



**NOW OFFERING  
LOCAL BUTTER AND  
CREAM FROM  
GOLDEN RULE  
DAIRY!**

We're now carrying fresh butter and cream from Golden Rule Dairy, the same farm that provides us with the delicious raw milk we carry in our Shop. Like the milk, the butter and cream are unpasteurized and come from pasture-raised Jersey cows in Elfrida, AZ.

You can find half-pound containers of butter and quarts of cream in the CSA Shop!

**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](http://TucsonCSA.org) and find us on Facebook and Instagram @TucsonCSA.

**CSA SEASONAL RECIPES**

**CARROT MISO DRESSING**

*Sara Jones, Tucson CSA*

This is great for lettuce or cabbage based salads, sprinkled with some sesame seeds as a garnish. The dressing also makes a great sauce tossed over hot or cold soba or ramen noodles, served with leftover chicken or baked tofu and chopped greens.

- 2-3 medium to large carrots
- 1-2 green onions
- 1 inch peeled ginger, grated
- 2 tablespoons miso
- 1 tablespoon sesame oil
- 2 tablespoons vegetable oil
- ¼ cup rice wine vinegar
- 1 tablespoon mirin or water

Clean carrots and remove tops and bottoms, chop into pieces. Put all ingredients in a food processor or blender and pulse a bit to break down carrots. Puree dressing for a couple of minutes until dressing is mostly smooth and carrot bits are very small, adding a bit of water if needed to thin out a bit.

**'BRUISED' RAW KALE SALAD**

*Sara Jones, Tucson CSA*

You can use any type of kale, or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

- 1 bunch kale or collards, sliced fine
- 1 carrot, grated
- 1 cup cooked or sprouted grains
- 1 cup cooked or sprouted lentils
- ½ cup toasted sunflower or pumpkin seeds
- ½ yellow onion
- 2 tablespoons apple cider vinegar
- 2 tablespoons apple or orange juice
- 1 tablespoon oil
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- Salt

Toss chopped greens with about ½ teaspoon of salt and firmly squeeze and toss the greens for a minute or two. In a food processor or blender, puree onion, vinegar, oil and spices. Add spice mixture and carrots to the greens and toss together to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.