



## COOKING WITH KIDS

## IN THE KITCHEN WITH MAX

by Shelby Thompson

**How old were you when you started cooking, and what inspired you to do so?**

I was 8 years old and I made pies and ramen with my grandmas and it was really fun so I kept cooking. (*Max is 11 now.*)

**What's your favorite CSA fruit or vegetable, and how do you like to cook it?**

Well, my favorite is probably potatoes and I have a whole bunch of ways to cook them. I've made potato chips, mashed potatoes, air-fried potatoes, and smashed and baked potatoes. I spent two months watching air fryer videos on YouTube and asking my mom to get me one. When she did, I made French fries for breakfast!

Another one of my favorites is the pumpkins. You can take out the seeds from the squash and remove them from the slimy part, wash them under cold water, and dry them. Then roast the seeds in the oven until they're crispy but not black.

**To make Max's smash and bake potatoes:** Boil or steam small potatoes in the microwave until they're almost cooked through, then smash them with the bottom of a cup and fry them in a skillet with about 3 tablespoons of oil until the edges are golden brown and crispy.

**To make Max's potato chips:** Use a mandolin to cut the potatoes paper-thin. Heat canola or grapeseed oil in a cast iron skillet and fry the potatoes until they're crisp. Season with salt and other seasonings.



**To make Max's roasted pumpkin seeds:** Combine the washed and dried seeds with salt, onion powder, garlic powder, white pepper, and paprika. Roast in a single layer in the oven until crispy. Cool and enjoy as a snack

**Which cookbooks, blogs, or cooking resources do you enjoy learning from?**

For YouTube videos, I like Adam Ragusea and Basics with Babish. I learn more cooking skills than recipes from their YouTube videos. For cookbooks, I like Essential Pépin, which is where I got my croissant recipe.

**What's the best thing you've ever made, and why was it so good?**

I couldn't think of just one. Croissants, Chinese beef noodle soup, eggs benedict, biscuits, French omelets, and scallion pancakes that I made with one of my grandmas. The biscuit recipe is my dad's recipe, which is a mix of his and Mark Bitman's *New York Times* recipe, and I put my twist on it – more baking powder, drier dough, and bigger pieces of butter to create a better rise and more pockets of butter.

**What's your most-used kitchen tool, and what do you use it for?**

I use [wood] chopsticks probably the most. I use them for my scrambled eggs with cream, French omelets, and practically anything else that I do.

**What advice would you give to other kids who want to try cooking/baking?**

Clean up after yourself and learn how to use a knife and other basic things - that's where Basics with Babish comes in. Start small. And use a towel under your cutting board. Don't use a metal utensil in a nonstick pan.

Oh - and if you overcook something and it starts smoking up, wave a towel at the smoke detector.



## SAVE THE DATE

FEBRUARY 15

Tucson CSA's  
17th Anniversary

FEBRUARY 20

Food Justice  
Book Club Meeting

MARCH 2 &amp; 3

Tucson CSA's  
17th Anniversary  
Celebration!  
Raffle, stickers, and  
more to come

## CSA SEASONAL RECIPES

## CABBAGE OKONOMIYAKI (JAPANESE FRITTATA)



- 1 cup vegetable stock or water
- 2 eggs
- 1 cup all purpose flour
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1/2 green or napa cabbage, thinly shredded
- 2 large green onions or 1 small yellow onion, thinly sliced
- 1 cup finely sliced radishes, turnips or carrots
- 1 tablespoon oil
- 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 veggies and mix in well. Heat oil over medium-high in large skillet. Add half of the cabbage mixture to the skillet (reserve the other half for a second batch or for another occasion – it will keep in the fridge for a few days). Press down with a spatula until mixture is even and compact. Cover and cook on medium-high for 5 minutes until well browned. Turn over by flipping in the air if you have a lightweight pan and a deft hand, or 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 and a drizzle of any hot, sweet sauce you have available.

