



Tucson Community Supported Agriculture

Newsletter 678 ~ April 8, 2019 ~ Online at www.TucsonCSA.org

Spring 2019

Harvest lists are online.

Back Page Recipes

- Beet and Walnut Dip
- Lentils and Greens Soup
- Cabbage in a Fish Sauce Vinaigrette
- Dill Dressing
- Carrot Miso Dressing

Find many more recipes on our website.

Last Week to Order Lamb Shares!

This is the last week to order grass-fed lamb shares from Chiricahua Pasture Raised Meats. To order a lamb share, please see the front desk volunteer and put down a \$20 deposit. Lamb shares will be ready for pickup on April 16 and 17.

Things We Like

Watching: Flavorful Origins (Netflix)

Reading: *Salt, Fat, Acid Heat*

Listening to: The Sourdough Podcast, featuring Don Guerra of Barrio Bread

Eating: Stir-Fried Napa Cabbage with Spicy Garlic Dressing (*Food and Wine*)

We Still Need Bags!

Please donate your clean paper or plastic bags to our "I forgot my bag" chest.

Fifteen Years of Wonder!

Written by Philippe

Did you know that the **Tucson CSA** almost never got started? Fifteen years ago, Farmer Frank was too busy farming to take the time to talk on the phone to a graduate student like me. He was about to hang up on me when I begged him to please listen to me for 3 minutes and hang up after that if he still wanted to. We ended up talking for almost an hour. Our CSA started 2 weeks later and Farmer Frank and I have been friends since then.

Farmer Frank is my hero. I admire his dedication to farming sustainably. Like him, I also have a fascination for the seed, that little itty bitsy package of DNA that grows into a plant that can feed us and produce hundreds if not thousands of more seeds. That's a hell of a return on investment: plant one seed, harvest a thousand! Alas it's not the kind of return that makes a farmer rich. Instead, Farmer Frank's wealth lies in his knowledge of farming. I could listen to him for hours talking about his crops, about his passion for saving and planting little known seeds, about the complexities of being a CSA farmer. Did you know that a CSA farmer must have about 20 crops in the ground at any one time? That requires a lot of eco-agricultural know-how and hard work! But if he only grew 1 crop, or even 3 or 4, like many farmers do, there would be a lot of CSA members bored with eating the same vegetables week after week. In other words, there would likely be no CSA members at all!

For 15 years Sara and I have been the link between Farmer Frank and his Tucson CSA members. One of my greatest satisfactions in life is to have had the opportunity to interact with both Frank and our members during those years. There is my love and admiration for Farmer Frank, and then there is my endless fascination with and love for our CSA members. There is no greater pleasure at the pickup line to hear a 6-year-old girl, one we have known since she was born, exclaim: "Oooh, mizuna! My favorite!"



Many of you give so much back to us with your smiles and with your stories! And many of you have become our friends. Only last Wednesday, as we were closing, Seth, one of our members, came to the CSA with his portable pizza oven and made pizza for all the volunteers. We had a wonderful evening filled with good food, good conversation and laughter.

I firmly believe that the CSA membership includes one of the best segments of kind and considerate people that there is in Tucson. I feel blessed!

CSA members come in all sizes!

Beet and Walnut Dip

Sara Jones, Tucson CSA

This is a great dip or spread for bread or pita. Top with fresh herbs and chopped olives, if you like. You could also thin it out with some cold broth or water to a soup like consistency and serve in bowls garnished with chopped hard boiled eggs for a light meal.

1 bunch beets, roasted, peeled and roughly chopped
1-3 cloves garlic
1 cup walnuts, toasted
2 tablespoons olive oil
1/4 cup plain yogurt or sour cream
Salt to taste

Process garlic and walnuts in a food processor or blender until finely ground. Add beets and olive oil and process until smooth. In a medium bowl, combine beet mixture with yogurt or sour cream. Salt to taste. Store in refrigerator covered with a layer of oil for up to one week.

Lentil and Greens Soup

Carrots, celery and greens?! The perfect ingredients for a lentil soup. Add your favorite spice blend to perk it up or keep it mellow with a pinch of thyme.

1 medium onion, chopped
3 garlic cloves, minced
2 1/2 quarts water or vegetable broth
About 2 1/2 cups lentils, washed and picked over
3-4 stalks celery, finely chopped
3 medium carrots, chopped
1 can diced tomatoes
1 bunch greens, cleaned and roughly chopped
Handful of fresh herbs, if desired

Heat oil in large soup pot. Cook onion over medium heat until it is translucent. As onion softens, add minced garlic and celery and any spices you are using. When onion is soft, pour in water or stock. Add lentils. Bring soup to a boil, then lower heat to medium. Add carrots and tomatoes. Season with salt to taste. Cover and simmer for about 20 minutes. Add greens and cook for 15 or 20 more minutes until lentils are tender. Season with salt and pepper and garnish with any fresh herbs you like.

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, radishes or other veggies for color contrast and flavor. This is a delicious side dish and is also perfect on sandwiches or tacos.

1/2 head of a large cabbage (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 until well combines. Toss about half the dressing together with the veggies and gently massage in. Taste for seasoning and add more dressing as desired. Toss with cilantro leaves and crushed peanuts and serve.

Dill Dressing

Sara Jones, Tucson CSA

This is a creamy, yogurt based dressing and you can call it Ranch or not! Either way it is a perfect dip for snacking on celery and carrots.

1/2 large bunch dill, finely chopped
1/2 teaspoon onion powder
1/2 teaspoon garlic salt
2/3 cup plain yogurt
2 tablespoons mayonnaise
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 refrigerator for up to 1 week.

Carrot Miso Dressing

Sara Jones, Tucson CSA

This is great for salads, sprinkled with some sesame seeds as a garnish. The dressing could also be used as a pasta sauce, tossed over soba or udon noodles.

2-3 medium to large carrots
1-2 green onions
1 inch peeled ginger, chopped
2 tablespoons miso
1 tablespoon sesame oil
3 tablespoons vegetable oil
1/4 cup rice wine vinegar

Clean carrots and remove tops and bottoms, chop into pieces. Put all ingredients in a food processor or blender and pulse a bit to break down carrots. Puree dressing for a couple of minutes until dressing is mostly smooth and carrot bits are very small.