



# Tucson Community Supported Agriculture

Newsletter 726 ~ March 30, 2020 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring 2019

*Harvest lists are online.*

### Back Page Recipes

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- Coconut and Lentil Saag
- Risotto with Greens
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*Find many more recipes on our website.*

### Beef Shares Available

We have a few beef shares available for sale! Beef shares consist of a selection of steaks, a roast, ground beef, and a miscellaneous cut (typically ribs or another roast). Please email us ([tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org)) or stop by the CSA Shop to learn more.

### Updated CSA Protocol

We are continuously adapting our protocol to make your CSA pickup as safe as possible for you. Please read your weekly pick up emails for the latest details. We ask that you:

- Stay home if you or someone in your household is sick.
- Keep a distance of 6 feet between you and others.
- Try to only send one person to pick up your CSA share.
- Wash your hands frequently.

## The “C” Stands for *Community*

*Written by Mary Kay Allen*

We moved to Tucson from a close-knit neighborhood in a small Midwestern city. Our first CSA experience was trial by fire; we didn't even know we needed better produce! A family-owned produce farm with long, nostalgic history and a well-earned reputation was on the outskirts of town. Produce flourished, with strawberries and sweet corn being the prime attractions. Somehow, an organic CSA started at the farm through the efforts of a young Bulgarian intern, himself the consumer of a raw food diet. While he knew little of American food culture, he set about to transition the land to organic production and start a CSA delivery business.

Small town etiquette drove neighborhood support for the new venture. There was one share option: a huge box of produce. Majority households of two, we paired off and split the produce each week. The box was delivered Friday afternoon, meaning someone had to be home to bring it in (no appeal to a box of wilted vegetables!), followed by partners agreeing on a time to meet and divvy up the produce. Our partners were a couple we probably would not have known any other way; we agreed on few things. But with teaching careers in common, we came to be friends after haggling over which half of the produce we'd be taking home! The newsletter was written with a strong Bulgarian accent, peppered with strategies for raw vegetable consumption. The share contents were a weekly revelation. It would not be unusual to have five bunches of greens along with one squash and a few green beans. Just juice it, urged the newsletter. But we loved the freshness, and became more creative in the kitchen. Some of us grew just as skilled at making compost... it took perseverance to stick with this one. Have I mentioned the name of the CSA was the Happy Box?

We were hanging on by a thread when I met a young farmer at the Saturday market who was growing, milling and selling spelt flour. His family was starting a new CSA. Were we interested? Let me think: no juicing... yes, absolutely! I drove to their farm for share pick-up, which became a Friday afternoon social gathering for the small number of member families. This young farm family was industrious and creative. Share options were plentiful, eventually including spelt baked goods, meat and dairy. Each autumn, they held a party around the production of sorghum syrup, with one of their draft horses powering the press. CSA membership here was a bit like a weekly visit to Little House on the Prairie! Leaving this one was hard, and I still happily receive their weekly emails for old times' sake.

While every CSA experience is unique, they have in common the building of community, people working together to support the growth of sustainably grown, local, nutritious food. Now our CSA home is in Tucson, in the lovely courtyard of the Historic Y. Thank you to all the members who along the way have committed to building Tucson CSA. We are glad to be part of *this* community!

*If you haven't already joined the Tucson CSA Facebook Group, now is a great time to do so. It's a lovely way to connect with other Tucson CSA members whilst practicing social distancing. [facebook.com/groups/tucsoncsacommunity](https://www.facebook.com/groups/tucsoncsacommunity)*

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## RECIPES

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### **Black Bean Beet Burgers (Vegan, GF)**

Zoe Sand, [Planted Blissfully](#)

Here's a great way to use up all those beets you keep getting in your CSA share!

