



Tucson Community Supported Agriculture

Newsletter 668 ~ January 28, 2019 ~ Online at www.TucsonCSA.org

Winter 2019

Harvest lists are online.

Back Page Recipes

- Cream of Celery and Cauliflower Soup
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Find many more recipes on our website.

Beef Shares

We're beginning to take orders for grass-fed-and-finished beef shares. Twice each year, we buy a steer from Josh at Chiricahua Pasture Raised Meats so that Tucson CSA members have the opportunity to buy an assortment of high-quality beef for a great price.

Every beef share is slightly different, but typically includes two packs of ground beef, two steaks, one roast, and one miscellaneous cut (stew meat, soup bones, short ribs, BBQ ribs, etc.). You can select a share of our choice when you pick it up. A beef share comes frozen, weighs 8 to 10 pounds, and costs approximately \$7.50 per pound. To order a beef share, please make a \$20 deposit at the front desk. They should be ready for pickup in late February.

Candy Restock!

We ordered a small amount of Black Mesa Ranch candy for you to enjoy on Valentine's Day (or any other day)!

You'll find David's artisan chocolates in the CSA shop until we're sold out. Don't miss your chance to savor this special local candy.

Fewer Decisions, More Joy

Written by Shelby Thompson

After a few years of shopping at Tucson CSA and local farmers' markets, I began to dread going to the grocery store. Upon entering one of these gargantuan supermarkets recently, my senses were immediately overloaded by the bright fluorescent lights and the non-food items that crowded the front of the store. After it took me 30 minutes to find the spice aisle and then choose which of the five varieties of kosher salt was best, I was a goner. I left the store feeling irritated, flustered, and unsure that the salt in my hand was, indeed, the one that would make my food taste the best.

It wasn't until I learned of Barry Schwartz's "Paradox of Choice" that I was able to identify exactly why grocery stores make me so miserable. Schwartz's Paradox of Choice contends that (contrary to what western society has told us) having more choice "has made us not freer but more paralyzed, not happier but more dissatisfied."



When you become a member of Tucson CSA, you make an important choice to support sustainable, local, and ethical agriculture. Once you've committed to supporting our local farmers and producers, the rest is up to them – our farmers choose the seasonal vegetables we eat every week; our baker chooses the variety of bread we'll toast each morning; and Sara, Philippe, and I choose a small selection of quality items for our shop that you don't have to think twice about. Tucson CSA members don't have to worry about choice paralysis. Instead, they can focus on eating wonderful local food and helping the community while they do it.

Things We Like

What we're reading: "[Making Healthy School Lunches Free for All Should Be a National Priority](#)" by Tucson CSA member Megan Carney (CivilEats.com)

What we're listening to: "[You Don't Have To Go No-Carb: Instead, Think Slow Carb](#)" by Allison Aubrey (NPR.org)

What we're watching: "[The Paradox of Choice](#)" (TED.com)

What we're doing: We'll be teaching the public about the magic of Community Supported Agriculture at SAVOR Food and Wine Festival on Saturday, February 2nd.

What we're "liking" on social media: We're taking over the Good Food Finder Instagram this week! Follow along [@GoodFoodAZ](#).

What we're eating: [Spiced Chickpea Stew with Coconut and Turmeric](#) (NYT)

Cream of Celery and Cauliflower Soup

Sara Jones, Tucson CSA

This is a great way to use up a good quantity of celery. You can use an additional potato if you don't have cauliflower.

1 sweet onion, diced
1 tablespoon olive oil
1 large potato, diced
1-2 cups chopped celery
2 cups of cauliflower, torn into small florets
1 teaspoon dry thyme
1 bay leaf
½ teaspoon ground coriander
Pinch of ground nutmeg
1 quart chicken or veggie broth
¼-1/2 cup heavy cream or sour cream
Salt and pepper to taste
Celery leaves to garnish

Heat oil in a large soup pot over medium high heat, add onion and saute until translucent and beginning to brown slightly. Add potatoes, celery, cauliflower and herbs and spices. Stir and cook an additional minute or two before adding broth. Bring to a low simmer and cook about 25 minutes. Remove from heat and stir in cream or sour cream and season to taste with salt and pepper. Serve as is or puree for a creamy soup.

Kung Pao Celery – New!

Sara Jones, Tucson CSA

You can peel the outer stalks of celery that are the most fibrous, though this step is not necessary.

Small drizzle of oil
About 2 cups celery, cleaned and sliced ¼" pieces
1 small can water chestnuts, drained and roughly chopped
½ bunch green onions, chopped
¼ cup toasted peanuts
1 teaspoon chile flakes or 3-5 dried chile de arbol, lightly toasted
2 teaspoons rice wine vinegar
2 teaspoons soy sauce
1 clove garlic, minced
1 teaspoon sugar
1 teaspoon toasted sesame oil
1 teaspoon corn starch (optional)
¼ cup veggie broth

Mix together vinegar, soy sauce, garlic, sugar, sesame oil and corn starch, set aside. In a large skillet heat a drizzle of oil over medium high heat until shimmering. Add celery and water chestnuts. Cook, stirring frequently for about 5 minutes. Stir in vinegar mixture, chiles, green onions and veggie broth and cook, stirring occasionally, until liquid is mostly evaporated. Serve topped with peanuts.

Bok Choy or Tatsoi Risotto with Lemon

Lorraine Glazar, Tucson CSA

4 cups vegetable or chicken stock
2 tablespoons olive oil
1/2 pound bok choy
1/4 large red onion
1 cup Arborio rice
1/4 cup dry white wine or vermouth
3 tablespoons lemon juice
1/2 teaspoon salt
1/4 red bell pepper, chopped or finely sliced
1 cup freshly grated Parmesan cheese
Grated zest of one large lemon
1 tablespoon butter
Freshly ground black pepper to taste

Place the stock in a small saucepan and bring to a bare simmer. Meanwhile, heat the olive oil in a large saucepan over medium to low heat. With bok choy bundled together, cut the stalks into 1/4 inch slices. Add the cut up stalks to the olive oil, and sauté, stirring occasionally for a minute or so, while you chop the onion. Add the onion to the pan, and sauté another couple of minutes until softened. Meanwhile, cut the remaining leafy part of the bok choy crosswise at intervals of about an inch and set aside. To the bok choy and onions in the pan, add the rice and stir until all the grains are coated with the oil, about 1 minute. Add the wine and the lemon juice and simmer, stirring, until liquid is absorbed; then ladle in about a cup of the simmering stock.

Add the salt and cook at a simmer, stirring frequently, until the rice has absorbed almost all the liquid... Add the cut up leafy bok choy greens and another 1/2 cup or so of stock, and continue to simmer. Stir frequently and add more stock, about 1/2 cup at a time, each time the rice has absorbed almost all the liquid and is threatening to stick. When the rice is ready, it will be creamy and a little soupy—this should take about 20-30 minutes.

Just before serving, stir in the red bell pepper slices, grated cheese, lemon zest, butter and pepper to taste. Add more salt if necessary. Serve immediately.