



HOW TO COOK WITH YOUR CSA SHARE MANAGING A CSA SHARE AND A BUSY FAMILY

by Lorraine Glazar

I could write a book about recipes made in less than 30 minutes that would feed adolescent boys who had just spent 90 minutes playing soccer, baseball, basketball, and oh, by the way, "Can Matt come home with us and have dinner? His mom is working late and will pick him up at 8." One of the problems with vegetables is that they take so much more "doing" than other foods—washing, peeling, chopping.

A great "recipe" is beans with vegetables. A good spring version would be to sauté sliced carrots with some onions until tender, add a drained can of beans, garlic to your taste, and some kind of green (love spinach here!) at the end, and maybe garnish with herbs. We get awesome beans from Farmer Frank, but it can be a bit much to ask someone who is working two jobs or balancing work and child-rearing to soak and cook. Save those for the weekend!

I turned the oven on the minute I walked in the door and put sweet potatoes in it. Depending on size, at 425° they bake in about 30 minutes and can be topped with canned black beans, or you can mash them and combine with beans in a flour tortilla, or put in the leftover chili made on the weekend, or the small amount of leftover pulled pork, or scrambled eggs (except for the boy who won't eat eggs in any form), or sautéed vegetables made while the sweet potatoes bake, or really any leftovers.

If I didn't turn on the oven when I got home, I would put a pot of water to boil on top of the stove and cook rice, barley, quinoa, or pasta, then drain and combine it with whatever sautéed fresh vegetables and onion we got at the CSA (or broccoli and Brussels sprouts can be blanched in the starchy grain water). One of my son's favorites was the Polish Potatoes and Buttermilk, in the CSA recipe archives. It takes about 20 minutes to boil the potatoes and caramelize the onion. If your family feels that they are missing out without meat, you could cook some bacon and use that fat to caramelize the onions, then sprinkle bacon pieces on top at the end.



SAVE THE DATE

APRIL 3

Food Justice
Book Club Meeting

APRIL 13

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

To watch, go to:
goodfoodfinderaz.com

Use the code
TUCSONCSA for 20%
off at checkout



MENTAL HEALTH & WELLBEING

CONNECTING TO THE WORLD THROUGH SEASONAL FOOD

by Regina Gee

Eating with the seasons has a hefty number of items in the 'pro' column; foods grown and consumed within their appropriate season are more nutritionally dense, they taste better, it's better for the environment, and it's easier on your wallet. To take an even deeper look, eating food in its proper time and place offers a chance for deep nourishment and connection with the natural world – eating seasonally allows us to be in relationship with the specific world around us and can have profound effects on our wellbeing.

In his book *Lost Connections: Why You're Depressed and How to Find Hope*, Johann Hari writes that depression and anxiety are not so much diseases as they are signals of disconnection. He identifies a disconnection from nature as being one of nine causes of depression – and reconnection can mean more than hiking or being in nature. On average, modern day Americans are profoundly separated from their food systems – and also lacking connection with the land, leaving so many humans depressed, heartsick, and undernourished. In Ayurvedic medicine, lifestyle diseases such as heart disease, hypertension, and diabetes are the result of an inappropriate relationship of people with their environment. As humans, we are very much of the earth but acting as though we are separate from our ecology creates unsuitable and disconnected relationships with our world. The treatment for disconnection from the seasons in Ayurveda is ritucharya, a seasonal regimen, or in other words, reconnecting with the cycles of nature around you by eating seasonally and basking in the sustenance of nutrient-dense food cocreated in your personalized, particular, and intimate world.

Brené Brown writes, "Connection is why we are here... it's what gives purpose and meaning to our lives," and connecting with the natural world through conscious awareness of your food system and diet is a profound way to find meaning and support in this wild world.



CSA SEASONAL RECIPES IRISH OKONOMIYAKI

Recipe and photo by Laura Palacios, Tucson CSA

- 6 slices bacon
- About 10 cups loosely packed greens, thinly sliced
- 3-4 small potatoes, grated
- 1 teaspoon caraway seeds
- ¾ cup all purpose flour
- 2 tablespoons soy sauce
- 3 eggs
- ½ teaspoon onion powder
- Salt and pepper to taste

For creamy spread:

- ¼ cup yogurt or sour cream
- ¼ cup mayo
- ½ teaspoon spicy mustard
- 1 teaspoon horseradish
- ¼ teaspoon garlic powder
- Salt and pepper

Preheat oven to 350 degrees. Fry 6 slices of bacon in a 12" cast iron. Once cooked, take out and chop. Leave grease in pan. In a big bowl, mix all the greens that you still need to use up (mostly cabbage is ideal, I used cabbage and chard mix) together with the remaining ingredients, including the chopped bacon, to make a very thick batter. Spread leftover bacon grease evenly over the bottom of the skillet and pour mixture into the cast iron. Spread into an even layer. Bake at 350 degrees for 30-40 minutes. While casserole is cooking, stir together the ingredients for the creamy spread. Once cabbage mixture is cooked through and firm in the middle, remove it from the oven and let sit for 5 minutes before slicing. Cut into wedges and serve with toast.

