



NOW TAKING ORDERS FOR PORK SHARES

We're taking orders for pasture-raised pork shares from Chiricahua Pasture Raised Meats. Each pork share will weigh 8-10 pounds each, cost approximately \$8.00/lb, and typically include ground meat (2 lbs), Italian Sausage (2 lbs), 1 pack chops (~ 1.5 lbs,), 1 roast (2-3 lbs), and spare ribs or baby back ribs (~2 lbs).

We are only taking pork share deposits online to ensure that everyone has an equal opportunity to order one. To reserve yours, log into your CSA account and click the green 'Store' button, then "add" either a Tuesday or Wednesday Pork Share Deposit (depending on your pickup day). Click 'Cart' and then 'Checkout' in the upper righthand corner of the screen and select your payment method. **If you choose to pay by check, you will need to bring a \$20 check to the CSA during your pickup this week; otherwise your spot will be offered to someone else.** Click 'Place Order' to complete your purchase.

Pork shares should be ready for pickup at the end of May. The remaining balance will be due at pickup.

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

CSA SEASONAL RECIPES

BEEF AND CARROT BOLOGNESE SAUCE

Sara Jones, Tucson CSA

This is a great way to use carrots and beets and also works if you have to sneak either of these vegetables past anyone you are serving. You can make a vegan version with cooked lentils, or use ground beef or pork.

- 1 large or 2 smaller beets, scrubbed and shredded
- 3 carrots, scrubbed and shredded
- 1 large onion, diced
- 1 tablespoon oil
- 2 cloves garlic, minced
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 bay leaf
- Salt to taste
- 1/2 pound ground meat or 1-1/2 cups cooked lentils
- 1 large can diced tomatoes

Heat oil in a large saucepan over medium to medium-high heat, add beets, carrots and onions and stir to coat in oil. Cook, stirring occasionally, until veggies are caramelized. (Depending on the heat this could take 10-30 minutes, the longer the better for flavor.) Stir in garlic and tomato paste and cook another few minutes. If using ground meat, add now and use a wooden spoon or spatula to chop into small bits while browning. Add tomatoes and herbs (and lentils if using) bring to a simmer and cook for about 10-15 minutes. Salt to taste before serving.

MORNING GLORY MUFFINS

Lorraine Glazar, Tucson CSA

- 1 cup sugar
- 2 1/4 cups unbleached all-purpose flour
- 1 tablespoon ground cinnamon
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 cup shredded, sweetened coconut
- 3/4 cup Raisins
- 1 large apple, peeled and grated
- 3/4 cup dried pineapple
- 2 cups grated carrots
- 1/2 cup coarsely chopped pecans or walnuts
- 3 large eggs
- 3/4 cup vegetable oil
- 1/4 cup buttermilk
- 1 teaspoon pure vanilla extract

Preheat oven to 350 degrees F. Sift or whisk together the sugar, flour, cinnamon, baking soda, and salt into a large bowl. Add the coconut, raisins, apple, pineapple, carrots, and nuts, and stir to combine. In a separate bowl, whisk the eggs with the oil, buttermilk and vanilla. Pour into the bowl with the dry ingredients and blend well. Spoon the batter into muffin tins lined with muffin cups, filling each to the brim. Bake for 35 minutes or until a toothpick inserted into the middle comes out clean. Cool muffins in the pan for 10 minutes, then turn out onto a rack to finish cooling.