



Tucson Community Supported Agriculture

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Spring 2019

Harvest lists are online.

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Find many more recipes on our website.

Grass-Fed Steaks, Roasts, and More!

Now that the weather is warming up, it's the perfect time for a cookout! We have a great selection of grass-fed-and-finished steaks and roasts, as well as more uncommon cuts like oxtail, heart, and neck bones. You don't often find these cuts at this extraordinary quality. Find them in the CSA shop.

Egg Cartons for Grabs

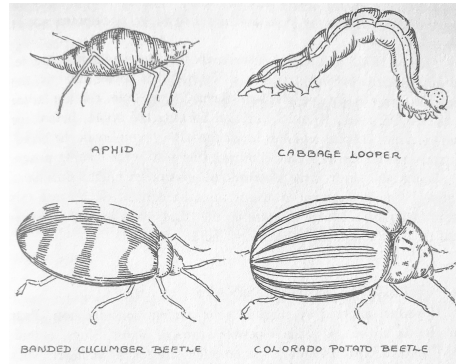
We have a plethora of clean egg cartons for you to take home. You can use them to start seedlings, feed your worms, store small ornaments, and more! If you'd like to take some home, just ask a volunteer the next time you come to the CSA.

Local Goods in Stock in the CSA Shop

- Raw Honey • Dried Pinto and Black Beans •
- Pastured/Backyard Eggs •
- Raw Milk • Pasture-Raised Beef • Pasture-Raised Pork •
- Pasture-Raised Chicken •
- Grass-Fed Bone Broth •

Free Riders: Your Guide to Produce-Loving Insects

Written by Lorraine Glazar, Illustration by Susan McNeill



We all know that supermarket produce is selected to ship easily and graded to be a certain marketable size. Most CSA members understand that vegetables can vary in size or shape and still taste delicious. They can also come with insects at certain times of the year. Here's a quick guide to understanding and dealing with these free riders.

Does the insect damage matter?

Two years ago, Sleeping Frog Farms was mobbed by **grasshoppers**. They are one of the most destructive pests and are hard to predict. The melon crop that was in the ground at Sleeping Frog at the time was chewed up by the hordes of grasshoppers. The cantaloupes were on the small side and had marks on their skins —but you don't eat the skin, and these were some of the best melons I've ever tasted.

Can you wash away the hitchhiker?

Aphids seem to blossom about the same time my roses do. They provide a tasty snack for ladybug larvae, and there can be a time gap between the appearance of aphids and the maturity of the larvae. Soon nature will balance, but in the meantime, wash those aphids off! Heading vegetables like cabbage or iceberg lettuce will most likely have aphids only in the outer leaves. Remove the outermost leaves and wash them separately. I sometimes use a sponge to provide a little more traction to get them moving. Vegetables like red Russian kale are hard to wash this way. Go ahead and separate them from their stems and plan two trips in the salad spinner or two dunks in the kitchen sink. It can be helpful to lift them out of the spinner or sink, leaving the water and pests behind. As Sara suggests, a little white vinegar in the water can speed the process. If you are washing them off something firm, like an artichoke, or something with a skin, like a zucchini, you can use a tiny amount of a non-toxic dish soap and rinse well. (And always, *always* live like a desert dweller and repurpose the washing water!)

Wigglers

For some reason, **worms** have more specific tastes (perhaps they are more gourmet than we give them credit for). You won't find a corn borer in a cabbage, or a tomato hornworm on the grapes. As a child, I asked my dad how to get rid of the tomato hornworms (which look like miniature dragons) on my plants, and he said "a heavy foot". Should you find one of these larger pests in your vegetables, consider it a mark of distinction—it wouldn't be there if the corn, cabbage or tomato wasn't delicious or if your farmer used pesticides. Take the pacifist way and relocate it, toss it out where a bird can eat it, or dispatch it with a boot.

