



# Tucson Community Supported Agriculture

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## Winter 2019

*Harvest lists are online.*

### Back Page Recipes

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*Find many more recipes on our website.*

### Now Taking Deposits for Pork and Beef Shares

We're now taking orders for both pork and beef shares! The pasture-raised animals will be sourced from Josh Koehn of **Chiricahua Pasture Raised Meats** and butchered by Ben Forbes of **Forbes Meat Co.**

Pork shares will be ready first, followed by beef shares a few weeks later. To order a pork and/or beef share, please put down a \$20 deposit with the volunteer in the CSA Shop.

Although we've worked with Josh for many years, this is the first time we'll be working with Ben Forbes. Ben is known in the community for supporting Arizona ranchers, the local 4H chapter, and other local growers. He is outstanding at what he does and we're excited to work with him! That being said, we are still working out some details – pricing, cuts, sausage varieties, etc. We promise to keep you updated as we figure it out.

## More Tasty, Less Waste-y

*Written by Shelby Thompson*

When it comes to my CSA share, I try to use every bit possible. Reducing your personal food waste isn't just good for the planet (about 30-40 percent of food gets wasted in the U.S. each year) – it's also good for your budget and your taste buds. There are a few basic practices that I try to use to maximize my share and minimize my food waste:

- **Meal planning** is probably the most effective way to prevent food waste. When I sit down with my list of veggies at the beginning of the week, I plan to use those with the shortest shelf life first, saving sturdier produce like potatoes and celery for later in the week. On the weeks when I get a mushroom share from **Desert Pearl Mushrooms**, I try to use them as early as possible because they tend to shrivel up in my cold, dry refrigerator.
- **Buy what you need**, and not much more. It's great to have a stocked pantry with shelf-stable items like rice, pasta, spices, and canned tomatoes – it can totally save you on a night when all you want to do is eat out! When it comes to fresh produce, though, prioritize the produce in your CSA share before buying additional perishable good. One question I ask myself is, *If I buy x, will I be able to use everything in my CSA share this week?* If the answer is no, I won't buy it.
- If you can appreciate delayed gratification, **preserving** your produce can be one of the most rewarding ways to reduce food waste. Every year I make a few batches of sauerkraut with the many cabbages we get from our farmers – when I can't fit another one in the veggie drawer, it's kraut time! The lemons I accumulate over a few weeks will inevitably be used to make a jar of preserved lemons, which I'm always so grateful for in times of citrus scarcity. This method can be applied to a wide variety of produce, which you'll find with a simple Google search.
- **Save scraps for stock** and never buy boxed broth again. Add the ends of onions, garlic skins, carrots, squash, herb stems, etc. to an airtight container in the refrigerator throughout the week. Soon you'll have enough to make a pot of aromatic vegetable stock to make all of the soups, stews, and risotto that your heart desires.
- **Freeze half of your Barrio Bread** when you get home – if there's any left by then! Sourdough bread freezes beautifully and, once defrosted, is way better than stale bread. If you do end up with stale bread, pulse it in the food processor to make breadcrumbs, let it soften in some brothy soup, or make a sumptuous bread pudding.
- **Share food with others.** Whether it's a homecooked meal or a few raw bunches of radishes, sharing food with others is the sweetest way to reduce food waste.

Share your tips at [facebook.com/groups/TucsonCSACommunity](https://www.facebook.com/groups/TucsonCSACommunity).

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## RECIPES

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### Simple Beet Soup, Hot or Cold (Vegan, GF)

Lorraine Glazar, Tucson CSA member

1 bunch baby beets with their greens, or mature beets weighing a total of 8-10 ounces  
½ teaspoon salt  
2 tablespoons lemon juice (or orange juice)  
1 cup vegetable stock  
2 to 4 tablespoons fresh dill or fresh mint (to your taste)  
Pepper  
Sugar (optional)  
Red balsamic or red wine vinegar (optional)  
Rye bread or pumpernickel croutons (optional)

Cook the beets (including greens if applicable) in just enough water to cover, adding ½ teaspoon salt to the cooking water. Cook until beets are tender, the timing will vary with size. Reserving the cooking water, cool the beets under cool water and rub off skins. Finely chop the beets. If you are planning on serving the soup hot, and have time, julienne the beets into neat sticks. To serve cool: Put beets, lemon or orange juice, and stock into the food processor or blender. Puree the ingredients, adding the reserved cooking water to achieve your preferred texture. Taste the soup and add a touch of sugar or vinegar to get that fine sweet and sour balance. Add finely chopped fresh herbs and garnish, if desired, with a dollop of sour cream. To serve hot: Put beets, lemon or orange juice, and stock into the cooking pot and heat. Add reserved cooking water to achieve your preferred texture. Taste the soup and add a touch of sugar or vinegar to get that fine sweet and sour balance. Add finely chopped fresh herbs and serve, garnished with croutons.

### Braised Broccoli (Vegan, GF)

Sara Jones, Tucson CSA

While bright green, perfectly al dente broccoli is delicious, sometimes its 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. Cook for about 30-40 minutes, until broccoli is meltingly tender. Add more salt if necessary and serve.

### Indian-Spiced Cauliflower Soup (Vegan, GF)

Shelby Thompson, Tucson CSA; Adapted from Smitten Kitchen

2 tablespoons olive oil  
1/2 teaspoon whole cumin seeds  
1/4 teaspoon whole fennel seeds  
1 yellow onion, diced  
1 medium-sized red potato or sweet potato, peeled and diced  
1 large carrot, diced  
1 stalk of celery, diced (optional)  
1 tablespoon fresh ginger, peeled and chopped  
2 large cloves garlic, peeled and chopped  
1 teaspoon red chili flakes  
2 teaspoons ground coriander  
1 teaspoon ground cumin  
1/4 teaspoon ground turmeric  
1/4 teaspoon cayenne  
Stems and core of one large head of cauliflower, roughly chopped  
1 1/2 cups canned chopped tomatoes  
1 teaspoon salt, plus more to taste  
1 can full-fat coconut milk  
3 cups vegetable stock  
Fresh cilantro, chopped  
4 cups cooked brown rice

Heat oil in a Dutch oven or soup pot over medium-high heat. Add the cumin and fennel seeds and simmer for 30 seconds. Add the onions, potatoes, carrots, and celery and stir everything together. Sauté for about 5 minutes, stirring occasionally to prevent burning. Stir in the ginger, garlic, and chili flakes and sauté for another minute. Turn the heat down to medium-low and stir in the coriander, cumin, turmeric, and cayenne for one minute. Add the cauliflower stems/core and stir vigorously for one minute, until the cauliflower is coated with spices. Add the veggie stock, coconut milk, and salt to the pot and stir everything together. Raise the heat to medium-high and bring the soup to a boil. Cover the pot and reduce the heat to medium-low. Simmer for 30 minutes, until the vegetables are tender and some of the liquid has evaporated. Carefully transfer the soup to a blender and pulse until the vegetables are finely chopped but still maintain some texture. Serve over brown rice and sprinkle with cilantro.

### Vegan Broccoli Rice Bake (Vegan, GF)

Wendy McCrady, Tucson CSA

1 cup long-grain white rice  
1/3 cup nutritional yeast (available at natural food stores)  
1 tablespoon salt  
¼ teaspoon garlic powder  
1 cup water  
1 cup milk alternative  
1 bunch CSA broccoli, chopped  
8 oz sliced mushrooms (optional)

Preheat oven to 350 degrees. Combine rice and dry seasonings in large casserole dish. Stir in liquids and vegetables. Bake, covered, for 60 to 70 minutes until rice is tender.