



Tucson Community Supported Agriculture

Newsletter 712 ~ December 2, 2019 ~ Online at www.TucsonCSA.org

Fall 2019

Harvest lists are online.

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Find many more recipes on our website.

Annual Holiday

Break: 12/17-1/07

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 2019 will be on December 17 & 18. The first pickups of 2020 will be on January 7 & 8.

Extra Apples for Sale!

Apple season is almost over, so we got extra **honeycrisp apples** from Crooked Sky Farms to sell to CSA members this week. Sweet, crisp, and slightly tart, honeycrisp apples are wonderful for baking, simmering into applesauce, and eaten whole.

Find these wonderful local apples in the CSA Shop for \$3/lb this week!

Local Food Gifts Bring Holiday Cheer

Written by Shelby Thompson

If you're anything like me, you have an email inbox that's currently inundated with "special offers" for everything from streaming subscriptions to boots. However tempting these offers are, I like to remind myself that the most appreciated gifts are those that can be enjoyed together. When I head to Pennsylvania to visit my family for the holidays, I won't go empty-handed. Special food gifts are always welcomed with big smiles and tend to inspire good conversation around great food. My entire family has fallen in love with **Barrio Bread**, and so I'll pack a few of Don's loaves, stored in Ziploc bags, in my suitcase – the whole loaves need just a few minutes in the oven before they taste freshly baked. For my cousins I'll bring jars of **catclaw and mesquite honey** to be stirred into steaming cups of tea. And I won't forget a few boxes of **Black Mesa Ranch artisan chocolates** to put out for sharing after family dinners. The most intriguing gifts I'll bring, however, are the beautiful tins of **Mano Y Metate mole powder** that taste nothing like Pennsylvania fare.

Mole [MO-ley] powder is used to make Mexico's celebrated mole sauces, which are delicious when simmered with vegetables and meat. Amy, owner of Mano Y Metate and longtime Tucson CSA volunteer, grinds fresh, whole spices, nuts, seeds, and chiles in small batches to make her mole powders. A tin of Mano Y Metate mole powder makes it so easy to make authentic moles in your own home. To transform a tin of mole powder into a rich sauce, simply sauté the powder in two tablespoons of oil, add some broth (perhaps **Guru Broo bone broth?**), and bring the sauce to a simmer before serving it with the seasonal veggies in your CSA share. Or, get creative and make the Veggie Stew with Adobo and a batch of Roasted Squash and Garlic Enchiladas in Mole Negro Sauce using our recipes online. We carry a few different varieties of Mano Y Metate mole powders so that you can taste for yourself the sweet, spicy, and complex flavors that moles offer. Find them in the shop for \$7 each and visit ManoYMetate.com for more information, cooking inspiration, and recipes.

Whether you're looking for gifts for foodie friends, a special family member, or a generous host, you'll find great options at Tucson CSA. We hope that you'll consider shopping local this holiday season!

Guru Broo is Back in Stock!

Guru Broo Bone Broth is back in stock! And, just in time for holiday cooking. Bone broth makes a great base for amazing gravy, sauces, grains, soups and stews and more!

Why Guru Broo? Guru Broo is cooked in small batches, using bones from cattle raised by Josh at Chiricahua Pasture Raised Meats – plus the finest, organic, local vegetables and herbs. *Find beef and lamb Guru Broo in the CSA Shop!*

RECIPES

Quick Pickled Turnips

Sara Jones, Tucson CSA

You can use either turnips or radishes for this dish, or a combination. Add a small splash of toasted sesame oil on the veggies just before serving if you like.

1 small bunch turnips or half a larger bunch, cleaned and thinly sliced, plus a few turnip greens, roughly chopped
1 pinch of salt
1 tablespoon rice wine or apple cider vinegar
1 teaspoon soy sauce
1 pinch sugar
Freshly grated ginger
Red chile flakes
Sesame seeds, for garnish

Toss sliced turnips and greens with the salt and squeeze and toss gently. Combine rest of ingredients and massage those into turnips as well. Put turnips into a sealable bag and refrigerate for at least 1 hour before serving. Serve sprinkled with sesame seeds, if desired.

Rice Pilaf with Dill

Sara Jones, Tucson CSA

With a simple salad, this rice could make an easy meal. It can use up a lot of the dill that we get at the CSA.

1 ½ cups long grain white rice
2 tablespoons butter or oil
1 onion, diced
1 cup dill, chopped
2 tablespoons capers
1 large can garbanzo beans, drained
Juice from 1 lemon
Salt and pepper to taste

In a medium sauce pan over medium high heat, cook onion in a bit of oil until beginning to brown. Add butter and rice and cook about 3 minutes, stirring frequently, to toast rice. Add lemon juice, dill, beans, salt and pepper and 2 and ¾ cups water to rice. Bring to a boil. Cover rice, reduce heat to low, and cook for 20 minutes. Stir in capers and more salt and pepper and lemon juice to taste.

Greens with Soy Sauce & Oyster Sauce

This recipe is perfect for hon tsai tai or turnip greens from this week's share. You will probably want to use two shares of greens for this recipe since the bunches are a little smaller this time of year. Or just use a tad less of the other ingredients if you only want a small batch.

1-2 bunches greens, cleaned
1 tablespoon water
1 tablespoon oil
1/4 teaspoon salt
1 teaspoon soy sauce

1 teaspoon oyster sauce
1/2 tablespoon unsalted butter

Cut greens into half-inch segments. In a skillet, heat oil over moderately high heat and stir-fry the hon tsai tai with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, one to two more minutes.

Beans and Greens in Mole

1 cup dry beans (pinto or black)
1 onion, chopped
1 tablespoon mole powder (negro, dulce, adobo, pipian or any mole or your choice)
2 tablespoons olive oil
1 teaspoon dried oregano
1 bay leaf
1 teaspoon red chile flakes
1 bunch greens (any greens), finely chopped.
Salt to taste.

Soak beans overnight. Drain. In a pot, sauté onions in olive oil until soft. Add mole powder and chile flakes and sauté until fragrant. Add beans and water to cover. Add herbs and bay leaf. Cover and simmer for 1 hour, or until tender. Add greens and mix. Add salt to taste. Simmer for another 1/2 hour.

Apple Butter

Wendy McCrady, Tucson CSA

A crock pot full of apple butter will keep the house smelling delicious all day but you can also adapt this recipe to an Instant Pot! Little jars of apple butter are a great holiday gift and are perfect for holiday potlucks! Add additional spices if you like.

About 5 pounds apples, cored, peeled, and roughly chopped
1 cup brown sugar
3/4 cup apple cider
1/2 teaspoon ground cinnamon
Juice from half a lemon

Place all ingredients in a large crockpot and stir well to combine. Cook on high heat for about 6 hours, or low heat overnight. Stir every once in a while if you think of it! When apples are falling apart tender, transfer to a food processor or use an immersion blender to puree. Return to crockpot and cook an additional 2 hours or so, until butter is desired thickness (remember it will thicken slightly as it cools). As butter thickens, stir more often to avoid sticking. Refrigerate in a closed jar and enjoy on toast.