



Tucson Community Supported Agriculture

Newsletter 725 ~ March 16, 2020 ~ Online at www.TucsonCSA.org

Winter 2019

Harvest lists are online.

Back Page Recipes

- Radish and Yogurt Spread
- Haluski
- Grapefruit-Poppy-Seed Dressing
- Braised Colcannon
- Spicy Greens

Find many more recipes on our website.

No donations this week

Please don't bring us bags, egg cartons, etc. so that we can maintain sanitary standards.

Update on Meat Shares

We're still taking orders for both pork and beef shares! As of now, pork shares will be ready for pick up the week of March 23rd and beef shares will be ready shortly thereafter. **Pork shares** will include natural bacon, sausage, ground pork, chops, ribs, and a roast. **Beef shares** will include steaks, ground beef, a roast, and either ribs or stew meat. Our butcher Ben Forbes is working hard to cut, cure, and smoke the meat with care!

To order a meat share, please place a \$20 deposit with the front desk volunteer.

In Times of Uncertainty

Written by Shelby Thompson

Hi, how are you? I've been thinking about you, and all of our CSA members, a lot. Mostly because you all bring me so much joy and comfort, and I feel a deep sense of commitment to you. A week ago I never would have guessed that I'd be writing about COVID-19 in the Tucson CSA newsletter. In fact, I was planning to share 16 fun facts about Tucson CSA – but alas, that will have to wait.

The last week has delivered fear, uncertainty, and beautiful human moments – things we don't often experience all at the same time. For me, the last seven days have been emotional, as my partner and I made the difficult decision to postpone the wedding and honeymoon we've been planning for 18 months. And still, the kindness and resiliency I've seen in our community over the last seven days far outweighs my despair.

That we as Tucson CSA members know exactly where our food comes from – down to the exact row, if we want to – is extraordinary. That we can call our farmers to make sure that they and their farm staff are healthy is reassuring. That we all care about each other enough to check in, take necessary health precautions, and be kind to one another is absolutely essential. With food sovereignty comes power, and with a strong community comes resiliency. We have both.

I've spent the last week continuously thinking about how we can provide our community with good food throughout this crisis. We are following the lead of the CDC, the Pima County Health Department, and other amazing farmers' markets throughout the state, while also considering the elements that make our organization unique. We are taking precautions for reducing the spread of bacteria seriously, and are prepared to adapt our protocol as information evolves. We promise to email you, as well as post updates on our website, if anything changes. In return, we ask for your full participation: wash your hands often; stay home if you or a family member is sick; avoid touching things; be patient with our new procedures; and be kind – everyone is going through this together.

And now, may I suggest that you quell your anxiety with a good meal? Fill your sink with water and take the time to clean, really clean, the vegetables in your CSA share. Pick up each beet, each carrot, each leaf of chard and admire, really admire, its beauty, origin, and restorative powers. Then, decide what to make. It might be a good time for that slow-braised short rib recipe you've been saving for a rainy day, but you could also make something as easy and soothing and recipe-less as pasta with garlicky greens and lemon. Whatever you choose, make sure it soothes your soul and brings you comfort during this strange time. Now and always, we're so honored to provide you and your family with a resource so essential as good food.

If you haven't already joined the Tucson CSA Facebook Group, now is a great time to do so. We share recipes and food photos there, and provide lots of encouragement. It's a lovely way to connect with other Tucson CSA members whilst practicing social distancing. facebook.com/groups/tucsoncsacommunity

RECIPES

Radish and Yogurt Spread (Veg, GF)

Philippe, Tucson CSA

1/2 bunch radishes, grated or cut in thin slices
1 cup Greek yogurt
a few stalks of green onions or chives, chopped
Salt and pepper
Sliced bread or crackers

Mix radishes and yogurt and a generous dose of salt and pepper. Spread on bread slices. Garnish with green onions.

Haluski (Cabbage and Noodles) (Veg)

Amanda Shauger, Tucson CSA

Haluski is a Polish dish consisting of noodles and cabbage that I learned from a roommate from central Pennsylvania. When I saw those cabbages in my share, I knew I needed to make this recipe again. It's extremely simple and delicious as it is, but can also be varied. It's great comfort food for a recession.

1 CSA cabbage, cut into ribbons
1 onion chopped
1 stick butter (4 ounces or 8 tablespoons) I know, it sounds like a lot on paper, but it's really yummy.
Salt to taste. Try 1/2 teaspoon.
1 pound noodles, cooked and drained. I prefer to use fettucine, but egg noodles or homemade noodles are traditional.

Sauté the chopped onion in butter in a large skillet. I prefer to use cast iron. When the onion is translucent, add the cabbage ribbons and continue to sauté until the cabbage is soft. When the cabbage-onion mixture is soft, toss it in with the already cooked noodles and serve.
Serving Suggestion: I enjoyed my haluski with some powdered chipotle.

Variation: After the onion is sautéed, add one pound of ground beef from the CSA and brown until cooked. Then add cabbage and continue as above.

Grapefruit-Poppy-Seed Dressing (Veg, GF)

Lorraine Glazar, Tucson CSA, original recipe by Doug Levy of Feast restaurant, used by permission

1/2 cup grapefruit juice
2 tablespoons rice wine vinegar
1 egg yolk
1 tablespoon honey (optional)
1 tablespoon sugar (optional)
1/2 cup olive oil
1/2 cup corn oil
1/2 tablespoon poppy seeds
1/2 grapefruit
Salt and pepper to taste

In a food processor, blend the grapefruit juice, vinegar, egg yolk, honey and sugar until smooth. With the motor running, gradually add the oils until emulsified. Stir in the poppy seeds. Cut the grapefruit into segments, mince them, stir them in, and season to taste.

Braised Colcannon (GF)

Philippe, Tucson CSA

Colcannon is a traditional Irish dish consisting of mashed potatoes with kale or cabbage, often including bacon or ham. I like it to braise the ingredients rather than to boil them: it better saves the flavors. I also prefer not to mash it, so that the main ingredients hold their own. I typically use cabbage, but you can also use kale, leeks, collards or any leafy greens. This is also one of those recipes where you can use a whole CSA bunch of dill.

1-lb ground pork
4 medium potatoes, diced
1 medium onion, chopped
1 small head cabbage (or half a large cabbage) or 1 bunch kale, shredded
1 cup vegetable or chicken broth
1 bunch dill (optional), finely chopped
4 tablespoons butter
Salt and pepper

In a large saucepan on medium high heat, brown the ground pork in butter. Add the onions and sauté 3-4 minutes until translucent. Add the potatoes, the shredded cabbage or kale, the dill and the broth. Season with salt and pepper. Mix together well. Cover and braise for 30 minutes on medium low heat.

Spicy Greens (Vegan, GF)

Sara Jones, Tucson CSA

1 bunch greens, any tough stalks removed
1/2 inch ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
2 teaspoons oil
1 splash soy sauce

This is a quick way to use your cooking greens. Adjust the spice to your taste. Start by grating about 1/2 an inch of fresh ginger and combine with a few cloves of minced garlic and red chili flakes. Wash and chop greens, leaving moisture on leaves (this should leave just enough moisture to briefly steam the greens without leaving them soggy). Briefly fry spice mix in about 2 teaspoons of hot oil, stirring quickly to avoid burning spices. Add greens and stir well to coat. Reduce heat and cook about 4 minutes until greens are wilted. If using collards you may want to add a splash of broth or water and cook for an additional 5 minutes or so. Season to taste with soy sauce before serving.