



# Tucson Community Supported Agriculture

Newsletter 728 ~ April 13, 2020 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring 2019

*Harvest lists are online.*

### Back Page Recipes

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*Find many more recipes on our website.*

### COVID-19 Updates

Please see the "Covid-19 Update" on the side bar of our website and read your weekly pickup email for the latest details on how we're adapting. We ask that you:

- Stay home if you or someone in your household is sick.
- Keep a distance of 6 feet between you and others.
- Try to only send one person to pick up your CSA share.
- Wash your hands frequently.
- Wear a mask if you can.

### Josh's Eggs

Josh's hens are still laying eggs as usual (they love the warm weather!), but there's a shortage of egg cartons in the supply chain. You might notice that Josh is using different egg cartons, but rest assured – they're still the same great pasture-raised eggs as always!

## Give it a Year

*Written by Shelby Thompson*



Compared to traditional Community Supported Agriculture programs, Tucson CSA is unique – our pickup is not located at a farm, and we don't require members to sign up for a season-long CSA subscription. Our six-week subscription program is great for those who are new to the concept, as it gives members a taste of what it's like to cook with local and seasonal produce. But to get the full CSA experience, you should give it a year.

Six weeks is only half of a season, only enough time to taste a fraction of the [300 varieties](#) of produce our farmers grow. Give it a year and you'll get to experience all of the seasons and their unique bounties: summer's

organic sweet corn and juicy vine-ripened taxi tomatoes that demand to be eaten immediately; fall's delectable red kuri squash and roasted chiles that go with everything; winter's bright citrus and seemingly endless leafy greens; and spring's rainbow of beets, carrots, and cabbage. With only six weeks to figure it all out, you might become overwhelmed by the giant leaves of chard that have taken over your refrigerator, or bored by the third head of cabbage you've gotten in a row. But give it a year, and you'll start to figure it out. You might experiment and realize that chard can be added to virtually anything, or find that cabbage can be tossed with salt and crammed into a jar, only to one day become something magical called *sauerkraut*. You might find that you actually *like* beets, sliced thin and raw into a spring salad with Fiore di Capra feta, and that their greens become jamm-y and delicious when braised with onions and rich stock. Like all good things, learning to cook with and appreciate your weekly CSA subscription takes time.

What I wish for you – for everyone, in fact – is that you get to experience the true joy of watching the seasons change through the food on your plate. There will be times, over the course of a year, when you get sick of greens, or okra, or [insert vegetable name here] but then – just when you think you can't eat one more [insert vegetable name here] – something magical happens: the seasons shift, different varieties of plants start producing, and you're once again renewed by a fresh palate of seasonal produce. You might even come to find that you miss those things, once they're gone. Give it a year, and you'll see.

*If you haven't already joined the Tucson CSA Facebook Group, now is a great time to do so. It's a lovely way to connect with other Tucson CSA members while we shelter in place. [facebook.com/groups/tucsoncsacommunity](https://www.facebook.com/groups/tucsoncsacommunity)*

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## RECIPES

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### **Pickled Beets (Vegan, GF)**

Sara Jones, Tucson CSA

1 bunch beet roots  
2 cups vinegar  
1 cup water  
2 teaspoons salt  
2 tablespoons sugar  
1 teaspoon to 1 tablespoon total of all selected spices, to taste.  
(Spice flavor develops more over time)  
Spice suggestions (use whole spices, not ground):  
Coriander – Allspice – Cardamom – Cloves – Mustard Seeds –  
Cinnamon Sticks

Prepare beets by roasting or boiling. Peel beets and cut or dice in preferred serving sizes. Bring water, vinegar and sugar to boil until the sugar is dissolved. Add spices and reduce heat. Simmer to let spices develop flavor and steep. (Approx. 15 minutes.) Place beets in glass jar and cover with vinegar mixture. Store in refrigerator. Will keep for two to three months. Pickled beets can also be canned and stored in the pantry if canning is in your skill repertoire. Any vinegar mixture left over when the beets are gone can be used as a brilliantly colored base for marinades or dressings.

### **Joyce's Cabbage (Veg, GF)**

Joyce Wong, Tucson CSA

1/2 head of finely shredded cabbage, rinsed  
2-4 cloves of minced garlic  
2 tablespoons apple cider vinegar  
A glug of olive oil  
A pat of butter  
Salt and pepper to taste  
1 hefty tablespoon of lemon artichoke pesto (optional)

I love cooking with my Dutch oven, but you can use a heavy sauté pan just as well. Turn stove on medium high and drizzle a glug of olive oil in the Dutch oven. Add a pat of butter when the oil starts to shimmer. When the butter has stopped foaming, add the cabbage. You might want to put in half the cabbage first, toss it a bit to coat with oil and then add the other half. Turn the heat down a little, and let the cabbage cook with the little bit of water from the rinse. Turn the cabbage from time to time so that it cooks evenly. If it looks dry, add a little water. When the cabbage starts to soften, add the garlic and toss gently to mix. After the garlic has blossomed for a bit, add the vinegar. I happened to have some left over artichoke pesto, so I threw that in also. Mix and let the taste develop. When the cabbage looks soft and friendly, season with salt and pepper. This can be served on toasted bread, with rice or noodles. If you have plain, cooked quinoa, heat the quinoa in a little bit of butter, and serve the cabbage on top of the quinoa.

### **Braised Ground Pork, Potatoes and Dandelion Greens (GF)**

Philippe, Tucson CSA

There is something about dandelion greens and pork that makes them a perfect combination as the fat of the meat balances the bitterness of the greens. I usually don't blanch the dandelion greens for this recipe because I like their bitter flavor, but if you prefer a milder flavor, just blanch the greens for a few minutes in salted water.

1 pound ground pork, chorizo or Italian sausage  
1 bunch dandelion greens, chopped in 2-inch segments  
1 pound potatoes, cubed  
1 onion, chopped  
2 garlic cloves, minced  
Salt and pepper to taste

In a skillet on medium heat, sauté the meat until browned. No need to add olive oil, as the meat will provide its own fat. Add onions, garlic and potatoes. Stir until the onions are translucent. Cover and reduce heat. Cook for 30 minutes or until the potatoes are soft. Add the chopped greens and stir until mixed. Add salt and pepper to taste.

### **African Greens with Peanut Butter (Vegan, GF)**

Kristina Bishop, Tucson CSA

This is a recipe that was commonly eaten in rural South Africa where I was a Peace Corps volunteer. It is widely eaten in Southern Africa. There they use either spinach or wild greens the people gather.

1 bunch spinach or other greens  
1 onion chopped  
1 tomato chopped (I have used canned or frozen or left it out if I don't have a tomato)  
1/2 cup peanut butter (natural style is best)  
salt and pepper to taste

Wash and de-stem the greens and roughly chop. In a medium saucepan bring to a boil enough water to cover the greens. Add the greens to the boiling water. Cook for about 10 minutes. Drain most of the water. Reserve about 1/2 cup for later use. Add the onions and tomatoes to greens and cook for another 10 minutes. Meanwhile in a small bowl combine peanut butter with reserved water by adding one tablespoon at a time. Mix well until the sauce is thick but pourable. Drain the rest of the liquid from the cooked spinach. Combine spinach with peanut butter sauce. Add salt and pepper to taste. I hope you enjoy!