Roasted Beet and Fennel Salad

2 large or 4 small beets
2-3 small to medium fennel bulbs, thinly sliced
1 teaspoon oil
Salt and pepper to taste
2 tablespoons orange juice
¼ teaspoon cumin
¼ cup feta cheese

Cut the stem and tip ends off of the beets. Scrub well and wrap in aluminum foil. Place in a 375-degree oven and roast for 45 minutes. Remove and let cool. (This may be done in advance and the beets placed in the refrigerator overnight.) Remove the leafy ends from the fennel and any stalk that appear too tough. Slice very thinly. Put the olive oil in a small skillet over medium heat. Add the sliced fennel and cook, stirring occasionally, for about 6 minutes. Drizzle with orange juice, remove and let cool. Remove the beets from the aluminum foil. The skins will slip off easily after roasting. After they are skinned, cut into ½-inch cubes. Mix together the beets, sautéed fennel, salt, black pepper, ground cumin and crumbled feta. Chill well.

Mixed Herb Pesto

You can use your sorrel, dill, fennel fronds, celery leaves, cilantro and any other fresh herbs you have for this recipe. If sorrel leaves are large you may want to blanch them for just under a minute before blending.

1/2 cup toasted walnuts halves
1 handful lighter green celery leaves
1 cup coarsely chopped sorrel
1 handful mixed fresh herbs
¼ cup asiago or parmesan cheese, shredded
3 cloves garlic
1 pinch ground coriander
1/4 teaspoon salt
1/4 cup extra virgin olive oil

Spread walnuts on a cookie sheet and cook in a preheated 350 degree oven for 10 minutes. Let cool to room temperature. Add walnuts to a food processor and blend until fairly well chopped. Add the rest of the ingredients, except olive oil. Pulse a few times and then slowly drizzle in the oil. Continue processing to a smooth consistency. Taste for salt and add more as needed. Serve with fish, chicken or roasted vegetables.

Caramelized Fennel and Onion Pasta

Sara Jones, Tucson CSA

This is an easy dish to make with fennel. If you want to add protein to the dish, Italian sausage or sardines are great options to compliment the fennel. The fennel and onion mixture caramelizes in the time it takes to bring water to a boil and cook the pasta al dente.

1 medium yellow onion, thinly sliced
1 large or 2-3 medium bulbs fennel, thinly sliced
1 tablespoon olive oil
1 pound pasta, preferably penne
Zest from one lemon, plus juice of 1/2 lemon
1/4 cup grated Parmesan cheese
Salt and pepper to taste (instead of pepper, you can also use red chile flakes)
Fennel fronds, roughly chopped, to garnish

Put large pot of salted water on to boil, for pasta. In a large skillet, heat oil over medium high heat. Stir in onion and fennel and reduce heat to medium. Continue cooking, stirring occasionally. When pasta is almost cooked through, fennel mixture should be turning a nice golden brown. Drain al dente pasta, reserving 1/2 cup of pasta water. Add pasta and water to skillet with fennel mixture. Add lemon zest and juice. Stir well. Season to taste with salt and pepper.

Celery Breakfast Cocktail - New!

Sara Jones, Tucson CSA

If you can't stand to eat another celery stalk this season, take 10 minutes to blend up your celery and make juice. Since the celery in our shares is pretty potent it may not be great all by itself so how about spiking it with all the classic Bloody Mary seasonings? Serve it over ice with vodka, gin or beer or make it virgin by adding a bit of selzer water instead. To make the juice, puree roughly chopped celery in batches with enough water to facilitate easy blending in a food processor or blender. Strain through a fine mesh strainer and discard the pulp.

One pint celery juice
½ cup lemon or lime juice
1-2 tablespoons hot sauce, to taste
1 tablespoon horseradish
1 tablespoon Worcestershire sauce
½ teaspoon salt

Place all ingredients in a large mason jar and shake until well blended. For each cocktail pour about ¾ cup celery mixture over a shot of liquor or half a beer. Mix well and serve over ice with additional celery as garnish!