



Tucson Community Supported Agriculture

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Spring 2019

Harvest lists are online.

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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.

CS-Aid

Thanks to the generosity of our members and our farmers, we're offering free and half-price produce subscriptions to those who need them.

To request a free or half-price share, please email us at

tucsoncsa@tucsoncsa.org.

We're happy to feed more people in our community during this time!

Volunteers that Feed Us

Written by Shelby Thompson



Our volunteers are extraordinary. Week after week, they show up to unload, set up, distribute, and inspire us to eat our veggies. On blistering hot days, monsoon afternoons, bitter cold nights, and even during a pandemic, they are there to make Community Supported Agriculture happen in Tucson - and you've undoubtedly noticed their presence.

Every Tuesday and Wednesday, Stef, Dimitri, Marina, Carly, Jamie, and Doug show up long before pickup begins to unload crates of freshly harvested produce from the farm truck and set up the tables and tents that make our pickup

process possible. Each week, even after unloading thousands of pounds of watermelons in mid-July, they make us smile with their kindness and good nature. Without them, it wouldn't be possible for us to get CSA shares out to over 300 members each week. Although you might never see these volunteers at the CSA, you should know that they have the most wonderful spirits and are really just salt of the earth folks - much like the volunteers you interact with at your pick-up every week.



Our pickup crew might be more familiar to CSA members. These are the volunteers that each week check you in, hand you your produce, help you pick out items in the CSA Shop, and inspire you with recipe ideas for nopales, cabbage, and whatever else you're struggling to cook. In the past two months, those that have been able to continue volunteering have patiently and willingly adapted to each and every safety protocol we've asked of them. These outstanding humans - Lori, Howard, Dana, Toby, Hanna, Conor, Diane, Daniela, Diana, Noah, Nadine, Joy, Mary Pat, Amy, Donovan - are the faces of

Tucson CSA, and they couldn't be more worthy of our gratitude.

Tucson CSA volunteers are absolutely the essential workers we've been hearing so much about lately. They're also our friends, community leaders, and, in a sense, our chosen family. So, please join us in celebrating our volunteers this week!

RECIPES

Tomatillo Bread Salad

Sara Jones, Tucson CSA

You really want to grill or broil your tomatillos for this recipe to get the right flavor. Be careful handling the cooked tomatillos though, you really want to preserve all of the juice to moisten the salad.

3 slices stale bread, cubed
1 teaspoon cumin
1 teaspoon cayenne
1 teaspoon ground oregano
1 basket tomatillos, husk removed, cleaned and grilled
½ medium onion, thinly sliced
1 cup cooked beans, preferably black beans, rinsed
1 tablespoon olive oil
Juice from one lime
Salt and pepper to taste
Cilantro, optional

Toss bread cubes with herbs and spices and oil. Toast in a 400 degree oven for about 8 minutes, stirring occasionally to brown evenly. Roughly chop roasted tomatillos, reserving any juice that they release. Toss together tomatillos, onions, croutons and beans. Drizzle with tomatillo juice and lime juice, season with salt and pepper and serve at room temperature, garnished with cilantro.

Squash and Grain Fritters

Sara Jones, Tucson CSA

2 cups grated summer squash
About 1-1 1/2 cups cold cooked grains, preferably quinoa or white rice
1/2 small sweet onion, sliced thinly
1 egg
1 tablespoon flour
Salt and pepper to taste
Fresh herbs, if available

Drain squash in a colander for 30 minutes. After draining squeeze excess moisture from squash, then mix with grains and onion. Beat egg and pour over vegetables, mix together, then sprinkle with flour and salt and pepper. Mix again, adding more flour if mixture seems very loose. Heat a large skillet over medium heat and add about 1 tablespoon of oil. Drop large spoonfuls of squash mixture onto the skillet and use spoon to spread or flatten mixture. Cover fritter and cook until golden brown underneath, about 4 minutes. Flip gently and cover again, cooking another 4 minutes until browned on second side. Remove fritters to a paper towel to drain and repeat with remaining batter.

Thai Sonoran Curry

Shelby Thompson, Tucson CSA

1 tablespoon coconut oil
1 small white onion, diced
2 cloves garlic, minced
1 1/2 tablespoons fresh ginger, peeled and finely chopped
1 small hot pepper, seeded and finely diced
4 1/2 cups seasonal veggies (such as squash, potatoes, greens, peppers), diced
2 tablespoons Thai green or yellow curry paste
1 can full fat coconut milk
1/2 cup filtered water
1-2 teaspoons coconut sugar or raw cane sugar
1 1/2 teaspoons soy sauce
1 1/2 teaspoons freshly squeezed lime juice
Sea salt, to taste
Dried chilepins, to taste
Fresh herbs, for garnish

Heat coconut oil in a large pot or Dutch oven over medium-low heat. Add onion, garlic, ginger, and hot pepper to the pot and sauté, stirring frequently, for five minutes or until the onions are translucent. Add the beans, summer squash, and potato to the pot and stir the ingredients together. Salt the veggies with a few pinches of sea salt. Sauté the veggies for 5 minutes. Add the curry paste to the pot and stir everything until the curry paste evenly coats the vegetables. Cook the vegetables for two more minutes. Add the coconut milk, filtered water, and sugar to the pot and stir everything together.

Simmer the curry over medium-low heat for 15-20 minutes, or until the potatoes are tender. Turn the heat off and stir in the soy sauce and lime juice. Taste the curry to check for seasonings. Add more salt if need be. Serve the curry in bowls over your choice of grain. Sprinkle with crushed dried chilepins and fresh cilantro and/or basil.

Citrus Seltzer

Sara Jones, Tucson CSA

This is an incredibly refreshing drink in the summer heat. If you don't have the ingredients to make it now, squeeze and freeze your grapefruit for a treat later on.

1 part grapefruit or orange juice
1 part sparkling water
Agave nectar, to taste

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