



Tucson Community Supported Agriculture

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Winter 2019

Harvest lists are online.

Back Page Recipes

- Hakurei Turnip Paliya
- Root Vegetable Slaw
- Horseradish Maple Glazed Beets
- Beet Raita

Find many more recipes on our website.

Now Accepting Debit and Credit Cards

We spent some time implementing a new POS system over the holiday break, and are excited to announce that we can now accept credit and debit cards as a form of payment! You can use your card in our shop to purchase everything from a CSA subscription to a carton of Josh's pasture-raised eggs. A 2.75% fee will be added to every purchase made with a card. We will continue to accept cash and checks with no additional fee.

Please be patient with us and our front desk volunteers as we adapt to using our new system. Although it might take a few weeks for us to get up to speed, we are excited to provide our members with a new way to buy local and sustainably raised food.

Tortilla Shares

You can now add a tortilla share to your CSA subscription! Tortilla shares will be offered every week and cost \$30 for a 6-week subscription. Each package contains 24 freshly made 4-inch mini tortillas. Sign up on your CSA account today.

A Year of Good Food

Written by Shelby Thompson, Illustrated by Eugeniu Frimu

Happy New Year to you: The Tucson CSA members, volunteers, farmers and food producers who make our community so special. We hope that you were able to take time for yourselves and your loved ones over the holiday season. Sara spent those cold, rainy days making tiny (and adorable) French breakfast radish pickles, candied orange peels, and fermented hot chile sauce and—when the sun finally did come out—got the chance to explore our great city on her bike. After a quick jaunt to Phoenix to see my family for Christmas, I happily returned home to Tucson and spent my days making loaves of naturally leavened rosemary-polenta bread studded with pepitas as the snow fell in the desert around us. While we truly appreciated the chance to rest, renew, and experiment in the kitchen during our annual two-week holiday, we're overjoyed to start another year with you at Tucson CSA.

Early January is traditionally a time when people implement changes and set goals for the year ahead, and Tucson CSA is no different. We have many exciting things on the horizon for 2019, starting this very week: the first week we're offering heritage wheat tortilla shares from Chef Abel's Tortillas and accepting debit and credit card payments in our shop. There are many more wonderful things to come, and we hope that they continue to serve you, our producers, and the Tucson community as a whole.

Over the course of a year, Tucson CSA members will eat a plethora of vegetables, support their local economy, and learn to cook with produce they'll never find in a traditional grocery store. Your membership to Tucson CSA also helps other community members accomplish their goals. Your pre-paid subscription fee will allow local farms to pay for essential farm equipment, like wind tunnels and seeds; your commitment to cooking with food grown without pesticides or herbicides will help to create a safer planet; your use of pasture-raised eggs and meat purchased from our shop will stand against factory farming and serve as a vote for ethical, local farming. Week after week, Tucson CSA can help you vote with your dollars, make impactful change in the community, and eat wonderful food.

Thank you for playing your part in helping us to accomplish our goals as a small local business with big aspirations. We can't wait to see what 2019 holds for us all!

Roasted Roots



It's officially winter, which means one important thing: an abundance of root vegetables! As is apparent in this week's produce shares—filled with potatoes, beets, radishes, and two different varieties of turnips—root vegetables are officially in season at both Crooked Sky Farms and Sleeping Frog Farms. Root vegetables can be prepared any number of delicious ways. Roast a big sheet of mixed root vegetables to be tossed in salads, stirred into pasta, and eaten as snacks all week long. Or, get a bit more adventurous with Kumi's Indian **Hakurei Turnip Paliya**, Sara's no-cook **Root Vegetable Slaw**, and a spicy serving of Gretel's **Horseradish Maple Glazed Beets**, the recipes for all of which can be found on the back page. As always, you'll find an archive of recipes dedicated to cooking with seasonal produce on our website, TucsonCSA.org.

