



NOW TAKING ORDERS FOR BEEF SHARES

We're now taking orders for pasture-raised-and-finished beef shares from Chiricahua Pasture Raised Meats.

Shares weigh 8-9 pounds, cost approximately \$7.50/lb and typically include 2 steaks (~2 lbs), 1 roast (2-3 lbs), ground beef (~2 lbs) and one miscellaneous cut (1-2 lbs of one of the following: BBQ ribs, short ribs, stew meat, or soup bones).

To reserve a beef share, please put down a \$20 deposit with the CSA Shop volunteer.

Beef shares will be ready for pickup in 3-4 weeks.

UPROCESSED PROGRAM BEGINS JANUARY 15TH

Tucson CSA member and Certified Integrated Health & Nutrition Coach Jennifer Walsh is leading a 28-day program that will teach you how to source and use more local, sustainable, and whole foods. This program is perfect for anyone interested in eating more nutritiously and sustainably.

To learn more, and to sign up, send an email to Jennifer at nonodontsitdown@gmail.com.

Visit us at TucsonCSA.org and find us on Facebook and Instagram @TucsonCSA.

CSA SEASONAL RECIPES

SWEET AND SPICY BRUSSELS SPROUTS (GF)

by Sara Jones, Tucson CSA

The baby sprouts in our shares are incredibly tender so you don't want to overcook them. The idea is to get a pretty good sear and caramelization on the sprouts without burning the edges or overcooking the center, so keep an eye on the heat and adjust accordingly. A hard sausage, like Spanish chorizo or dry salami, makes an excellent addition to this recipe.

- 1 share Brussels sprouts, cut in half
- Scant tablespoon oil
- 2 cloves garlic, minced
- ¼ cup of salami or Spanish chorizo, finely chopped (optional)
- 1 tablespoon apple juice or water
- 1 tablespoon balsamic, sherry, or rice wine vinegar
- Drizzle of honey (about 2 teaspoons)
- 1 teaspoon red chile flakes
- 1 teaspoon paprika, sweet or smoked
- 2 teaspoons soy sauce

Heat oil in a large skillet over high heat. Add Brussels sprouts and toss to coat. Lower heat a tad and cook, untouched, for about 4 minutes to develop a good sear. While sprouts are cooking, whisk together liquid ingredients, chile flakes, and paprika. Once sprouts have a good sear on the bottom, add garlic (and chorizo, if using), and stir together. Continue cooking a couple more minutes. Pour most of the liquid over the sprouts and stir to coat. Turn heat to low and cook until liquid is mostly evaporated. Taste and add more liquid if needed for flavor.

RISOTTO WITH GREENS

by Philippe Waterinckx, Tucson CSA

Any leafy greens would do well in this recipe, with slight flavor differences from 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, large stems removed, cleaned and chopped
- 1 cup arborio rice
- 1 cup dry mushrooms
- 1 grilling onion, green and white parts 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 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, add 1/4 cup of 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 at 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.