



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.

Save the Date! CSA Recipe Demo February 4 & 5

Save the date for our first recipe demo of 2020! On February 4th and 5th, Sara will be cooking up greens and other common winter produce in the courtyard of the Historic Y. Stop by the demo during your pickup to taste what she's cooking up and get some seasonal inspiration!

Meat Update

Last year, Josh lost his longtime meat processor. This has made it more difficult for us to source pork and whole animals from Josh, but we're working hard to be able to source good, locally raised meat to offer you at the CSA.

Our farmers at Sleeping Frog Farms have been raising a small number of pigs, and we are getting an order of chorizo, pork chops, breakfast sausage, and roasts from them this week.

More to come!

Rooted Resolutions

Written by Zoe Sand

Happy New Year! Got a new year's resolution? It's not for everyone, but if there's one resolution we should all make for the new year, it's to eat more plants!

What is "plant based"? A plant based diet consists mostly or entirely of foods derived from plants, including vegetables, grains, nuts, seeds, legumes and fruits. While there are plenty of plant based junk food items, a Whole Foods Plant Based (WFPB) diet is often the healthiest way to go. The health and wellness communities agree that an emphasis on fresh, whole ingredients and minimally processed foods are best for overall wellness. Additionally, a quick Google search will reveal numerous studies that show a plant based diet will significantly lower risk of all chronic diseases, including cancer, cardiovascular, brain diseases and more. In *The China Study*, the findings from the mass amount of data collected showed that people who ate the most plant-based foods had the least chronic disease.

A shift toward a plant based diet also benefits the environment. It takes a great deal amount of land, grain, and water to sustain the large numbers of livestock raised in industrial animal agriculture. By supporting our local farms and agriculture through the CSA, we decrease demand on big agriculture to produce large amounts of livestock, thereby letting up land, water, and grain usage for other purposes. You can also fill your plate with whole plant foods to further reduce the land and water needs to make your dinner. It takes small, imperfect actions from everyone to create a more sustainable food system that is better for our planet.

The plant based diet is growing in popularity, with many meatless and nondairy products available in stores and plant based dishes on the menu at local restaurants. Even fast food chains are jumping on the bandwagon with plant based burgers! However the healthiest way to eat plant based is to focus on whole plant foods. We are so fortunate to have access to beautiful local produce at the Tucson CSA. I personally love buying the dried beans from the CSA shop, which I can cook up in my instant pot and have ready to eat all week long! You can also mix things up and try some of the NextVeg plant based burgers available in the CSA Shop. Try adding a mushroom or sprouts share to get even more veggies into your diet. However you choose to eat more plants, the Tucson CSA has got you covered!

For more plant based recipe ideas and tips, visit PlantedBlissfully.com.

Righteous Romaine

Farmer Frank grows excellent romaine. Flavorful, crisp, and large enough to use for a week's worth of salads, Crooked Sky Farms organic romaine is one of our favorite things to get in our winter CSA shares. The best part? You can trust that it's safe for you and your family to eat. Salad on!

RECIPES

Cabbage Curry with Garam Masala and Coconut (Vegan, GF)

Kusuma Rao, [Ruchikala](#)

This is a simple curry that comes together very quickly. The coconut milk is not necessary, if you would like a lighter curry you can just simmer with a little bit of water. Make sure to have all of your ingredients prepped and ready to go.

2 tablespoons olive oil
2 teaspoons cumin seeds
Seeds from 3 cardamom pods
1 jalapeno, finely diced (optional)
4 cloves garlic
1 tablespoon of grated ginger
½ teaspoon turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
3 cups of shredded cabbage
½ cup coconut milk
½ teaspoons of garam masala

Add two tablespoons of oil to a large skillet on medium heat. Add the cumin seeds and fry for 1-2 minutes till the seeds become lightly aromatic. Add the jalapenos and fry for 1 minute. Bring the temperature to low heat and add ginger and garlic, sauté for another minute. Add turmeric, cumin and coriander. Fry for another 30 seconds. Add cabbage and a teaspoon of salt and sauté for about 5 minutes, stirring frequently, until softened. Add coconut milk and stir to combine. Finally add the garam masala. Check for seasoning. Serve with Rice or quinoa.

Kale and Potato Soup (Veg, GF)

Sara Jones, Tucson CSA

Fennel seeds, red chile flakes and paprika lend the traditional flavor of Italian Sausage to this vegetarian soup. You can always add the sausage back in if you like, but the soup is plenty hardy without it.

1 medium size bunch kale, cleaned, with thick stems removed, roughly chopped
3-4 red potatoes
1 can white beans, drained
4-5 cloves garlic, minced
1 teaspoon fennel seeds, crushed
1-2 teaspoons red chile flakes, to taste
2 teaspoons paprika
1 tablespoon olive oil
1/4 cup cream or whole milk
Salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Add spices and garlic and sauté until fragrant. Stir in potatoes and cook briefly before adding about 1 quart of water. Bring to a simmer and cook until potatoes are almost tender. Add greens and beans and cook for about 10 more minutes. Remove soup from heat, stir in cream and season with salt and freshly ground pepper.

Grapefruit Marmalade (Vegan)

Sara Jones, Tucson CSA

You can stew this marmalade with ginger or other spices to give it a kick. Though it takes a while on the stovetop, actual prep time is short.

2 grapefruit
1 cup sugar

Cut grapefruits into quarters and remove flesh from peels. Cut peels into a medium dice. Place in a saucepan with enough water to cover and bring to a boil for about 30 seconds. Drain and repeat once more. Meanwhile, separate grapefruit flesh from membranes as best as you can without spending too much time worrying about it! Reserve all juice and combine with flesh. You want one cup of this mixture. If you don't have quite enough add orange juice or water to make one cup. Bring liquid and one cup sugar to a boil. Add grapefruit peels and any spices you are using and reduce heat to low. Cook for about 45 minutes, until liquid is syrupy and thick. Remove from heat and cool. If desired, puree in a food processor or blender, or leave chunky. Store in a glass container in the refrigerator for up to a month.

Glazed Turnips or Radishes (Veg/Vegan, GF)

Philippe, Tucson CSA

1 bunch salad turnips or radishes, greens reserved
1 heaping tablespoon butter (or sub vegan butter)
2 tablespoons sugar
salt and pepper

Cut turnips in quarters or bite size pieces. Place them in a skillet and add water to cover turnips halfway. Add butter, sugar, and a large pinch of both salt and pepper. Bring to a boil and cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 8 minutes. Add chopped turnip greens and cook for 2-3 minutes, stirring occasionally, until just wilted.

Grapefruit Seltzer (Vegan, GF)

This is an incredibly refreshing drink much healthier than store-bought lemonade! Whenever you have more citrus than you can handle at any one time, squeeze it and freeze the juice in ice cube trays for a seltzer treat on another hot day.

1 part grapefruit juice (or any citrus juice)
1 part sparkling water
Agave nectar, to taste

Stir together juice and agave nectar, about 2 teaspoons per cup of juice. Add sparkling water and taste for sweetness, adding more nectar if desired. Serve over ice.