



Tucson Community Supported Agriculture

Newsletter 760 ~ November 30, 2020 ~ Online at www.TucsonCSA.org

Fall 2020

Harvest lists are online.

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Find many more recipes on our website.

Annual Holiday Break 12/17 – 1/01

We'll be taking our annual two-week break over the holidays, from December 17, 2020 through January 1, 2021. There will be no CSA pickups the weeks of December 21st and December 28th.

You do not need to put your CSA subscription on hold during this period – it will be automatically suspended for the two weeks that we're on break. We wish you and yours all the best this season! Please be safe and healthy.

Holiday Pop-up Schedule

Nov 24-25: Laurel's Florals

December 1-2: Agave Pantry

December 8-9: Zoe's Vegan Bakery

December 15-16: The Wild Stamen

Vegan Holiday Cookie Orders from Zoe's Vegan Bakery

Pre-order your vegan holiday cookies at the CSA this week!

Baking has always been a prominent part of Tucson CSA member and **Zoe's Vegan Bakery** owner Zoe Sand's life. "I got into baking because I grew up around it ... my mom was always baking, making homemade goods. That's all I knew," says Zoe, reflecting on a childhood filled with sweet comforts like her grandma's soft, gooey caramel rolls. Baking still reminds her of family and tradition, two reasons she has chosen to pursue baking as a profession.

After transitioning to a vegan diet three years ago, Zoe began searching online blogs and websites to figure out how to make her favorite baked goods without any animal products. Although there was a bit of a learning curve as she learned "a whole different science", Zoe soon found success making vegan versions of her favorite treats, like cakes, cinnamon rolls, pies, and cookies. Zoe has been perfecting her baking skills for almost her entire life, but it wasn't until last December that she got her cottage food license and began offering vegan baked goods to the Tucson community. "All I know is that I really like food and baking, and since going vegan it has given me a new perspective on these things," says Zoe, explaining that the bakery has given her the chance to connect with people about food and veganism.

Zoe's Vegan Bakery is a queer-woman-owned bakery that offers 100% vegan baked goods which are allergen-friendly and made with almost all organic ingredients. At the beginning of every month, Zoe posts the month's special on her Instagram and Facebook pages and accepts orders for the treats via direct message (DM). People can also place special orders for birthday treats and other goodies – Zoe is happy to accommodate special requests. This week, Tucson CSA members can pre-order Zoe's peppermint and gingerbread cookies, which will be delivered on December 8th & 9th. You can also get a variety of other holiday cookies from Zoe's Vegan Bakery this month – just follow her on Instagram and Facebook and look out for this month's special! **Find Zoe's Vegan Bakery on Instagram and Facebook at @ZoesVeganBakery.**



Pre-orders can be made in the CSA Shop this week. Choices include:

• One Dozen Chocolate Peppermint

Crinkle Cookies: These are decadent, rich chocolate cookies infused with peppermint. They have a gooey center and crisp edges, dusted with sugar and peppermint candies.

Contains wheat, soy

• **One Dozen Gingerbread Cookies:** These gingerbread are soft and pleasantly flavored and spiced with molasses, cinnamon, ginger, and cloves. Lightly frosted with a vanilla

buttercream and topped with naturally colored sugar sprinkles. *Contains wheat, soy*

• **Half Dozen of Each:** 6 chocolate peppermint crinkle; 6 gingerbread

Each dozen costs \$16.95. Cookies can be picked up at the CSA on December 8th & 9th.

RECIPES

Winter Greens Pastry Shell (Veg)

Howard Frederick, Tucson CSA

Yes, putting greens into a quiche is a great way to use them. But putting them into the pie shell, ingenious! Double up on your greens by putting them in the shell and the filling. This is a great opportunity to use up any greens that may be clogging your veggie drawer. Make more than one, because they freeze easy, too. If you find the mustard flavor a bit too much, you can blanch them first to make them milder. Simply submerge them in boiling water for about 1 minute then dunk into cold water. You will need to squeeze the greens pretty aggressively to remove any excess water before you chop them and use them in the recipe.

