



Tucson Community Supported Agriculture

Newsletter 713 ~ December 9, 2019 ~ Online at www.TucsonCSA.org

Fall 2019

Harvest lists are online.

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Find many more recipes on our website.

Annual Holiday Break: 12/19-1/06

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 2019 will be on December 17 & 18. The first pickups of 2020 will be on January 7 & 8.

Extra Apples for Sale!

Apple season is almost over, so we got extra **honeycrisp apples** from Crooked Sky Farms to sell to CSA members this week. Sweet, crisp, and slightly tart, honeycrisp apples are wonderful for baking, simmering into applesauce, and eaten whole.

Find these wonderful local apples in the CSA Shop for \$3/lb this week!

The Cost of Real Food

This January, we're increasing the price of produce and bread subscriptions for the first time in 4 years.

In 2020, the price of produce shares is increasing from \$22 to \$24 per week and the price of bread shares is increasing from \$5.50 to \$6.00 per week. The price change will go into effect over the holiday break, but it will be phased in gradually over the first several weeks as it will only be applied to new subscriptions and subscription renewals. Members who have one or more pickups remaining on January 1st will not see a price increase until those pickups are used up. A credit will be given to offset the price increase for the remainder of all existing 6- or 12-week subscriptions.

“Cheap food is an illusion. There is no such thing as cheap food. The real cost of the food is paid somewhere. And if it isn't paid at the cash register, it's charged to the environment or to the public purse in the form of subsidies. And it's charged to your health.”

-Michael Pollan

The last time we increased subscription prices at Tucson CSA was in January 2016. Since then the business of small, local agriculture hasn't gotten any easier. The cost of land, water, and labor significantly affect the way that our farmers do business. Now more than ever, farmland is threatened by developments, mines, and industrial feed lots that drain natural resources and make it harder for small farmers to grow food for their community and make a living doing so.

We believe that in order to be truly sustainable, a business needs to be able to pay its employees a living wage – and our farmers agree. Currently, the lowest paid worker at Crooked Sky Farms earns \$15/hour, which is \$4 more than the Arizona minimum wage. In addition to helping us and our farms become more sustainable, this price increase will help us to achieve our 2020 goals, like organizing farm fieldtrips for CSA members, hosting more cooking demos and events, and becoming authorized to accept SNAP benefits. We want to make Tucson CSA better for you, our farmers, and everyone in our community.

We're incredibly proud of how committed our Tucson CSA community (that's you!) is to supporting the local food movement here in Tucson – *thank you*. Together we believe that we can strengthen southern Arizona's local food system.

If you have any questions, comments, or concerns, we're here for you. Please send an email to tucsoncsa@tucsoncsa.org and we'll get back to you as soon as possible.

RECIPES

Peanut Butternut Soup

Sara Jones, Tucson CSA

This is an unexpectedly delicious soup. You can add one or two shares of greens as well.

About 3 cups of butternut squash, cut into large chunks
1/2 onion, diced
1 inch ginger, grated
1 tablespoon curry powder
Enough water or vegetable broth to cover all ingredients
1 tablespoon oil
1 share CSA greens, cleaned and chopped
1/2 cup chunky peanut butter (not the kind with sugar)
Salt and pepper to taste

Heat the oil in a large soup pot over medium high heat. Stir in onion, ginger, and curry powder. Cook until fragrant. Add squash and cover with water or broth. Bring to a boil and cook for about 20 minutes until squash is mostly tender. Stir in greens and cook an additional 10 minutes or so. Remove one cup of soup from pot and blend together with peanut butter. Return mixture to pot and mix well. Season with salt and pepper. If you want a creamy soup, blend in batches to desired consistency. Otherwise, smash squash with a potato masher or wooden spoon to thicken broth. Garnish with roasted peanuts, if desired.

Simple Greens Bisque (simple greens pasta sauce)

Kusuma 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 or radish tops, kale, tatsoi, 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
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 the milk of your choice and simmer for another 5 minutes. Season with salt to taste.

Serving suggestion: Top with a drizzle of extra virgin olive oil and cream – serve with Barrio bread.

** To make this into a pasta sauce, simply add basil/oregano or fresh herb of your choice, thin out with only 1/4 cup of “milk” (preferably a richer option, heavy cream or coconut milk) and add to 8 ounces of pasta.

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This miso/tahini paste is an excellent foil for more pungent greens but you can use it with any cooking greens.

1 or 2 bunches greens, cleaned
1 tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of water if necessary. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

Risotto with Greens

Philippe, Tucson CSA

1 bunch (or bag) greens, cleaned and chopped
1 cup Arborio rice
1 cup dry mushrooms
1 onion, finely chopped
2 cloves garlic, minced
2 tablespoons olive oil
2 cups vegetable or chicken stock, heated
1 teaspoon thyme
1/2 cup grated Parmesan
salt (or dried chile flakes) and pepper to taste

Place dried mushroom in a bowl, cover them with 1 cup of boiling water and soak for 5 minutes. Drain and reserve the drained water. In a skillet, heat oil to medium hot and sauté mushrooms and onions until onions are translucent, about 5 minutes. Add rice and stir. When rice is hot, adding 1/4 cup reserved mushroom water. Add thyme and garlic. Stir gently and continuously until liquid is almost absorbed. Repeat the process, 1/4 cup at a time, with the rest of the mushroom water and heated stock, stirring the rice continuously. The rice should be kept to a mild simmer throughout this process which will take about 20 minutes. Add more stock if necessary. Never let the rice dry entirely, nor make it swim in stock. When rice is almost cooked (it should still be al dente), add the greens and fold them into the rice. Add a little more stock if the mixture becomes too dry. Continue to stir until the greens are cooked (another 5 to 10 minutes, depending on the greens). At that point, the rice should be soft and ready. Add grated Parmesan and salt and pepper to taste.