



# *Tucson Community Supported Agriculture*

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Fall 2017

**Harvest lists are online**

**The Back Page Recipes**

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CSA Memorable Lasagna for 24 people

**More Recipes Online**

**Annual Holidays Reminder**

The Tucson CSA will be closed during the holidays and there will be no pickups during the last week of December and the first week of January.

There is no need to place your subscription on hold for those 2 weeks.

The last pickups of 2017 will be on December 19 & 20. The first pickups of 2018 will be on January 10 & 11.



**Black Mesa Ranch Candy**

They're a seasonal thing, as David only makes them during the cold months, from November to February.



They are made with premium Belgian chocolate, and the milk chocolate ones are made with the milk from Black Mesa Ranch's lovely goats (we like to call those goat candies).

While we will likely carry BMR candies into the New Year, the range of choices will decrease with time. We'll just restock the most popular ones.

## **How Many People Does A Produce Share Feed?**

This question is likely as old as CSAs have been around. It is the most frequent question asked by prospective Tucson CSA members and, frankly, there is no easy answer to it. So I usually suggest that they should swing by the CSA during pickup hours, check out what's in a share by looking at one, and come up with their own answer based on what they see combined with their own personal situation. Indeed, the number of people a produce share can feed varies case by case. Some members find 1 share to be too much. Some members find that they barely get by with 2 shares. Some members have teenagers to feed. Some members eat out a lot and only cook occasionally. Everyone is different.

Everyone tries to integrate their CSA shares in their eating habits in ways which work for them. However, two main patterns of "how I use my CSA produce" seem to prevail. The first one consists of using one's CSA share merely to supplement foods purchased elsewhere. Incidentally, this pattern seems to be the one that leads to more unused produce and waste. The second one consists of prioritizing the consumption of one's CSA share over other food sources and supplement it with store-bought food as needed. The latter way seems to be the most cost-effective one as well as one that leads to the least waste.

Still, that doesn't answer the main question: how many people does a produce share feed? Over the years, I have refined my answer by turning the question into "How many meals will a CSA share make?" In my experience and that of many other members, it seems that a produce share provides on average 2 to 3 meals for 2 people over the course of a week. But even that varies depending on how much additional, say, rice, pasta or bread is used, if used at all, to complement those meals. And if you have a desert tortoise to feed on the side, well, there go your leafy greens!

Another variation on that question is: "Is a produce share enough for 1 person?" I love that question because it allows me to tell the story of my 2004 CSA food challenge, where I lost so much weight that people worried I might one day vanish behind a palm tree. Many of you have heard this story before. Back in 2004, when I was student on a budget, I started the CSA and immediately embarked a 6-month challenge of only eating what came in my CSA produce share, except for 2 meals out per week. Counting only lunches and dinners, that still made my produce share responsible for providing 12 meals over the course of a week, which, when you look at it that way, makes you realize instantly that there is no way it can possibly work. And indeed, it turned out to be a challenge! During those 6 months I was hungry most of the time and I lost over 20 pounds. I would have lost even more weight if members didn't occasionally forget to pick up their share, allowing me to use it to "steal" a few extra meals (thank you, thank you). I still ended up having to rely on occasional late night meals of ramen noodle or Siberian dumplings for when I could not sleep because I was so hungry.

Nowadays days I no longer go hungry. I supplement my produce share with bread, meats and cheeses from the CSA. I eat out a couple times a month. I choose to buy very little food from other sources, save rice and pasta. I do use store-bought olive oil to make salad dressings but, for cooking, I primarily use home-rendered CSA pork lard. Going to a grocery store has become an unpleasant activity because of the all the processed food I see pushed on to us. But that's another story...

So, is 1 produce share enough to feed 1 person? Unless you eat out quite a bit and/or supplement it with other foods, the answer is a resounding NO.

**Spaghetti Squash Pad-Thai**

Sara Jones, Tucson CSA

This is a great idea from one of our volunteers. While the texture of spaghetti squash is not really spaghetti-ish, it is quite similar to Thai rice noodles. In this recipe the squash actually makes a decent stand in for noodles. Add sautéed greens to the dish if you like.