*Find more recipes on the back*



## WINTER GREENS GUIDE BLANCHING GREENS

by Sara Jones

Winter produce shares at the CSA can be bulky! When space is at a premium in your fridge it is helpful to blanch your greens. Big bunches of kale, collards or chard, plus the greens from your turnips, radishes and beets, can all be quickly blanched to shrink them to a manageable-size bag of greens.

To blanch greens, bring a large pot of water to a boil. Add some ice to a big bowl of water and set it near the stove. While the water comes to a boil, clean the greens and remove tough stems from kale or collards. Working in batches, drop a large handful of the greens into the boiling water and push them down so that they're fully submerged in water. More tender greens will need just under a minute to cook, while hardy greens like collards and kale are better after a few minutes of cook time. Using tongs, remove the greens from boiling water and submerge them in ice water. Repeat with any additional greens. Drain greens and then squeeze well (very well!) to remove excess water. You can easily chop the greens by forming them into a tight log and slicing it. Store cooked greens the refrigerator in a container with a tight fitting and use within 6 days. You can also freeze the greens to use in another season, when a bouquet of kale sounds novel and exciting.



### WE'RE READING

*Eating the Landscape: American Indian Stories of Food, Identity, and Resilience*  
by Enrique Salmon



### WE'RE LISTENING TO

*The Farm Report*  
Radio Heritage Network



### WE'RE WATCHING

*Basics with Babish*  
YouTube



### ON SOCIAL

Tag #TucsonCSA on Instagram and show us what you're making with your CSA share



## GOOD FOOD FILM SERIES

by Daniela Diamente

Ever wonder how Arizona (or you personally) can counter the rising climate crisis, maybe by simply planting edible trees? And in doing so, could we also strengthen our local economy? Learning more about your local food system just got easier thanks to the Good Food Film Program that is showcasing new, independent short films examining a variety of issues.

Whether you want to know more about the state of farmland in Arizona, inequities and the fight for food sovereignty at a local level, or maybe how Indigenous farmers can reconnect us to our land and food as medicine, this series has it all. Good Food Finder is "Arizona's Voice for Local Food" and this exciting new short film series is one of the many ways that they are working to support a more just local food system.

Each month a different film will premiere on the second Tuesday of the month - but with your online purchase, you can watch it on your own time and screen of choice. Here at Tucson CSA we strongly believe in the power of education and collaboration. We are grateful for this opportunity to share and learn with you all.

Use the code TUCSONCSA at checkout for any (or all!) of the films to receive a 20% discount - each film will cost \$6 or less.

<https://www.goodfoodfinderaz.com/good-food-film-series>

**March:** *The State of Arizona Farmland*

**April:** *Are Edible Landscapes and Trees the Answer to Arizona's Rising Climate Crisis?*

*The Good Food Finder is a project of Local First Arizona Foundation with a vision of an Arizona economy that is sustainable, resilient, and celebratory of diverse cultures.*

## ITALIAN DANDELION GREENS

- 1/2 yellow onion, chopped
- 1/2 can stewed tomatoes
- 3 cloves garlic
- 1 bunch dandelion or other greens, washed and roughly chopped
- 1/4 cup chopped olives and/or capers
- 2+ tablespoons chevre or feta
- Red pepper flakes, to taste
- 1 tablespoon olive oil
- Salt and pepper to taste
- Drizzle of balsamic vinegar

In a large skillet, heat oil over medium-high heat. Add onion and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium-low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or polenta.

## CHIMICHURRI

- 1 cup cilantro, including stems, tightly packed
- 1/2 tablespoons fresh oregano or marjoram, or small pinch of dried herbs
- 2-3 cloves garlic
- 1 large green onion, bulb and greens
- 1/2 cup olive oil
- 1/4 cup red or white wine vinegar
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon red chile flakes
- 1 teaspoon salt

Blend ingredients in blender or food processor until well chopped but not puréed. Let the dressing sit for at least 15 minutes to allow flavors to blend. Serve with grilled meats or cooked grains.