



WHAT'S HAPPENING AT TUCSON CSA
17 YEARS AND COUNTING

by *Shelby Thompson*

Tucson CSA was founded by Philippe Waterinckx, who met Farmer Frank of Crooked Sky Farms while conducting a graduate research project at the University of Arizona. Philippe's conviction to start a Community Supported Agriculture program and make local organic produce more accessible to Tucsonans was so strong that he left grad school and started Tucson CSA on his back porch in 2004.

Membership at Tucson CSA quickly grew, and soon Philippe moved operations to our current location at the Historic Y. Sara Jones joined Philippe as the second staff member and, with her extensive farming and cooking experience, quickly became an irreplaceable stalwart. At one point soon after Michael Pollan's *The Omnivore's Dilemma* was published, there were over 700 Tucson CSA members. At this point weekly pickups had to be relocated from our small indoor space to the beautiful Historic Y Courtyard, which so wonderfully hosted Tucson CSA volunteers, veggies, members, and visiting musicians.

Although Tucson CSA originally only offered produce subscriptions, its offerings began to expand over the years – some (like coffee) were short lived, while others like Barrio Bread became a staple. Eventually the front room of the CSA (known interchangeably as the Cantina, Front Desk, or CSA Shop, depending on what year you joined Tucson CSA) became a small store stocked with basics like pasture-raised meats, cheese, honey, beans, and more. In 2015 we began working with Sleeping Frog Farms to source produce for our Wednesday CSA shares, which has helped us to diversify our offerings and support more local farmers.

When Philippe stepped back in 2018, I joined Sara to help her run operations. Over the last three years we faced several challenges (retiring farmers, an egg hiatus, and a pandemic, to name a few!) that were largely overcome because of the community that exists around us - our volunteers, members, and food producers who continually amaze and support us.

Now, in 2021, we're ready to continue supporting local agriculture as we take on other challenges like food insecurity and food justice. With the addition of Daniela Diamente as our third co-director, we feel prepared to honor Tucson CSA's history as we continue to make Tucson a better city for all.



SAVE THE DATE

MARCH 2 & 3
*Tucson CSA's
 17th Anniversary
 Celebration!*
*Raffle, new stickers,
 and more*

MARCH 9
*The State of Arizona
 Farmland Screening*

APRIL 3
*Food Justice
 Book Club Meeting*



MUSIC TO OUR EARS
LOCAL MUSICIANS RETURN TO TUCSON CSA

by *Sara Jones*

In 2007 one of our members asked us if he could play guitar during pick up at the CSA to practice for his graduate recital. We thought it was a great idea! Since then we have tried to make music a part of the CSA experience and over the years we have been lucky enough to host a number of talented local musicians.

Last year, as we tried to arrange our space to be safe and socially distanced, we had to put the music on pause. However, we realized that the second story balcony in the courtyard provides a safe space and great acoustics for outdoor music and have happily welcomed musicians back to the CSA. We will have music to celebrate our anniversary this week! On Tuesday Roman Barten Sherman will be playing the blues at 4:15, followed by Anton Shekerjiev from Balkan Spirit/Kyklo 5:30. On Wednesday Thoger Lund will play cello at 4:15 and John White will surprise us with either the banjo or guitar at 5:30. If you miss live music, make sure to visit the courtyard and enjoy the tunes.



CSA SEASONAL RECIPES
CHOCOLATE BEET CAKE

by *Paula Borchardt, Tucson CSA*

- Approximately 1 cup beets, cooked and chopped
- 1/4 cup water
- Approximately 1 cup applesauce
- 1 teaspoon vanilla extract
- 1 teaspoon apple cider vinegar
- 1-1/2 cups whole wheat flour
- 1/2 cup cocoa powder
- 1 cup sugar
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 cup chocolate chips

Preheat the oven to 325° F and grease an 9x13" baking pan. Purée the beets and water in a blender or food processor.

Pour the beet mixture into a two-plus cup measuring cup and add enough applesauce to make two cups total. Mix in the vanilla extract and apple cider vinegar. In a separate bowl, mix all the other ingredients together; fold in the beet mixture and mix everything together thoroughly.

Pour the batter into the prepared baking pan and bake for about 35 minutes, or until the cake is set.

Find more recipes on the back



WINTER PRODUCE GUIDE

BROCCOLI

by Shelby Thompson

Broccoli is a cruciferous vegetable and has many of the same qualities as cauliflower, cabbage, Brussels sprouts, and kale. All cruciferous vegetables contain a lot of fiber, vitamins, and minerals, and broccoli itself has more vitamin C than oranges do! Here in southern Arizona, broccoli grows best in the winter – in fact, the cool nighttime temperatures cause the plant to develop sugars, making it sweeter and less bitter.

