



SPRING VEGGIE STARTS FROM LAUREL'S FLORALS

Springtime means gardening time! If you're like many of the gardeners across the country, you might have encountered a seed shortage this last year. Luckily, Laurel of Laurel's Florals will be at the CSA during our pickup hours this week selling organic veggie starts for your garden.

Stop by Laurel's table when you come to pick up your share this week and pick up a few plants, such as beans, tomatoes, mint, catnip, and more!

CS-AID

Thanks to everyone who has donated to our CS-Aid program, we've been able to offer free and half-price produce shares to families and individuals over the past 10 months. With your support, we are working to expand the program to make Tucson CSA subscriptions more accessible.

You can make a donation in person or by adding a weekly donation to your CSA subscription online. To apply for aid, please send us an email.

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

CSA SEASONAL RECIPES

EASIEST GREENS IN TORTILLAS

Sara Jones, Tucson CSA

This recipe is great with 'stemmy' greens, like pac choi and chard. An Asian chile paste tastes best, but you can use any salsa or hot sauce to spice the greens, too. Served with fried eggs or a side of beans this makes a quick and easy meal - scale up as needed!

- 2 large handfuls of greens (with stems), cleaned and roughly chopped
- 1-2 cloves garlic, minced
- 2 teaspoons oil
- Chile paste or hot sauce, to taste
- Crumbled feta or goat cheese, if desired
- 4 corn tortillas, warmed

In a large skillet over high heat, cook greens and garlic in oil until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and sprinkle with cheese, if using.

LENTIL SOUP WITH ITALIAN SAUSAGE

Lisa Janz, Tucson CSA

This recipe offers a good way to use wilted greens that have been sitting in the fridge a bit too long. It has quite few ingredients, but is simple to make and fairly quick (about 1 hour).

For the soup:

- 2 cups dried red lentils
- 5 cups broth (chicken, beef, or whatever else you have around)
- 3 cloves of garlic, peeled and crushed
- 1/2 large onion
- 2 teaspoon sage leaves
- 2 sprigs of rosemary
- 2 tablespoon extra virgin olive oil
- 1 teaspoon salt

For the sausages:

- 1 tablespoon extra virgin olive oil
- 3 sausages, cut into 1/2 to 1 inch lengths
- 3 tablespoon fresh cilantro, chopped
- 1 cup broth
- 3-4 carrots, cleaned and chopped

- 1-2 bunches of greens, chopped into 1-inch lengths (I used leftover kale and some arugula that was growing in my backyard)
- Salt and pepper

Combine the soup ingredients in a soup pot and bring to a boil over medium-high heat. Turn heat down to a simmer and cook lentils are soft, adding more water as needed (about 1 hour). Remove the rosemary and sage leaves before adding sausage mix. Prepare the sausages while waiting for the lentils to cook.

While the lentil are cooking, heat olive oil in a pan over medium-high heat. Add sausage, stir and cook until sausage is browned all over and juices are beginning to show. Add broth and carrots. Cook over medium heat until carrots are beginning to soften (about 5 minutes). Add greens and continue to cook until greens are wilted and carrots are soft, but still a bit firm. Sausage should be cooked by this time. Once lentils are cooked, add sausage mixture to soup pot along with the cilantro. Cook for a few minutes and taste for seasoning. Add salt and a generous amount of freshly grated black pepper.