- 1/2 medium spaghetti squash, cooked and separated into strands
- 2 eggs, beaten
- 2 cloves garlic, minced
- 1/2 medium onion, thinly sliced
- 1 large handful bean sprouts
- 1 tablespoon oil
- 2 tablespoons fish sauce, plus a scant tablespoon soy sauce (use all soy sauce if you don't have fish sauce)
- 2 tablespoons lime juice (plus extra for garnish)
- 1-2 tablespoons brown sugar, optional
- 1 tablespoon chile sauce
- 1/2 cup dry roasted peanuts, finely chopped Cilantro, for garnish

Mix together lime juice, fish sauce, soy sauce, sugar and chile sauce and half of peanuts. Stir fry bean sprouts, onion and garlic in hot oil for a minute or two. Move to the side of the pan and pour in beaten eggs. Wait until mostly set and then stir, to scramble. Add about half of the lime juice mixture to pan and once it begins to bubble add squash. Toss gently to coat. Taste for seasoning, adding more of the liquid mixture as needed. Serve immediately, garnished with extra peanuts, lime wedges and cilantro.

**Simple Greens Bisque (simple greens pasta sauce)**

Kumi Rao, Tucson CSA

- 2 tablespoons of butter or olive oil
- 2 shallots or 1 medium-sized onion (diced very fine)
- 4 cloves garlic (minced)
- 1 cup of pureed greens (turnip/rutabaga/daikon tops; any of these work great)
- 1/2-1 teaspoon (to taste) crushed red chili flakes
- 1/2 cup of heavy cream/milk/coconut milk/unflavored almond milk
- 2 cups broth
- Salt to taste

On a medium-low flame, add chili flakes to 2 tablespoons of butter/olive oil for 1-2 minutes. Add shallots or onion, a heavy pinch of salt and sauté until the onions start to turn a lovely brown (about 4-5 minutes). Add minced garlic and sauté for one minute. Add pureed greens and cook until most of the moisture has been evaporated (about 5 minutes). Thin mixture out with broth and milk of your choice and simmer for another 5 minutes. Season with salt to taste.

**Dill Dressing**

Sara Jones, Tucson CSA

The large bunches of dill that we get from the farm are perfect for dressing up winter salads. This is a creamy, yogurt based dressing, but if you prefer not to use dairy, simply omit the yogurt and add more oil/vinegar or juice.

- 1/2 large bunch dill, finely chopped
- 1/4 yellow onion, minced
- 1 cup plain yogurt
- 1 tablespoon olive oil
- 2 tablespoons apple cider vinegar
- Salt and pepper to taste

Whisk together all ingredients. Store any leftovers in a jar in the fridge for up to one week.

**CSA Memorable Lasagna for 24 people**

Freda Johnson, Tucson CSA

Greens are great in pasta and are the best as a lasagna filling! You can always cut this recipe in half, but lasagna freezes

well so if you have the time, go ahead and make a huge batch.

- 2 boxes flat lasagna
- 2 large containers ricotta – 18 oz total
- 5-6 eggs depending on size
- 6 cups coarsely shredded Parmesan/Romano cheese
- 8 cups cleaned and chopped greens (kale, chard, collards, arugula)
- 1 large onion
- 8 garlic cloves
- 2 cups white beans, soaked, cooked with dried chili
- 8 oz fresh mozzarella
- 1 teaspoon fresh ground nutmeg for the greens
- 1-2 tablespoon dried oregano for the beans
- 2 large jars of organic marinara sauce

Assembly: mix the eggs, ricotta and half the Parmesan/Romano cheese mixture

Follow direction for pre-cooking the lasagna. Sauté greens with onion and garlic and about 1 tablespoon oil until wilted (you will probably have to do this in batches!) Stir in nutmeg and season to taste with salt. Starting with a layer of tomato sauce, alternate layers of sauce, lasagna, greens, ricotta mix and beans. Make three layers like this then top with mozzarella. Bake 45 minutes at 350 degrees covered with foil. Then, remove foil, add remaining Parmesan mix and bake for 15 more minutes.