1.5 cups cooked black beans  
1 cup raw beets, grated  
½ cup organic old-fashioned oats  
½ cup gold or yellow onion, diced  
¼ cup pumpkin seeds/pepitas, raw  
1½ tsp cumin  
1 tsp garlic powder  
½ tsp chili powder  
Salt and pepper, to taste

Place ingredients in a large food processor. Pulse ingredients until a thick dough starts to form. The patty mixture should be thick enough that you can roll it in your hands and form balls. Blend ingredients until desired texture. Use a spoon to scoop out about a 1/2 cup amount of mixture, and use your hands to roll into a ball. Place ball on a lined baking sheet, and press down to form a patty shape. Continue until you've made about 6 patties. Bake for 10 minutes on each side at 400°F. Serve on a bun or lettuce wrap with all your favorite burger toppings!

### **Coconut and Lentil Saag (Vegan, GF)**

Sara Jones, Tucson CSA

You will want two bunches of greens for this recipe. Turnip greens and mustard greens are perfect for this, as the curry flavors and creamy coconut balance the pungent greens. You can use other greens if you need to. If you are using turnip greens, add the turnips to the curry as well. This dish could be served over rice or toast, or thin it out a bit and serve as a soup.

2 bunches greens, washed and finely chopped  
1/2 large onion, diced  
2 cloves garlic, mashed  
1 teaspoon red chile flakes if desired  
1-2 inches ginger, grated and mashed with garlic  
1 teaspoon cumin seeds  
1 teaspoon coriander  
1/2 teaspoon turmeric  
1 tablespoon oil and/or butter  
1/2 can coconut milk  
2 cups cooked lentils or garbanzo beans  
Lemon juice, to taste  
Fresh cilantro, chopped, for garnish

Heat the oil in a large skillet over medium high heat. Add cumin seeds and stir for about 20 seconds, then add onions. Cook, stirring occasionally for about 5 minutes then add garlic and ginger paste and remaining spices. Stir quickly for until fragrant then add mustard greens. Stir to coat with oil and spices, add coconut milk and cooked lentils, cover, and reduce heat to medium low. Cook for about 10-15 minutes, checking occasionally to make sure you don't need to add water to prevent burning. When greens are completely wilted, add salt and pepper, lemon juice and cilantro, to taste.

### **Risotto with Greens (Veg, GF)**

Philippe, Tucson CSA

Any leafy greens would do well in this recipe, with slight flavor differences with each. Some people stir-fry or boil the greens separately. I like to add them directly to the rice to preserve their full flavor.

1 bunch (or bag) greens, chopped  
1 cup Arborio rice  
1 cup dry mushrooms  
1 onion, finely chopped  
2 cloves garlic, minced  
2 tablespoons olive oil  
2 cups vegetable or chicken stock, heated  
1 teaspoon thyme  
1/2 cup grated Parmesan  
Salt and pepper (or dried chile flakes), to taste

Place dried mushroom in a bowl, cover them with 1 cup of boiling water and soak for 5 minutes. Drain and reserve the drained water.

In a skillet, heat oil to medium hot and sauté mushrooms and onions until onions are translucent, about 5 minutes. Add rice and stir. When rice is hot, adding 1/4 cup reserved mushroom water. Add thyme and garlic. Stir gently and continuously until liquid is almost absorbed.

Repeat the process, 1/4 cup at a time, with the rest of the mushroom water and heated stock, stirring the rice continuously. The rice should be kept to a mild simmer throughout this process which will take about 20 minutes. Add more stock if necessary. Never let the rice dry entirely, nor make it swim in stock.

When rice is almost cooked (it should still be al dente), add the greens and fold them into the rice. Add a little more stock if the mixture becomes too dry. Continue to stir until the greens are cooked (another 5 to 10 minutes, depending on the greens). At that point, the rice should be soft and ready. Add grated Parmesan and salt and pepper to taste.

### **Sautéed Dandelion Greens**

Philippe, Tucson CSA

2 tablespoons olive oil  
1 bunch dandelion greens  
1 small onion, chopped  
2 cloves garlic, minced  
1-2 teaspoons red chile flakes  
2 tablespoons grated Parmesan cheese  
Salt and pepper, to taste

Chop the greens in 2-inch segments and blanch them in salty water until the stems are tender (about 5 minutes). Drain the greens in a colander. Sauté onions, garlic and red chile flakes in olive oil on medium heat until onions are translucent. Add greens and stir gently until well mixed. Salt and pepper to taste. Sprinkle with Parmesan cheese before serving.