



Tucson Community Supported Agriculture

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Spring 2019

Harvest lists are online.

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Find many more recipes on our website.

Update On Josh's Eggs

Josh's new flock of hens has been growing well and should start laying eggs in about a month. We can't wait to have them back in the CSA Shop!

Oyster Mushrooms Are Back!

Tucson CSA has formed a partnership with **Desert Pearl Mushrooms** to source the mushrooms at Tucson CSA. Desert Pearl is a smaller operation that is still experimenting with growing a variety of oyster mushrooms, which means they'll be sending a great variety for our shares. If you currently have a mushroom share, you don't need to do anything. If you would like to add a mushroom share to your account, please do so in the time between the day after your pickup and midnight Friday. **The first mushroom pickups will be on May 28 and 29.**

Leave Us a Review

Love Tucson CSA? Please leave us a review on Google, Yelp, and Facebook. Thank you!

Cheers to Our Volunteers

You've probably noticed that volunteers are the heart of Tucson CSA. Our organization has run on dedicated volunteer power for the last 15 years – some come and go with the seasons, some have been with the CSA for almost the entirety of its existence (hi, Amy and Lori!), while others have been newly welcomed into our community. Regardless of how long they've been around, these volunteers help make Tucson CSA feel like its own wonderful community.

Behind the scenes, our unloading volunteers help us set up for CSA pickups every week. Long before you arrive to pick up your share on Tuesday and Wednesday, Stefanie, Carly, Doug, Dimitri, and Robert are at the Historic Y to help unload crates of produce from the farm truck, set up the tables outside, and put up shade to help us (and our veggies) stay out of the sun. Their strength and perseverance never waver, even on dead-hot days in the middle of the summer.

More familiar volunteers like Howard, Hanna, Lori, Amy, Toby, Diana, Mary Pat, Diane, Dana, Joy, Whelan, and Conor are at the CSA almost every week to help run our weekly pickups. These are the dedicated volunteers that take time to ask how your day is going, help you manage your CSA account, and provide encouragement when you wonder what on earth you're going to do with yet another cabbage. Thanks to these Tucson CSA volunteers, our members almost always leave the CSA in a better mood than they had when they arrived.

While we're often drawn to Tucson CSA for the organically grown local produce, it's the volunteers that make us want to come back week after week. Thank you, volunteers, for playing such a special role in our community. We love you!

Barrio Bread's New Flour

In his ongoing quest to support our local grain economy, Don Guerra of Barrio Bread has begun working with Hayden Flour Mills to source new bread flour. Made of a blend of hard red wheat and locally grown blue beard durum wheat, Don's new **Precision Heritage Flour Blend** is being used in almost all of his bread varieties – making them more local than ever!

"Five years ago, an Arizona farmer started growing this nearly extinct Blue Beard Durum wheat from one pound of seed taken from a heritage seed collection. A few years later, there was enough seed for Hayden Flour Mills to start milling it into flour and semolina. This particular heritage variety has thrived in our desert climate, using less water to grow and thus preserving a precious resource," says Hayden Flour Mills Emma Zimmerman.

As a result of Don's switch to a more local flour blend, prices on his loaves have increased by \$.50 each. *Tucson CSA bread shares have not increased in price.*

Pasta Primavera

Sara Jones, Tucson CSA

2 tablespoons olive oil
2 carrots, shredded or julliened
2 small onion, diced
1 medium or 1/2 large summer squash, diced
2 yellow tomatoes, roughly chopped 2 cloves garlic, minced
Squash blossoms, torn or chopped
Freshly chopped herbs
1/2 cup broth or water
1 tablespoon ouzo or pastis, optional
Salt and pepper, to taste

Bring a pot of water to boil for pasta. Meanwhile, sauté carrots and onion in 1 tablespoon olive oil over medium high heat, stirring occasionally, until tender and beginning to caramelize. Add squash and garlic and cook until garlic is fragrant. Add broth and cook until broth is mostly evaporated. Add tomatoes, ouzo, squash blossoms and any herbs you are using. Cook about 2-3 minutes, until tomatoes begin to fall apart. Add drained pasta and additional tablespoon of olive oil. Season to taste with salt and pepper. Sprinkle individual serving with a grated hard cheese, if you like. Serve hot or cold.

Okonomiyaki (Japanese fritters)

Philippe, Tucson CSA

Fritters are a great way to use up vegetables that are lingering in your refrigerator. You can shred or grate just about any vegetables, including greens, mix them with flour and eggs, and turn them into delicious fritters. Okonomiyaki is a traditional Japanese dish typically made from flour, eggs and shredded cabbage, with added vegetables and sometimes fish or meats. It is often compared to an omelet or a pancake and is sometimes referred to as Japanese pizza. I find it to be more like fritters or frittata. It is a very easy and versatile dish and there are infinite ways to make it. The following recipe is by no means authentic, it's just how I make it. I usually make it with whatever ingredients I have on hand. It has no seasoning other than the sauce but it is nevertheless packed with fresh flavors. However, if you want it to have an extra kick you can add black pepper, chile flakes or herbs.

The base:

1 cup all-purpose flour
1 cup water, stock, or dashi
2 eggs
½ cabbage, shredded. You can also use bok choy, napa cabbage, or any winter greens
½ teaspoon salt
1 tablespoon oil

Other optional ingredients – add 2-3 cups of a combination of two or more of the following: chopped green onions, bacon, ham, chopped greens, sliced mushrooms, nori flakes (dried seaweed), squash, grated sweet potatoes, grated turnips, ... grated anything really!

Toppings:

Mayonnaise

Okonomiyaki sauce, hot chile sauce, barbeque sauce, soy sauce or Worcester sauce

In a large bowl, mix the flour, eggs and water or stock. Add the cabbage and the other ingredients. Mix gently until everything is well coated with the batter. Heat oil to medium hot in a large skillet. Pour the mixture in a large skillet and press it down with a spatula to flatten. I try to make it between ½ and ¼ inch thick. Cover and cook for 5 minutes. Flip (I usually slide in on plate, cover with another plate, flip it and slide it back in the skillet) and cook for another 5 minutes. Slide onto a large plate and let cool slightly. Cut in wedges, brush wedges with some mayo, sprinkle some sauce on them, and enjoy.

Beet Sushi or Poke Bowls

Sara Jones, Tucson CSA

The vibrant color of cooked beets looks a lot like the raw tuna used in sushi rolls. Tossed with a little bit of vinegar and sugar, beets provide an unexpected but delicious vegetarian alternative to fish. You can make actual sushi rolls, which require a bit of manual dexterity and fancy chopping techniques, or you can toss all the ingredients together in a salad and simply garnish with crumbled nori and cooked edamame beans.

2 tablespoons rice wine vinegar
2 teaspoons sugar
2 ½ cups cooked short grain rice
4+ sheets nori (seaweed wrappers)
1 bunch beets, cooked, peeled and cut into ½ inch strips
2-3 baby carrots, sliced into matchsticks
½ bunch green onions, sliced in half lengthwise
½ bunch mixed greens, blanched, drained and squeezed to remove moisture
2 teaspoons soy sauce
1 teaspoon wasabi paste

Mix the vinegar and sugar together, and stir until sugar is dissolved. Toss half of the mixture with the cooked rice and the other half with the cooked beets. Assemble ingredients in nori wrappers making easy cone shaped hand rolls or rolled sushi. Mix wasabi paste with soy sauce. If making a simple salad, use this for a dressing, thinned with a bit of vinegar and sesame oil. If making rolls, use this mixture as a dipping sauce.