Find more recipes on the back



LOCAL PRODUCE SPOTLIGHT

JUICY CITRUS FROM ISKASHITAA REFUGEE NETWORK

by Sara Jones

Long-term Tucson CSA members know that winter and spring are citrus season here in the desert and have come to expect juicy oranges, grapefruit and more in our shares. Unfortunately, the lack of rain combined with record-setting high temperatures this last summer caused our usual citrus crop in Phoenix to fail. Luckily for Wednesday members, the citrus from Sleeping Frog Farms coming out of Aravaipa and local Tucson properties has been consistent and delicious. For Tuesday members, we have managed to work with our long-term partners at Iskashitaa Refugee Network to procure locally gleaned citrus to

supplement our shares a few times over the past few months.

Buying the citrus from Iskashitaa helps support their mission of creating opportunities to integrate UN refugees into the southern Arizona community while educating the public, strengthening the local food system, reducing local food waste, and increasing food security. If you are missing the abundance of citrus and need to add some zest and tang to your life, we will be taking donations for grapefruit from Iskashitaa at our pickup this week. Bring some cash, grab some fruit, and support a great local organization!



WE'RE READING

The 'Hidden Punishment' of Prison Food
The New York Times



WE'RE LISTENING TO

For Those Sick of Convenience
Podcast



WE'RE WATCHING

Alison Roman's Home Movies
YouTube



ON SOCIAL

Want to know what to do with your CSA share when you get home? Check out the 'Tutorials' highlight on our Instagram page!



SLEEPING FROG FARMS

by Shelby Thompson

Sleeping Frog Farms is located in Cascabel, about 90 minutes and one winding road east of Tucson. The 75-acre plot of land is farmed by owner Clay Smith, Laurel Goslin, and a few other transient farmers who come and go throughout the year. Sleeping Frog Farms has been using permaculture design and biodynamic growing principles to grow food for the surrounding

community since 2008.

Situated almost 1,000 feet higher in elevation than Tucson, Cascabel is an ideal place for a year-round certified naturally organic farm like Sleeping Frog Farms. Nestled in the Cascabel corridor of the San Pedro River Valley, the farm is designed to work in harmony with the surrounding wildlife. In addition to growing produce, the farm supports a few farm animals like chickens, pigs, and cows which help with weed management in the fields and around the property. Farm dogs New Dog and Heady help to protect the crops and other farm animals from predators like javelinas and bobcats.

Sleeping Frog Farms has been growing produce for Tucson CSA's produce shares since 2015. Currently they provide about half of the produce in our Wednesday CSA

shares. Sleeping Frog Farms also provides the Tucson CSA Shop with jars of raw, unfiltered honey that is harvested from the hives on their property. Depending on the time of the year, you might find wildflower, catclaw, and/or mesquite honey at Tucson CSA.

The extreme high and low temperatures this season have caused difficulty at Sleeping Frog Farms over the last few months. Whether they were harvesting salad greens in the snow or trying to rescue a cool-weather crop that bolted too soon in the warm sun, our farmers have been working especially hard to feed us. Lucky for us they help to manage a fruit orchard in Aravaipa, which provides both a safety net for failed crops and delicious citrus like oranges, tangerines, lemons, and grapefruit.

FENNEL AND CITRUS SLAW

Sara Jones, Tucson CSA

- 1 share fennel bulbs plus some fronds, reserved
- 1 cup thinly sliced broccoli, kohlrabi and/or turnips
- ½ cup thinly sliced apple or citrus pieces
- 2 tablespoons orange or grapefruit juice, plus zest
- 1 tablespoon red wine vinegar
- 1 tablespoon olive oil
- Salt and pepper to taste

Remove long stems from fennel and cut bulbs in half lengthwise. Rinse well, making sure to remove any grit between the stems. Thinly slice fennel, bulbs, core and all and toss with a bit of vinegar and a pinch of salt. Set aside. Prepare the rest of the ingredients and make a dressing by whisking together the citrus juice, remaining vinegar, oil and salt and pepper. Toss everything together, garnishing with chopped fennel fronds if desired.

ROMAINE LETTUCE STIR FRY

Sara Jones, Tucson CSA

- 2 teaspoons oil
- 1 head romaine lettuce, cleaned and cut into 1" pieces
- 3 cloves garlic, minced
- 1" fresh ginger, grated
- 1 tablespoon soy sauce
- 1 teaspoon rice wine or sherry vinegar
- 1 teaspoon sugar (optional)
- 1 teaspoon toasted sesame oil
- Red pepper flakes or black pepper to taste
- 1/2 teaspoon corn starch plus 2 tablespoons water (optional)

Whisk together soy sauce, vinegar, sesame oil, pepper, sugar and cornstarch. Heat a large skillet over high heat. Add a drizzle of oil and then garlic and ginger. Stir briskly until fragrant then add lettuce, in two batches if needed for space in the pan. Continue stirring until lettuce is mostly wilted. Pour sauce over the top and stir another minute or so. Taste for seasoning and add a bit more soy sauce or pepper as needed.