



Tucson Community Supported Agriculture

Newsletter 672 ~ February 25, 2019 ~ Online at www.TucsonCSA.org

Winter 2019

Harvest lists are online.

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Find many more recipes on our website.

It's Time to Order Your Grass-Fed Beef Share

These are the last few weeks that we're taking orders for grass-fed-and-finished beef shares from **Chiricahua Pasture Raised Meats**.

To order a beef share, please make a \$20 deposit at the front desk. Beef shares will be ready for pickup in March.

HEPAC Women's Cooperative in the Courtyard

This week, Leo from **Home of Hope and Peace (HEPAC)** will be in the courtyard selling handmade reusable bags from the organization's Women's Cooperative.

Sales support the women and their families, and the cooperative gives HEPAC a portion of all proceeds, which allows it to continue its work.

We welcome you to stop by and chat with Leo to learn more about HEPAC and consider buying a handmade reusable bag for your CSA produce!

hepacnogales.org

Egg-citing News

Tucson CSA members continuously demonstrate the power of community. When we learned that Josh had to halt egg production for a few months, we turned to the members of our community to ask for help... and you delivered! One of our longtime CSA members (and former volunteer) connected us with Cruz Farm, a family-owned farm in Cochise County that produces pasture-raised eggs. After learning more about the Cruz family's upstanding farming methods—including the beautiful pasture on which their chickens mill about, the locally sourced (100% traceable) non-GMO feed they use, and their overall commitment to the land and animals—we're proud to announce that we are now offering Cruz Farm's pasture-raised eggs in the CSA shop! And now, a word from 4th generation farmer Gabriel Cruz himself:

Cruz Farm is located in southern Arizona, nestled in the foothills of the awe-inspiring Chiricahua mountains - we're proud of every inch of our farm. Cruz Farm is diligently maintained daily to provide our animals with a safe, pristine environment.



We are a proud fourth-generation farm committed to natural and sustainable farming. We believe in hard work, transparency, and family. From generation to generation, we've committed

to raising animals and plants free of harmful chemicals, pesticides, and antibiotics.

Our guiding mission is simple: raise the highest quality **hens** to produce healthy **eggs** for you and your family.

By blending the best of tried-and-true traditional farming methods and focusing on sustainability, we are able to stand behind a farming model we are proud of — one that respects our animals, land, and the journey from **our farm to your table**.

At Cruz Farm, we like to say our eggs are laid by Arizona's happiest hens. Indeed, our hens enjoy a natural, lively space to roam free under the sunshine. They are provided fresh water, spacious shelter, and a thoughtful balance between human care and land to roam **free**. Each egg is then hand collected by our family and hand-packed especially for you.

Cabbage in a Fish Sauce Vinaigrette

Kusuma Rao, [Ruchikala](#)

This is a very simple Cabbage slaw that comes together in minutes. Not all fish sauces are created equally. Kumi recommends using a Three Crabs brand fish sauce or Red Boat. Add grated carrots or other veggies for color contrast and flavor.

½ head of a large cabbage, or one small head (finely shredded)
1 tablespoon sesame oil
2-4 tablespoons fish sauce (three crabs brand or red boat)
1 clove of garlic, grated finely on a microplane
2 Thai chiles (minced)
1-2 tablespoons agave, honey, or crushed palm sugar
1/3 cup of cilantro leaves (whole)
Crushed peanuts for garnish

Make the dressing: mix together sesame oil, garlic, fish sauce, thai chiles (if using) and agave. Whisk – toss together dressing ingredients. Massage into cabbage. Taste. If it needs more seasoning add additional fish sauce. Toss with cilantro leaves and crushed peanuts and serve.

Marinated Daikon and Carrots

Phoenix CSA

These are the perfect garnish for bahn mi sandwiches, lettuce wraps or spring rolls.

1 cup Rice or distilled white vinegar
2-3 tablespoons sugar
¾ pound Daikon, small, peeled, cut into 1/8" julienne
1 ½ pounds Carrots, peeled and cut into 1/8" julienne
1 ½ teaspoon Salt

Combine the vinegar and sugar and bring to a boil. Remove from the heat and set aside to cool. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl. Add the vinegar mixture and let the vegetables marinate at least 1 hour before serving. To store, transfer to a tight-lidded jar and refrigerate. The vegetables will keep for up to 3 weeks.

Celery Avocado Salad with Kumquats – New!

Sara Jones, Tucson CSA

This recipe uses the celery heart, the paler interior stalks and leaves of a head of celery. These have a milder flavor and better texture for salads, save the outer stalks for cooked dishes.

About 5-8 kumquats, rinsed and sliced into coins, any seeds discarded
1 celery heart, stalks finely sliced and leaves torn apart
1 ripe (but not soft) avocado, diced

¼ cup walnuts, roughly chopped
1/2 small sweet onion, thinly sliced
1 teaspoon honey or agave nectar
1 tablespoon lemon juice or vinegar
1 tablespoon olive oil
Salt and pepper to taste

Toss celery, avocado and onion together in a medium bowl. In a small bowl whisk together lemon juice or vinegar, honey, oil and salt and pepper. Drizzle over salad, top with kumquat slices and nuts and serve immediately.

Creamed Mustardy Mustard Greens

Sara Jones, Tucson CSA

Why not highlight the mustardy flavor of mustard greens by combining them with some spicy Dijon mustard?

1-2 large bunches mustard greens (substitute other greens if needed)
2 teaspoons butter or olive oil
2 cloves garlic, minced
¼ onion, diced
2 teaspoons Dijon mustard
Good splash (2-4 tablespoons) cream
1 teaspoon red wine vinegar
Salt and pepper to taste

Bring well salted water to a boil in a large pot, add mustard greens and return to a boil. Cook about one minute and remove greens. Drain. Heat oil in a large skillet over medium high heat. Add onions and garlic and cook until beginning to brown. Squeeze excess moisture from greens and chop into small pieces. Add mustard greens to skillet and continue to cook while you combine mustard and cream. Pour cream mixture over greens, turn heat to low and stir well to completely coat all greens. Add more cream if necessary. Remove from heat and add a dash of vinegar and some salt and pepper to taste.

Vegan Broccoli Rice Bake

Wendy McCrady, Tucson CSA

1 cup long-grain white rice
1/3 cup nutritional yeast (available at natural food stores)
1 tablespoon salt
¼ teaspoon garlic powder
1 cup water
1 cup soy milk
1 bunch CSA broccoli, chopped
8 ounces sliced mushrooms (optional)

Preheat oven to 350 degrees. Combine rice and dry seasonings in large casserole dish. Stir in liquids and vegetables. Bake, covered, for 60 to 70 minutes until rice is tender.