



Tucson Community Supported Agriculture

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Winter 2019

Harvest lists are online.

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Find many more recipes on our website.

Goat Cheese Shares - Back Next Week!

David of Black Mesa Ranch has retired from the cheese business to focus on making artisanal candy and running his food truck. We will continue to buy his seasonal candy and support the great work that he and his team do!

We are so excited to announce that, starting next week, we will be working with local goat farm and cheese producer **Fiore di Capra** to source the cheese in your shares. Cheese shares will now come in 4oz logs and will cost \$6/share. As always, you can choose between the following goat cheese shares: Rotation (Plain, Tuscan Herb, Smoked Paprika, Chipotle), Plain/Tuscan Herb, or Plain. If you already have a cheese share, you do not need to do anything to your account. If you would like to add a cheese share to your account, it must be done on **Thursday or Friday**. Please email us for help.

Guru Broo for You

Written by Jennifer Walsh

I am so excited to be offering **Guru Broo Bone Broth** to the Tucson CSA community. Like many businesses, Guru Broo Bone Broth started out of necessity. I found myself regularly recommending bone broth to the clients I work with in my health and nutrition coaching practice; it's good for numerous nutritional deficiencies and has positive effects on digestive disorders, achy joints and other ailments. Unable to find a fresh, local source with ingredients I could trust, I started making it for clients. Soon word got around and Guru Broo Bone Broth was born.

I've used bone broth as part of my personal wellness regimen for over two decades. It helps me charge through and recover from regular rigorous physical training, which was of utmost importance when I competed on the international Capoeira circuit. It's delicious and has a plethora of uses that allow you to easily layer nutrition and flavor into meals.

Bone broth is an ancient food staple and superfood used by traditional cultures for centuries. You can use it to sauté veggies, as a base liquid in smoothies (you'd never know it was there, I swear!), and as a base for soups, stews, grains and legumes. I love to drink it warm in the morning, pre-workout. One of my favorite uses is a quick breakfast bowl: heat a pint of broth, crack an egg or two, dump a handful of greens, spice it up with cayenne and cumin (or any spice you like) and — voila — you have a fast, easy, super nutritious meal!

The bones I use are from Josh's Chiricahua Pasture Raised Meats. The other ingredients are all organic, including some herbs I grow myself. To learn more about Guru Broo and the benefits of bone broth please visit gurubroo.com.

Back on the Farm

Written by Shelby Thompson



Last week, Sara and I paid a visit to **Crooked Sky Farms** to check in with some of our farmers and deliver the heartwarming card that so many of you signed a few weeks ago. Surrounded by lush rows of hardy cabbage, beautiful red lettuce, and bountiful broccoli, it was hard to imagine the summer crops that will soon be in the ground. But tiny heirloom tomato starts, baby cucumbers, Itoi onions, and leeks were a happy reminder of the ever-changing produce that will soon fill our CSA shares. It's good to be a seasonal eater!

Radish or Turnip Fritters

Tina Hansleben, Tucson CSA

These little fritters are easy to make and tame even the strongest radish. Make ahead and reheat in the toaster oven for easy meals.

1 bunch radishes
¼ cup flour of choice (I have used many different kinds of wheat-free flours with success.)
1 egg
1 handful fresh herbs, chopped
Juice of one lemon
Peel of one lemon
½ teaspoon salt
Sugar, to taste, optional
Goat cheese, to garnish

Shred the radish bulbs into a large bowl. Add egg, herbs, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet – you want the vegetables to stick together. Heat a pan to medium with oil. Scoop out the mixture in a ¼ cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table. Garnish with cheese and serve.

Vegan Caesar Salad

Sara Jones, Tucson CSA

The first thing romaine lettuce calls to mind is a crunchy Caesar Salad. You can prepare this vegan Caesar salad dressing or use your own favorite recipe or store bought brand. Croutons are a must, you can also slice your tortillas into strips and bake until crisp!

1 head romaine, cleaned and dried
1 tablespoon olive oil
1/2 teaspoon red chile flakes, if desired
1/4 cup tahini
1 tablespoon red wine vinegar
1 tablespoon lemon juice
2 tablespoons warm water
1 garlic cloves
2 teaspoons capers
1/2 teaspoon Dijon mustard
Salt and pepper to taste
1 cup croutons

Trim outer leaves and any discoloration from head of romaine. Wash well and lay out to dry. To make the dressing combine the remaining ingredients in a food processor or blender and pulse to combine. Process until well blended, adding a bit more water if needed to thin. Roughly chop greens then toss with about half of the dressing and taste. Adjust seasoning and add more dressing, if needed. Garnish with croutons and serve.

Braised Broccoli

Sara Jones, Tucson CSA

While bright green, perfectly al dente broccoli is delicious, sometimes it is nice to cook it down into a tender, earthy side dish.

1 bunch broccoli, cut lengthwise into long spears with stems attached
¼ large onion, diced
1 tablespoon tomato paste
1 tablespoon olive oil
Salt and pepper to taste

Put broccoli and onion in a medium saucepan over medium low heat. Drizzle with olive oil and tomato paste thinned with about ¼ cup water. Sprinkle with salt and pepper and cover. Cover and cook for about 20-30 minutes, until broccoli is meltingly tender. Add more salt if necessary and serve.

Beet Hummus

1 share beets, cooked and peeled
1 tablespoon tahini sesame seed paste
1 tablespoon lemon juice
1 tablespoon olive oil
1 clove garlic
1 teaspoon ground cumin
Salt to taste
Fresh ground pepper to taste

Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired.

Radish Butter – New!

Sara Jones, Tucson CSA

The spicy bite of radishes is mellowed by the creaminess in butter or yogurt. There are many variations and ways to serve this classic dish. You can simply spread butter or yogurt on good bread and top with sliced radishes and salt and pepper. But preparing this compound butter ahead of time is easy.

1 stick butter, softened
About ¾ cup grated radishes
Salt and freshly ground pepper, to taste
Fresh herbs, if desired

Sprinkle radishes with salt, toss and let sit for at least 15 minutes. Squeeze out any excess liquid and mix together with butter. Season with salt and pepper and any herbs you like.