Every part of the broccoli plant – the florets, stems, and leaves – are edible and can be made to taste wonderful. Although broccoli florets are featured most often in recipes, their stems are usually sweeter and more tender. If you find that the stems are tough, try peeling their exterior before cooking. Broccoli leaves, while often discarded, are similar to collards and other hardy greens and can be cooked just the same. For a quick and simple side dish, steam the broccoli for a few minutes then drizzle it with olive oil, salt, and pepper before serving. For a more filling dish, try adding it to family favorites like curry, pasta, soup, and even burritos. No matter how you spin it, broccoli is a tasty and nourishing veggie that can make our taste buds happy and our bodies even happier.



WE'RE READING

*Farm to Table Inc.
Biz Tucson*



WE'RE LISTENING TO

*Mystery Recipe
A cooking podcast for kids!*



WE'RE WATCHING

Minari



ON SOCIAL

*Check out our new video,
How to Process Spaghetti
Squash, on YouTube!*



CROOKED SKY FARMS

by Shelby Thompson

Frank Martin, endearingly known as Farmer Frank, started Crooked Sky Farms in Phoenix in 1994. After working in the fields next to his migrant farmworker parents and seeing the harmful effects that agrochemicals had on them, Frank pursued natural farming methods. As an adult he began to learn the skills he needed to grow organic produce and eventually acquired

enough land and expertise to become a full-time farmer.

The son of a Native American man, Farmer Frank continues to use his father's teachings to steward the land on which he grows. His farmland in Phoenix and Duncan allows Frank to farm year-round using heirloom seeds, natural pest and weed remedies, crop rotation, and other sustainable farming practices that don't exploit the fields or the farmers working in them.

Crooked Sky Farms has been Tucson CSA's primary producer since its inception in 2004. Farmer Frank and his dedicated team of skilled farmers, administrators, and truck drivers play an essential role in nourishing our CSA members with Certified Naturally Grown produce to this day. Today, Crooked Sky Farms supplies almost all of the

produce in our Tuesday CSA shares and about half of the produce in our Wednesday CSA shares.

COVID-19 has made it more difficult for Farmer Frank to source seed, which has been in high demand since the beginning of the pandemic. Still, he's found ways to adapt and prepare for summer crops. Currently there are 100,000 tomato starts in the Crooked Sky Farms greenhouse, which will soon be planted in the fields. Summer squash and cucumbers are already coming up, and until they're ready to harvest we'll continue to enjoy winter and spring favorites like broccoli, cauliflower, carrots, cabbage, beets, turnips, lettuce, and Brussels sprouts.

WINTER GREENS PASTRY SHELL

by Howard Frederick, Tucson CSA

- 1 pound greens, cleaned
- 2-3 Tablespoons butter (olive oil works, but isn't as flavorful)
- 3/4 cup all purpose flour
- 3/4 cup bread crumbs (bran also works; either wheat or oat)
- Optional herbs (dill, celery seed)

Preheat oven to 375°. Lightly oil a 9-inch pie plate. Chop greens (or pulse in food processor) until they are finely minced (if stems are tough, you can remove, but I've not had a problem with them).

Melt butter in a heavy skillet and add greens. Sauté until soft, then transfer to a bowl and mix in flour, bread crumbs, and herbs. Press mixture into the pie plate, using a fork or spatula to spread evenly and then forming the edges with your fingers. Bake for 15 to 20 minutes. At that point you can refrigerate or freeze for later use, or without cooling, use it for a quiche (since the oven's hot, why not?).

BEET AND FENNEL SALAD

- 2 large beets
- 1 share fennel bulbs, thinly sliced
- 1 teaspoon oil
- Salt and pepper to taste
- Dash balsamic or red wine vinegar
- 1/4 teaspoon cumin
- 1/4 cup feta cheese
- Fennel fronds, chopped

Preheat the oven to 375°F. Steam or roast beets until tender. Let cool slightly and slip skin from beets. (This may be done in advance and the beets placed in the refrigerator overnight.) Remove the leafy ends from the fennel and any stalks that appear too tough. Slice bulbs very thinly.

Put the olive oil in a small skillet over medium heat. Add the sliced fennel and cook, stirring occasionally, for about 8 minutes. Remove and let cool. Cut beets into 1/2-inch cubes. Mix together the beets, sautéed fennel, salt, black pepper, ground cumin and a splash of vinegar. Add crumbled feta and garnish with fennel fronds.