



# Tucson Community Supported Agriculture

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## Winter 2019

*Harvest lists are online.*

### Back Page Recipes

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*Find many more recipes on our website.*

### Rotating Tortilla Shares

After some great feedback from our tortilla share members, we have decided to rotate between mini (4-inch) and small (6-inch) tortillas. If you have a tortilla share, you can expect to receive a package of 24 mini tortillas this week, a package of 12 small tortillas next week, and so on and so forth. This will optimize your taco, quesadilla, and enchilada making!

You can add an heirloom tortilla share to your CSA subscription by logging onto your account between the day after your pick up and midnight Friday. Tortilla shares cost \$30 per 6-week subscription.

### Beef Shares

The time to order your grass-fed-and-finished beef share is here! Twice each year, we buy a pasture-raised steer from Josh at **Chiricahua Pasture Raised Meats** so that Tucson CSA members have the opportunity to enjoy an assortment of high-quality beef for a great price. To order a beef share, please make a \$20 deposit at the front desk. They should be ready for pickup in March.

## This Friday, Celebrate National CSA Day!

*Written by Sara Jones*

For those of us in southern Arizona, this is a great time of year to celebrate National CSA Day. Started by Small Farm Central in 2015, the date was chosen because (apparently) that was the most popular date for CSA sign ups. Of course, that is a reflection of the country at large, where oftentimes members sign up in late winter to start an entire CSA season from early spring to late fall, depending on the climate. However, here in southern Arizona farmers grow year-round and the winter months can be the most rewarding time to be CSA members. When other farms are laying under blankets of snow, our local farms are pumping out some of their best produce!

In Tucson, the Tucson CSA and local foods in general have come a long way since we started 15 years ago with just 15 members! Our community now supports several different CSAs as well as new food producers focused on using local produce. During this time Tucson CSA has morphed, bringing on new producers and suppliers and adding share flexibility and options to our members. Throughout it all, our volunteers have been there - a dedicated crew of folks who are willing to share their time and food knowledge with us every week. In the cold of winter and throughout the sweltering months of summer, volunteers work hard to keep your produce fresh. But even on the hottest, most mosquito bitten day, we leave the CSA revitalized from another week of seeing some of our favorite people and talking about what we love. To all of the members who share with us every week a smile, a story from your day, a favorite recipe or a tray of cookies, we thank you! We have so many committed members who have been with us since the days of our inception and we are constantly meeting new friends and welcoming new members dedicated to supporting local food and eating a healthy diet.

Our members and volunteers are wonderful, but the most important part of the equation at a CSA are the producers. So for National CSA day we will be full of gratitude for the farms and local suppliers who continue to work so hard to send us beautiful, tasty, and nutritious products every week. Unfortunately, the farmers and other producers don't get to spend much time at the CSA so they miss this amazing sense of community. Babies born and children growing up, shared recipes and tales of kitchen successes, picky eaters converted, smiles and hugs, food gifts and hundreds of other gestures of kindness and generosity extended towards the CSA crew. We want to share some of this love with our farmers so we will have big cards in the courtyard this week for those of you who would like to send the farm a note of gratitude. Shelby and I will be able to hand deliver the cards when we visit each farm over the next two weeks.

## Beautiful Brassicas

Is that leafy green or root vegetable in your share part of the nutritious Brassica family? Chances are, it probably is! This family of vegetables, also known as cruciferous vegetables, includes many of the well know nutritional powerhouses like broccoli and kale. You might be surprised by just how large and varied the family is. All things cabbage-y and mustard-y fall in this category including the various choys, mizuna and arugula, plus kohlrabi, turnips, radishes and rutabagas. These vegetables are all a rich source of sulfur-containing compounds called glucosinolates, which provide a number of different health benefits as well as their characteristic pungent aroma and spicy flavor. Look for them in your share!

## **Spicy Lemon Cauliflower Pickle – New!**

Sara Jones, Tucson CSA

I can't think about this recipe without my mouth watering. Super spicy and tangy, this is one of my favorite pickles ever. If you can get your hands on Meyer lemons that are in season you can use the rind and all for an even tastier pickle.

