



# Tucson Community Supported Agriculture

Newsletter 662 ~ December 3, 2018 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2018

Harvest lists are online.

### Back Page Recipes

- Orange Cranberry Bread
- Greens and Potato Soup
- Citrus Curd
- Earthy Warm Green Salad
- Quick Salsa Verde

Find many more recipes on our website.

### Annual Holiday Break

Tucson CSA will be closed during the holidays and there will be no pickups during the last week of December and the first week of January.

There is no need to place your subscription on hold for those 2 weeks.

The last pickups of 2018 will be on December 18 & 19. The first pickups of 2019 will be on January 8 & 9.

### Reserve Your Lamb Share in Time for the Holidays

From now until December 12, we're taking orders for Josh's pasture-raised lamb shares. The shares will be ready for pickup on December 18 and 19, the week before our holiday break.

Lamb shares weight about 8lbs, cost approximately \$9/lb, and usually consist of ½ leg roast or 1 shoulder roast, 1 pack of riblets, 2 packs of chops, 1 pack of ground meat, and one pack of shanks. To reserve a share, you'll need to put down a \$20 deposit.

To reserve a lamb share or to learn more, please see the front desk volunteer.

## Versatile Meals for Every Season, Part II

Written by Shelby Thompson

Illustration by Lisa Kogawa

The age-old question "What's for dinner?" can be even more challenging to answer as a CSA member. Luckily, these versatile recipes can be used as a basis for dinner every night of the week – no matter what season it is! To read *Versatile Meals for Every Season, Part I*, head to our website, [TucsonCSA.org](http://TucsonCSA.org).

### Fried Rice

Fried rice is the reason I always make double the amount of rice I need for a dish. It's also the reason I've been able to eat a hot, hearty meal after a tiring day, when I want nothing more than a slice of pizza on my way home. This salty and satisfying dish is the perfect canvas for a wide array of seasonal veggies – especially those rolling around the bottom of your crisper drawer at



the end of the week. To make it, start by chopping whatever veggies you have on hand into very small pieces and sautéing them in a bit of coconut oil. While your vegetables are cooking, scramble some eggs in another pan and set them aside. Once the vegetables are slightly brown and caramelized, spoon them into a bowl with the eggs. Heat more coconut oil in your pan and sauté a few tablespoons of garlic, ginger, and pepper flakes before adding the cooked rice to the pan. Once the rice is golden brown, remove it from the heat. Add the rice to the bowl with the vegetables and eggs and toss with soy sauce and toasted sesame oil.

**Base fried rice recipe (serves 3-4):** 2 eggs, 1 onion, 2 cups diced veggies, 1 tablespoon ginger, 2 garlic cloves, red pepper flakes, 2 cups cooked rice (preferably leftovers), 1 tablespoon soy sauce, 1 teaspoon toasted sesame oil

**Winter:** Cabbage and broccoli fried rice topped with chopped cilantro and lime juice

**Spring:** Snow pea and spring carrot fried rice topped with green onions

**Summer:** Zucchini, yardlong bean, and corn fried rice with a side of sliced fresh tomatoes

**Fall:** Bell pepper and okra fried rice with chili-garlic sauce

### Buddha Bowls

Buddha bowls have popped up on food blogs, cookbooks, and food trucks for the last few years, and it's no wonder why: these easy (and often beautiful) creations are a delicious and healthy way to eat your veggies. A Buddha bowl is simply a bowl of cooked grains (think farro, quinoa, cous cous, etc.) a few different kinds of veggies that all gets tied together with a delicious sauce or dressing. Now that I think about it, Buddha bowls might very well just be salads with cuter names. Nonetheless, they're a great way to mix and match seasonal produce all year long.