1 pound greens, remove any tough stems (to date, I've successfully used every green we get)
2 – 3 Tablespoons butter (veggie oil works too, but isn't as flavorful)
3/4 cup all purpose flour
3/4 cup bread crumbs (bran also works; either wheat or oat)
optional herbs (dill, celery seed,)

Pre-heat oven to 375°. Lightly oil a 9 inch pie plate. Chop greens (or pulse in food processor) until they are finely minced (if stems are tough, you could remove, but I've not had a problem with them). Melt butter in a heavy skillet and add greens. Sauté until soft, then transfer to a bowl and mix in flour, bread crumbs, and herbs. Press mixture into the pie plate, using a fork or spatula to spread evenly and then forming the edges with your fingers. Bake for 15 to 20 minutes. At that point you can refrigerate or freeze for later use, or without cooling, use it for a quiche (since the oven's hot, why not?)

Easy Pumpkin Turnovers (Veg)

Sara Jones, Tucson CSA

Using a store bought puff pastry and leftover roasted pumpkin for these turnovers means they come together in no time at all. Just remember that you need to defrost the frozen pastry, preferably overnight in the refrigerator. You can adjust the sugar depending on how sweet your pumpkin is, many varieties that we get at the CSA are nice and sweet already.

3 cups roasted pumpkin, pureed until smooth
1 tablespoon cream or condensed milk
1 teaspoon cinnamon
½ teaspoon ground nutmeg
1 cup finely chopped pecans
2-4 tablespoons brown sugar
1 package puff pastry

Mix together first 5 ingredients. Fill puff pastry according to directions on package. I try to find frozen, individual square pastry dough, which, once filled, folds into a nice triangle. Bake according to directions on package. Best served warm, with plain or vanilla yogurt or ice cream.

Pinto Beans with Greens (Vegan, GF)

Philippe Waterinckx, Tucson CSA

The humble dish of beans and greens is so tasty and nutritious. For extra flavor, simmer everything with parmesan rinds.

2 cups dry pinto beans, soaked overnight and drained
1 onion, chopped
2 cloves garlic, minced
½ tablespoon dry oregano
1 tablespoon olive oil
1 teaspoon dry chile flakes
1 or 2 bunches mustard or turnip greens, chopped
Salt to taste

Heat oil to medium hot in a saucepan. Add onion and sauté until browned. Add garlic and sauté another minute. Add remaining ingredients, except salt and greens. Add hot water until beans are covered. Cover and bring back to a boil. Reduce heat and simmer for 1 hour or until beans are tender. Add greens and salt to taste. Cook for another 10 minutes.

Cottage Pie

Sarah Martin, Tucson CSA

1 pound potatoes, cubed
1 bunch turnip roots, scrubbed clean and cubed
2-3 ounces shredded farm house cheddar cheese
1/4 cup yogurt
1 tablespoon olive oil
1 pound ground beef*
1/2 cup carrots, diced
1/2 cup onion, diced
2 handfuls chopped turnip or mustard greens
2 cups vegetable stock
1 tablespoon bay leaf
Worcestershire sauce
2 tablespoons all purpose flour
Salt and pepper to taste

Preheat your oven to 350 degrees Fahrenheit. Combine the potatoes, turnip roots and 1 cup of the vegetable stock in a saucepan. Bring to a boil, reduce heat and cover. Simmer 10 minutes or until the potatoes are tender. Set aside. Do not drain. Heat olive oil in a skillet. Add ground beef. Break the beef into chunks as it cooks. When you don't see any more pink, pour off any extra fat and add the carrots, onion and greens. Cook 5 minutes more. Add the Worcestershire sauce, bay leaf and salt and pepper to taste. Stir the flour into the beef mixture making sure to coat all of the ingredients. Cook 2-3 minutes more. Slowly pour the remaining vegetable stock into the beef and bring to a boil. Pour mixture into an 8 or 9-inch casserole. Mash the potatoes and turnips in their cooking liquid and stir in the shredded cheese and yogurt. Spread the potato mixture over the beef and vegetables. You can sprinkle extra cheese on top of the potatoes if you like things extra cheesy. Bake 30-45 minutes or until bubbly along the edges.