



LEARN HOW TO MAKE SAUERKRAUT!

Sauerkraut is a great way to use up a lot of cabbage and preserve it for later use. Luckily, it requires only cabbage, salt and a short amount of active preparation time.

For a quick tutorial, check out the "Tutorials" highlight on our Instagram page. If you want more detailed instructions, the Internet is full of free resources for making this lacto-fermented treat.

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.

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CSA SEASONAL RECIPES

CAULIFLOWER EN ESCABECHE

Amy Valdes Schwemm, Tucson CSA

- 1 small or ½ large head cauliflower
- Fresh jalapeño, serrano, or güero chile peppers, to taste
- Carrots
- Onions
- Garlic
- Mexican Oregano
- Vinegar, cider or distilled
- Salt, non-iodized

Cut slices of onion, garlic and carrot. Cut cauliflower into bite-size florets. Chiles can be left whole with stems, or seeded and sliced. Mix vinegar and water in equal parts, making enough to easily cover vegetables. Put solution in a non-reactive pot with 1 teaspoon salt for each cup of solution. Bring this brine to a boil and cook veggies for 1 to 3 minutes. Do not let veggies get soft! Remove from heat and let cool. Put in jars, making sure the veggies stay submerged in brine, and refrigerate. They will keep up to a year.

CURTIDO

Sara Jones, Tucson CSA

This lightly pickled cabbage dish from Central America is a great accompaniment to tacos, tostadas and sandwiches and makes a great addition to a bean and grain bowl. Consider this a baby step toward fermenting sauerkraut or kimchi!

- 1 small or ½ large head cabbage, outer leaves removed, head thinly sliced
- ½ large onion, sliced
- 1 teaspoon dried oregano
- 1 hot pepper, thinly sliced
- About 2 tablespoons coarse sea salt
- ½ cup white vinegar
- 2 cups water

Place cabbage in a large bowl and sprinkle with a few pinches of the salt, massage together, squeezing and tossing well. Add onion, pepper and oregano and toss together. Let sit about 15 minutes, until cabbage is a bit limp. Meanwhile mix together vinegar, water and the remaining salt. Stir well to dissolve. Pack cabbage into quart jar (depending on the size of your cabbage you may need a quart and a pint or even 2 quarts). Pour brine over mixture then use a glass or ziplock bag of water to weigh down cabbage, so it remains submerged. Put on a tray to capture any spills, cover with a clean towel and let sit at room temperature for 2-4 days, until pleasantly sour. Transfer to fridge and eat within one month.