**Basic Buddha bowl recipe (serves 3-4):** 2 cups cooked grains, 2-3 vegetables, ½ cup sauce

**Winter:** Quinoa, roasted sweet potato, and cauliflower with lemon-tahini dressing and dill

**Spring:** Farro, maple roasted carrots, and steamed beets with harissa dressing and feta

**Summer:** Cous cous, chopped cucumber, and tomato with red wine vinaigrette and basil

**Fall:** Wheat Berries, roasted delicata squash, braised greens, and chickpeas with orange-miso dressing

## Orange Cranberry Bread

This is an excellent bread to make while cranberries are available at the stores.

2 cups flour  
1 cup sugar  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
3/4 cup fresh squeezed orange juice  
1 tablespoon grated orange zest  
1 teaspoon ground ginger  
2 tablespoons canola oil  
1 egg, well-beaten  
3/4 cup cranberries  
1/2 cup chopped walnuts or pecans

Preheat oven to 375°F. Grease a 9 x 5-inch loaf pan. Whisk together flour, baking powder, baking soda and salt in a medium mixing bowl. Combine orange juice, orange zest, ginger and sugar and cook in a saucepan over medium high heat for about 10 minutes. Let cool and combine with oil and egg. Pour juice mixture into dry ingredients and mix until just combined. Spread evenly in loaf pan. Bake for 45 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely.

## Greens and Potato Soup

Sara Jones, Tucson CSA

Fennel seeds, red chile flakes and paprika lend the traditional flavor of Italian Sausage to this vegetarian soup. You can always add the sausage back in if you like, but the soup is plenty hardy without it.

1 medium size bunch collards or kale, cleaned, with thick stems removed, roughly chopped  
3-4 red potatoes  
1 can white beans, drained  
4-5 cloves garlic, minced  
1 teaspoon fennel seeds, crushed  
1-2 teaspoons red chile flakes, to taste  
2 teaspoons paprika  
1 tablespoon olive oil  
1/4 cup cream or whole milk  
Salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Add spices and garlic and sauté until fragrant. Stir in potatoes and cook briefly before adding about 1 quart of water. Bring to a simmer and cook until potatoes are almost tender. Add greens and beans and cook for about 10 more minutes. Remove soup from heat, stir in cream and season with salt and freshly ground pepper.

## Citrus Curd

Adapted from How to be a Domestic Goddess by Nigella Lawson

Citrus curd, most commonly associated with lemon or lime, is a delicious way to transform citrus. The curd will freeze well for future use.

6 tablespoons unsalted butter  
3 large eggs  
1/2 cup sugar  
1/2 cup citrus juice  
About 1 tablespoon citrus zest

Melt butter in a saucepan over low heat. Add the rest of the ingredients, stirring well to prevent burning and clumps. Cook, stirring, until the mixture has thickened to a mayonnaise-like consistency. Pour into a jar, where mixture will continue to thicken into a spreadable curd. Refrigerate and use within 1 week, or freeze.

## Earthy Warm Green Salad

Philippe, Tucson CSA

1/2 pound bacon, cut in strips; or 1/2 cup blue cheese (add blue cheese at the end)  
1/2 pound potatoes, cubed  
1 salad mix, chopped  
1/2 bunch greens, cut in ribbons  
1 tablespoon olive oil  
1/4 cup grated Parmesan cheese  
1/2 cup walnuts, lightly crumbled  
Black pepper or red chile flakes  
Salad dressing

In a non-stick pan, heat oil to medium high. Sauté bacon and potatoes in oil. Cover and sauté for about 20 minutes or until potatoes are soft. Stir occasionally. Season with black pepper or red chile flakes. Add to salad mix and greens. Add Parmesan cheese, walnuts and salad dressing. Toss and serve.

## Quick Salsa Verde

Philippe, Tucson CSA

1 CSA portion tomatillos (husks removed and cleaned)  
1 fistful parsley or cilantro  
1 shallot, or 1 small onion  
1/4 jalapeño or black pepper  
salt to taste

Boil tomatillos or roast under the broiler for about 8 minutes. Let cool slightly then process all ingredients in food processor to desired consistency (I like it slightly chunky, others prefer it smooth).