1 head cauliflower, well cleaned and any discolorations scraped off  
2 medium lemons  
About 1 tablespoon medium hot chile powder  
½ teaspoon cumin powder  
½ teaspoon turmeric  
1 teaspoon fenugreek seeds, toasted and ground (optional)  
about 2 teaspoons salt to taste  
2 teaspoons mustard seeds  
¼ cup oil

Break or cut cauliflower into bite size florets. Lay out to dry completely. If using Meyer lemons, cut lemons in half and remove seeds, dice into small pieces, or juice regular lemons and remove seeds. Mix ground chile, cumin, fenugreek and turmeric powder together with about 2 teaspoons of salt. Massage into dry cauliflower. Add lemons or lemon juice and mix well. Let sit at room temperature overnight. Heat oil in a skillet and add mustard seeds. Toast until popping starts to subside. Let cool slightly then pour over cauliflower mixture. Taste for salt and add more if necessary. Mix well and refrigerate. The pickle will improve after a few days and should stay well in fridge for about a month.

## **Okonomiyaki (Japanese Frittata)**

This is a dish that is versatile and easy to make. It is perfect for a variety of winter veggies. Just make sure to finely chop any greens like collards or cabbage and shred root veggies like turnips and radishes. If you have a large skillet you can make one big pancake, if not prepare in two batches to get the best thickness and browning.

1 cup vegetable stock  
2 eggs  
1 cup all purpose flour  
1 teaspoon salt  
1 teaspoon ground pepper  
½ onion, sliced thinly  
About 2 cups greens, thinly shredded  
1 bunch turnips, or daikon radish roots, grated  
1 tablespoon olive  
Mayonnaise or any dip of your choice

Mix together vegetable stock, eggs, flour salt and pepper until you obtain a smooth batter. Add shredded cabbage and turnips and mix in well. Heat oil to medium high in large skillet. Add the cabbage mixture to the skillet. Press down with a spatula until mixture is even and compact. Cover and cook on medium

high for 5 minutes. Turn over – I slide it on a plate and then flip the plate over in the skillet. Cook for another 5 minutes, covered. Slice like a pizza. Serve sliced with dollops of mayo on each slice.

## **Turnip Chili**

Julie & Luke Johnson, Tucson CSA

This recipe is from Plowshare Produce CSA members in Huntingdon County, Pennsylvania. This the best recipe for using up a whole share of turnips in a main dish that we've found so far!

2 tablespoons olive oil  
1 medium onion, finely chopped  
2 tablespoons minced ginger  
1 tablespoon minced garlic  
4 black cardamom pods (or a heaping ½ teaspoon of ground cardamom)  
¼ cup tomato paste  
2 teaspoons ground fennel seeds  
2 teaspoons ground cumin  
1 teaspoon ground coriander  
1 teaspoon chili powder  
½ teaspoon ground turmeric  
3 cups cooked red kidney beans  
1 share of turnips (we had 2 large and 1 small) peeled and cut into 1-inch cubes  
1 ½ teaspoons salt  
6 tablespoons finely chopped fresh cilantro or parsley

Saute onion, ginger, garlic and cardamom pods or ground cardamom until everything is soft and beginning to brown. Stir in tomato paste and spices. Pour in 1 cup water to deglaze the pan and simmer until most of the water is gone. Pour in 1 more cup water and simmer until an oily sheen forms on the surface, about 5-8 minutes. Add 2 more cups water, kidney beans, turnips, salt and 4 tablespoons of the cilantro or parsley. Heat to a boil, reduce and simmer uncovered until the turnips are tender and the sauce is thick, about 20 minutes. Sprinkle with the remaining herbs and serve with cheddar cheese and cornbread.

## **Blanching Cauliflower to Freeze**

Too much of a good thing? If you are struggling to keep up with all the cauliflower in our shares lately try to set aside 15 minutes to blanch it and freeze for later. All you need is:

1 head cauliflower, broken into bite size pieces  
Large pot salted water

Bring water to a boil. Add a couple handfuls of cauliflower and return to boil. Cook about 90 seconds. Remove from water and place in a cold water bath. Repeat with remaining cauliflower. Lay cooled cauliflower out to dry, then arrange spread out in a single layer on a baking sheet to freeze. Once frozen place in freezer bag and return to freezer. Use within 2 months.