



# *Tucson Community Supported Agriculture*

*Newsletter 571 ~ January 16, 2017 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

## Winter 2016-17

### **Harvest list is online**

Roasted Squash and Garlic  
Enchiladas  
Easy Minestrone Soup  
CSA Greens Quiche  
Thai Grapefruit Salad

**Many more recipes  
on our website**

### **Paul at the Bread Line This Tuesday and Running For City Council**

Dana is out of town this Tuesday and Paul will be subbing for her at the bread line.

Paul is running for City Council this year and he will be happy to talk to you about his candidacy.

If you live in Ward 3, please consider coming by the bread line to sign Paul's nominating petition.

### **Josh Pork Shares**

We still have a few open reservations for pork shares.

A \$20 deposit is required at ordering time. Balance will be due on pickup. Every share will be slightly different in content and in weight, so the final prices will vary.

We expect them to be ready for pickup by early to mid February.

For more info on pork shares, check last week's newsletter.

Note: Josh's grass-fed beef shares will be next. We will be taking orders for them sometimes in February.

## **Vermicomposting with the Tucson CSA**

As many of you know, nothing ever gets wasted at our CSA. Leftover produce is donated to charity after pickup time and produce scraps are collected in "chicken buckets" which go to CSA volunteers' backyard chickens. But as our volunteers' chicken population is dwindling, we are happy to announce that we have found a new outlet for our produce scraps.

**INCH BY INCH**, a small vermicomposting organization in Tucson has offered to pick up produce and kitchen scraps from the CSA, and from CSA members. And as if that wasn't enough, they will take not only food scraps but cardboard also.

So, what is vermicomposting, do you ask? It is the process by which organic matter and fibers are broken down into vermicast, or worm castings, by various types of earthworms - usually red wigglers or white worms. Not only do these worms eat and digest your waste, they also turn it into an outstanding and natural fertilizer.



Yes, worm castings are an excellent, nutrient-rich organic fertilizer and soil conditioner. They have been shown to be richer in many nutrients than compost produced through other composting methods. Worm castings also contain worm mucus, which helps prevent nutrients from washing away with the first watering and holds moisture better than plain soil.

Once available in large enough quantities, INCH BY INCH will make worm castings available for sale at our CSA.

**Tucson CSA members are invited to participate in this new project. INCH BY INCH collection bins will be available for deposits in the courtyard during pickup hours - Tuesdays and Wednesdays, 4pm to 7pm**

**Here are guidelines on what you should know:**

### **WHAT CAN THE WORMS EAT:**

Kitchen scraps: veggie and fruit scraps, tea, coffee debris, egg shells, expired grains/flour.

Egg cartons and cardboard.

100% wool clothing.

Human/dog/cat hair (easily collected from vacuum).

### **WHAT NOT TO BRING:**

Anything containing salt, oil, grease, chemicals, pesticides.

Please NO citrus rinds - which are disagreeable to worms taste.

Anything that harms/hampers the grinder in a garbage disposal, such as avocado seeds, corn cobs/husks, rubber bands, twist ties, etc.

### **HOW TO PREPARE WORM FOOD AND BAG:**

If possible, please chop food waste into smaller bits; cut or tear cardboard boxes into 4" to 5" strips and remove packing tape; cut up wool material into small 2-4" strips.

Bag or bucket waste to deposit or dump into collection bins.

INCH BY INCH's hungry worms thank you for participating in vermicomposting.

## Roasted Squash and Garlic Enchiladas

Sara Jones, Tucson CSA

This is the easiest and tastiest enchilada filling ever! You can use this filling in any number of ways. It is great as a layer in a lasagna, or stuffed in a filo dough pie. You could add cheese but it is incredibly rich as it is. Also, the mashed squash, diluted with water or wine, makes an excellent pasta or pizza sauce!