Hakurei Turnip Paliya

Kumi Rao, [Ruchikala](#)

Tender Japanese salad turnips cooked with popped mustard seeds, curry leaves and dried coconut with a touch of agave

- 2 tablespoons cooking oil (vegetable, sunflower or coconut)
- 1 ½ teaspoon black mustard seeds
- 2 strands curry leaves, chopped
- ¼ teaspoon asafoetida
- 2 Thai chilies, minced (or to taste)
- 3 tablespoons grated unsweetened coconut
- 1 bunch of Hakurei salad turnips (turnips diced, leaves chopped)
- 1 teaspoon of salt (or to taste)
- 2 teaspoons to 1 tablespoon agave or honey

In a 12" skillet on medium high heat add cooking oil and mustard seeds. Have a lid nearby and heat the pan until the mustard seeds start to pop, wait for about 20 seconds or so until the mustard seeds stop popping. Add curry leaves, asafoetida, thai chiles, sauté for 30 seconds. Add dried coconut, sauté for about a minute, or until the coconut just starts to turn very lightly brown. Add diced turnips, along with 1 teaspoon of salt. Sauté for about 3-4 minutes, on high heat. Stirring every 40 seconds or so. Add greens, allow then to wilt for about 1 minute. Add the agave or honey. Stir and serve.

Root Vegetable Slaw

Sara Jones, Tucson CSA

This is a great way to treat your root vegetables. Beets and turnips are delicious raw, and have a much more delicate flavor than you might expect. If you want to ensure a particularly mild flavor, soak shredded veggies in well-salted water for about 15 minutes, drain, and then proceed with the recipe. Add thinly sliced greens if you like, too.

- About 2 cups shredded root vegetables, plus thinly sliced greens if desired
- 2-3 chopped green onions
- Zest and juice from 1/2 large lemon or tangelo
- 1/4 cup yogurt, sour cream or mayonnaise
- Pinch sugar (optional)
- Chopped nuts and/or freshly chopped herbs

Mix together all ingredients, setting aside any extra nuts or herbs for garnish. Let salad sit at least half an hour before serving to allow flavors to mix and mellow.

Variations:

Toss your veggies with either of these dressings, too. Or use your own favorite coleslaw recipe.

Peanut Ginger Dressing

- 2 tablespoons peanut butter
- 1 inch piece fresh ginger, grated
- 1/4 cup orange juice
- 1 tablespoon rice wine vinegar
- 1 tablespoon soy sauce

Sesame Soy Dressing

- 1/8 teaspoon dry mustard
- 1 teaspoon sugar
- 1 tablespoon rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon oil
- 1 teaspoon toasted sesame oil
- 1 teaspoon chili sauce

Horseradish Maple Glazed Beets

Gretel Hakanson, Tucson CSA (adapted from Gourmet)

- 1 bunch of beets
- Extra-virgin olive oil
- Salt
- Freshly ground pepper
- 2 tablespoons butter
- 1-2 tablespoons bottled horseradish
- 1-2 tablespoons maple syrup

Heat oven to 400 degrees. Wash and trim beets (save greens for another use). Lightly coat with olive oil, sprinkle with salt and pepper. Wrap in foil. Roast in the oven for about an hour or until completely cooked through. Let cool a bit and while beets are still warm you should be able to slip skin off easily. Slice into quarter wedges (or eighths depending on the size). Melt butter in a medium saucepan. Add horseradish, maple syrup. Stir in beets, salt and pepper to taste.

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. You could use radishes in place of beets, too!

- 2 cups whole milk yogurt
- 1 cup shredded beets
- 1/4 cup each cilantro and parsley, chopped
- 1/2 teaspoon cumin seeds
- 1 tablespoon agave nectar, optional
- 1/2 teaspoon sea salt
- 1/2 cup cooked white potatoes (optional)
- 1 garlic clove, finely chopped

Combine ingredients. Have fun with this one—you can really add anything that sounds good to you in a raita (cucumber, radish, carrots, spinach, etc.)