



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

Although the stay-at-home order has been lifted, we will continue to operate under the rigorous safety protocols we put into place two months ago. We ask that you continue to:

- 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.

Thank you so much for helping us to stay healthy and serve our community!

Supporting Our Musicians

Many of the musicians who have entertained us in the courtyard are finding ways to share their music from a distance. Follow us on Facebook and Instagram to learn more!

Farm Report: Looking Ahead to Summer Produce

Written by Sara Jones



A typical summer share at Tucson CSA, including squash, amaranth greens, sweet corn, tomatoes, green beans, coriander, and shishito peppers.

Seasons on the farm tend to overlap and fade in and out, but the transition from winter crops to summer crops is always one of the most distinct and difficult. Winter crops that have been hanging on slowly start to lose the battle. This means that their bitter flavors can become more pronounced and textures become more fibrous.

Sleeping Frog Farms, located at a higher elevation along the cooling San Pedro River, has a last wave of greens like chard, collards and arugula coming in. These late-season greens may require a longer cooking time and/or more highly seasoned recipes to balance the flavors that have been intensified by hot, sunny days.

Though it is too hot at **Crooked Sky Farms** for most greens to grow right

now, we will be seeing a cultivated variety of wild Amaranth greens in our shares occasionally. The greens are tender and mild and you only have to remove their thickest stems. Amaranth greens can be used in any of your favorite cooked greens recipes. The year of the beet is coming to an end but there are still some Chioggia, Detroit Red, Bulls Blood and Golden beets in the ground at Crooked Sky Farm. The beet greens are likely to have suffered from the heat, but the sturdy roots will still be delicious. If you can't fathom eating another beet this season, try pickling them to enjoy them over the summer.

We are getting our first glimpse of summer produce with squash, squash blossoms, tomatillos and cucumbers showing up in our shares. Wet spring weather and muddy fields this year delayed the summer plantings a bit, however by mid-June we will finally be getting highly anticipated tomatoes in our shares (Yellow Taxi being one of the first early varieties). Tomatoes will be followed shortly after by cool, thirst-quenching melons, and okra, green beans, eggplants and other summer crops should trickle into our shares in July. Crooked Sky Farms will soon be planting in their satellite location in Duncan, Arizona, where they will plant a second succession of summer produce as well as plenty of slow-growing winter squash varieties that will appear in our shares towards the end of the season. While this is a more trying time of the year to be a CSA member, we will soon be rewarded with a bounty of beautiful summer produce.

RECIPES

Amaranth Green Pesto with Sesame Seeds and Noodles

Rachel Yaseen, The Organic Kitchen

Amaranth greens have a mild flavor but their texture is best cooked or, as in this recipe, pureed. Use any of the milder flavored greens interchangeably in this recipe. Use any noodle you like. If you are gluten free, edamame or rice noodles go especially well with this pasta.

6 loosely packed cups amaranth greens
1/4 cup sesame seeds
3 tablespoons soy sauce
3 tablespoons maple syrup
2 cloves garlic
1 tablespoon grated ginger
Organic Edamame noodles (available at Costco— gluten free, 100% edamame, nothing else)

Clean the greens, don't worry about removing the stems unless they are very large and fibrous. Steam greens for a couple minutes or blanch for about 1 minute in boiling water. Drain and rinse in cold water. Toast the sesame seeds. In a food processor, grind the sesame seeds coarsely. Add greens, soy sauce, garlic, ginger and maple syrup. Cook and drain the noodles. Mix with the pesto. Serve with chopped macadamia nuts, pine nuts or almonds.

Radish Potato Salad

Sara Jones, Tucson CSA

Radishes make a great foil for a creamy potato salad. If you have the time and inclination, make the basil aioli. If not, you can stir the basil into a store-bought mayonnaise.

1 pound red potatoes, cooked and roughly chopped
4-5 green onions, chopped
½ bunch radishes, sliced
2 hard boiled eggs, chopped
About ½ cup basil aioli

Stir together all ingredients. For the best flavor, let the salad sit in the fridge for an hour or so before eating.

Aioli

Use with a potato salad or as a dip for a steamed and raw veggie platter. Also makes a good sandwich spread!

1 large egg yolk at room temperature
1 teaspoon Dijon-style mustard
Salt
2 to 3 teaspoons fresh lemon juice
¾ cup peanut oil or mild olive oil (or half of each)
4 to 6 garlic cloves, finely chopped
Small bunch basil, well chopped

Whisk the egg yolk in a small bowl until light and smooth, then stir in the mustard, a pinch of salt, and the lemon juice. Whisk in the oil until the egg and oil thicken. Stir in garlic. Keep covered and refrigerated.

Nopalitos en Pipian Rojo o Adobo

From Amy Valdés Schwemm

Longtime volunteer Amy Valdés Schwemm makes wonderful mole powders through her business Mano Y Metate. You can find a wide selection of them at the CSA Shop!

1 tablespoon oil
1/2 tin Mano Y Metate Mole Powder (Pipian Rojo or Adobo)
1/2 cup broth
2 pads nopalitos, cooked and sliced
Dash cider vinegar (optional, for Adobo)

In a saucepan, gently heat oil. Add the whole tin of mole powder, stirring to prevent scorching. When the paste is fragrant and a shade darker in color, add broth. Stir and simmer until the sauce thickens. Add chopped nopalitos and cook until tender, thinning the sauce with more broth if it becomes too thick. Salt to taste. Serve with hot tortillas, beans and (arugula) salad.

Chocolate Beet Cake

Paula Borchardt, Tucson CSA

While golden or chionga beets can be added to soups and stir fries and remain more or less anonymous to picky eaters, the darker red Bull's Blood beets have a pronounced color and distinctly earthy flavor. This chocolate cake has a dark color and is chocolatey enough to disguise them though!

Approximately 1 cup cooked, chopped beets
1/4 cup water
Approximately 1 cup applesauce
1 teaspoon vanilla extract
1 teaspoon apple cider vinegar
1 1/2 cups whole wheat flour
1/2 cup cocoa
1 cup sugar
2 teaspoons baking soda
1/4 teaspoon salt
1/2 teaspoon cinnamon
1 cup chocolate chips

Puree the beets and water in a blender or food processor. Pour into a large measuring container and add enough applesauce to make two cups total. Mix in the vanilla extract and apple cider vinegar. In a separate bowl, mix all the other ingredients together; fold in the beet mixture and mix all thoroughly. Bake in a pre-greased 9×13" pan at 325° for 35 minutes.