1 winter squash  
1 whole head garlic  
1 tablespoon oil plus enough to coat baking pan and vegetables  
salt and pepper to taste

Cut squash in half and scoop out seeds. Oil a baking pan well then coat inside of squash and entire bulb of garlic with plenty of oil. Lay squash cut side down in pan with garlic and bake for about 40 minutes at 350 degrees. When flesh is tender, remove it from the skin by scraping out with a spoon, and place in a bowl. Cut the top off of the bulb of garlic and squeeze insides into bowl. Add oil and salt and pepper and mix well. Roll filling in corn tortillas and top with red enchilada sauce, *homemade green chili sauce*, or a mole. Sprinkle with cheese if using and bake for

## Easy Minestrone Soup

Sara Jones, Tucson CSA

This soup is perfect for winter vegetables. Diced potatoes, sweet potatoes, winter squash or turnips add bulk and you can add any greens, remember they will shrink a lot. One whole bunch isn't too much.

1 sweet yellow onion, diced  
2 handfuls broccoli including stems, chopped  
2 cups mixed diced squash and potatoes  
1-2 bunches greens, cleaned and chopped  
3 cloves garlic or ½ bunch green garlic  
1 tablespoon tomato paste  
1 can diced tomatoes  
1 can beans, drained  
1 large handful small pasta  
1 teaspoon oregano  
1 teaspoon thyme  
1-2 tablespoons oil  
Salt and pepper to taste

In a large saucepan, sauté onion in oil over medium high heat until beginning to brown. Push onion to one side and add tomato paste to pan. Cook, stirring continuously, until paste has darkened a shade or two. Add garlic, herbs, canned tomatoes and about 2 cans of water. Stir in remaining veggies, except greens. Bring to a simmer and cook for about 15 minutes, until potatoes and squash are mostly tender. Add beans, pasta and greens and continue cooking until pasta is ready. Season to taste with salt and pepper and a drizzle of balsamic vinegar, if desired. Serve garnished with shredded parmesan and croutons.

## CSA Greens Quiche

Anu Gupta, Tucson CSA

During the fall and winter CSA season when we get lots of greens I usually make a quiche every week to use up any unusual greens or greens that look a little past their prime.

1 unbaked 9" pie shell. Or use recipe below.  
1 tablespoon olive oil  
1 small or ½ large onion, chopped  
2-3 cloves minced garlic  
1 teaspoon dry thyme  
1-2 bunches of any CSA green like beet tops, arugula, spinach, washed and coarsely chopped  
¾ cup grated cheddar cheese or crumbled goat cheese  
1 ½ cups buttermilk  
4 eggs  
Salt and pepper to taste, I usually use about ¼ teaspoon salt in the veggie mixture and ½ teaspoon salt in the buttermilk mixture.

Preheat oven to 375 degrees. Sauté onion and garlic in olive oil until onions are soft and translucent. Add thyme and chopped washed greens. Add a little salt. Sauté mixture until the greens have wilted and the mixture looks mostly dry. Spread grated cheddar or crumbled goat cheese on the crust. Next layer on the greens mixture. Whisk the eggs, buttermilk, salt and pepper together and pour into quiche. Sprinkle with a dash of paprika if desired. Bake at 375 until set. This takes 40 minutes in my convection toaster oven and 1 hour in my regular oven. Let sit for 15 minutes before slicing.

## Thai Grapefruit Salad

Sara Jones, Tucson CSA

You will need to segment your grapefruit for this recipe. To do that, take a sharp knife and peel away skin and pith. Then remove each fleshy segment from the membrane by cutting down in a v-shape toward the center of the grapefruit.

2 grapefruit, segmented, any juices reserved  
1-2 teaspoons dried chile flakes  
1-3 teaspoons fish sauce (or soy sauce)  
1 teaspoon sugar  
1 handful mint, finely chopped  
1/2 cup roasted peanut or cashews, chopped  
¼ cup unsweetened coconut flakes, toasted

Mix reserved grapefruit juice with sugar, chile flakes and fish sauce, toss with grapefruit. Sprinkle with mint, nuts and coconut flakes to serve.