. Those are for available for sale first come, first served.

Lamb Shares

We are still taking deposits this week and next (or until we sell out) for Josh's grass-fed, grass-finished lamb shares.

They will be available for pickup starting April 11, just before Easter.

Reserve yours at the front desk with a \$20 deposit. The total number of shares available is limited to 30.

Reminder about our worm bins

- **what can the worms eat**
Kitchen scraps (veggie and fruit scraps, tea, coffee debris, egg shells, expired grains/flour)
Egg cartons and cardboard (cut up or shredded in small pieces).

- **what not to bring**

Anything containing salt, oil, grease, chemicals, pesticides. Please NO citrus rinds – which are disagreeable to worms. Anything that harms/hampers the grinder in a garbage disposal, such as avocado stones, corn cobs/husks, rubber bands, twist ties, etc.

CSA Volunteer Paul Durham Running for City Council



We're excited that Paul Durham, a long-serving CSA volunteer, is running for Tucson City Council. Paul has been filling in at the front desk every other Wednesday and at the bread stand on either pickup day when needed. He also does many "behind the scene" jobs for the CSA. Have you ever wondered how Josh's eggs make it to the CSA? Every other Monday Paul hops in his electric car to go to Josh's farm in Cochise County and comes back with your eggs. This Monday was one of those Mondays.

Paul hopes to bring the values embodied by the CSA to the Council, as well as moving Tucson forward on issues ranging from sustainability to transportation. This Tuesday, March 28th, Paul will be in the courtyard from 4:00 to 6:00. After 6:00, Philippe will have campaign information on hand for those interested. This Wednesday, Paul will be filling in at the bread stand and soliciting advice, contributions and support! Be sure to stop by and say hello. Paul's first campaign finance reporting period ends March 31st, so he's particularly interested in getting \$10 (or more) contributions to help him qualify for public matching funds and file a strong first report.

For more information about Paul's campaign, go to www.paulforprogress.com

Desert Ashram Pecan Days

Like every year, Desert Ashram will be selling their fresh shelled and unshelled pecans at the Tucson CSA this week. Please consider supporting this wonderful community by purchasing their pecans, this Tuesday, March 28, and Wednesday, March 29.

The residents of Desert Ashram harvest the pecans with tarps on the ground and long poles to shake the nuts loose. They then sort, shell and packaged the nuts. This was a good year for pecans at the ashram so the nuts are top quality. We hope you'll like them.

Desert Ashram is a meditation and retreat center that offers a peaceful haven for spiritual inspiration and enrichment. It is located on a 26-acre desert oasis west of town. You are welcome to call and visit the ashram. Visit them in the CSA courtyard this week for more information, or go to www.truthconsciousness.org

Lamb's Quarters



If you're a Wednesday member you may find Lamb's Quarters in your produce share this week. Many of you are familiar with them. But if you are new to the CSA, you may not be. Lamb's Quarters are wild greens, often showing a silvery sheen and a velvety texture, and with a flavor reminiscent of spinach. They also go by the name of Goosefoot, Pigweed or Chenopodium, and you may have seen them in your garden, thinking they are weeds. Which they are, until you discover how delicious they are, and then they become your new favorite garden vegetable.

You can chop them, stems and all, and use them as you would spinach. They are good slightly steamed, sautéed or thrown in a stew or casserole. They are great in a bean stew or in a tomato sauce!

Beet Raita

Rachel Yaseen, Two Spoons

This is a great side dish, and is especially good for calming the burn of a spicy main dish.

2 cups whole milk yogurt
1 cup shredded beets
1/4 cup cilantro and/or parsley, chopped
1/2 teaspoon cumin seeds
1 tablespoon agave nectar
1/2 teaspoon sea salt
1/2 cup cooked white potatoes (optional)
1 green onion, chopped

Combine ingredients. Have fun with this one—you can really add anything that sounds good to you. Use as a dip or dressing, or serve alongside a main dish.

Grilled Fava Beans

From TheFoodSection.com

This recipe is a good way to by-pass the labor-intensive shelling and skinning of fava beans.

First season the raw beans generously with salt and toss with extra virgin olive oil. Place the pods on the grill and cook until blackened and soft. As the pods pop and blister on the outside, they steam within. When they have sufficiently charred on both sides, remove the pods from the grill, let cool, and then pry them open to reveal the beans, which may be slipped from their thin skins or eaten whole, skin and all. The salty, meaty beans are as tasty as they are easy to prepare.

Citrus Stewed Spring Veggies

Sara Jones, Tucson CSA

Spring veggies are delicious braised with citrus. Use a blend of different citrus, a bit of sour and sweet, for best results. To bulk up the recipe add chard or bok choy stems, greens or potatoes.

2 handfuls peas in pods, rinsed and strings removed
Fava beans, shelled and peeled
About one cup cooked white beans
1/2-1 cup mixed spring veggies
Generous glug of good quality olive oil
Juice of one sweet citrus fruit, plus several slices of a combination of sweet and sour citrus
1/2 teaspoon dried thyme
Salt and pepper to taste

In a medium saucepan, with a tight fitting lid, toss together all ingredients. Bring to a simmer, cover, and reduce heat to low. Cook until everything is tender, about 15-20 minutes. Taste for salt and serve hot or at room temperature. Garnish with extra slices of citrus, if desired.

Greens Soup

Rachel Yaseen, Two Spoons

2 tablespoons olive oil
1 small onion
2-3 cloves garlic
1 tablespoon ginger, grated fine
1 bunch greens (kale, chard, mustard, radish, beet, endive or a combination)
1 white potato or sweet potato, chopped small (with or without skin)
1/4 teaspoon cayenne
1/2 teaspoon cumin
3 cups broth or water

Sauté onion in olive oil on medium for 10 minutes, or until translucent. Add garlic and ginger, cook 3 more minutes. Add remaining ingredients, mix one minute, then add the water and cook until vegetables are soft. Puree in batches. Salt to taste.

Italian Style Greens

Sara Jones, Tucson CSA

This is an easy and delicious way to eat greens. The salty tang of capers, olives and feta balances any strong flavors in the greens.

1 tablespoon olive oil
1/2 onion, chopped
3 cloves garlic
1 bunch dandelion or other greens, washed and roughly chopped
1/4 cup chopped olives and/or capers
2+ tablespoons goat cheese
Red pepper flakes, to taste
1/2 can stewed tomatoes
Salt and pepper to taste
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and sauté for about five minutes. Add garlic and red pepper flakes and cook an additional minute before adding the tomatoes and greens. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking.

When greens and tomatoes are well cooked, remove from heat, add olives and/or capers, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta or toasted bread.