



# Tucson Community Supported Agriculture

Newsletter 761 ~ December 7, 2020 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2020

*Harvest lists are online.*

### Back Page Recipes

- Mustard Root Okonomiyaki
- Sautéed Beet Greens with Sardines
- Frisée Salad with Mint
- Red Chile Sauce (New!)

*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 21<sup>st</sup> and December 28<sup>th</sup>.

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

**December 8-9:** Zoe's Vegan Bakery (Pre-order pickup only)

**December 15-16:** The Wild Stamen/Sonoran Soaps and Sundries

## Local Gift Pairings from the CSA Shop

*Ideas for shopping safely and supporting local this season*

In lieu of a holiday pop-up table this week, we're giving you some ideas for local gift pairings, many of which can be found in our very own CSA Shop. Stop by the shop (which is currently located in the courtyard of the Historic Y during CSA pickup hours) this week to pick up some goodies for friends, family, and essential workers. If you ordered vegan cookies from Zoe's Vegan Bakery, you can also pick those up in the CSA Shop this week!



### For someone who needs comfort

It doesn't get any more comforting than a pot of winter squash and tender pinto beans that have been simmered in mole sauce. Pair one of the many winter squashes hiding in your pantry with a bag of **Crooked Sky Farms** dried pinto beans (\$3), a tin of **Mano y Metate** mole powder (\$7), a bag of **Desert Pearl Mushrooms Co.** dried oyster mushrooms (\$5.50), and a jar of **Guru Broo** bone broth (\$10) to inspire a warm and cozy meal. Or, make the meal yourself and deliver it to a loved one for an extra-comforting gift!  
**Total cost: \$25.50 (squash not included)**

### For someone with a sweet tooth

Our shop is stocked with exquisite candies from **Epic Fine Chocolates** (formerly Black Mesa Ranch). Choose from Belgian Dark Chocolate Fudge (\$5) Vanilla Bean Caramels (\$13), Buttercream Mints (\$8), Chocolate Rubble (\$13), Assorted Truffles (\$7-13), and more – or, get a few of each for the sweetie in your life!

**Options:** *Buttercream Mints (\$8), Assorted Truffle Sampler (\$7-13), Vanilla Bean Caramels (\$13), Desert Tortoises (\$13), Dark Chocolate Fudge (\$13), Milk Chocolate Rubble (\$13), Dark Chocolate Debris (\$13), Sea Salt Toffee (\$13)*





### ***For the locavore***

This gift of locally made (and written!) items would make anyone proud to be a dweller in the borderlands. Arizona Desert Tortoises (\$13) are a delightful confection: Arizona-grown pecans are covered with vanilla bean caramel and coated with a smooth layer of chocolate. Paired with local mesquite honey (\$14) harvested from **Sleeping Frog Farms**, a tin of **Mano Y Metate** mole (\$7) made by one of Tucson CSA's own volunteers, and the book *Unprocessed* by Megan Kimble (available at Antigone Books), this gift is a true celebration of our local food culture.

**Total cost: \$34 (not including book)**

### ***For the baker***

Any baker, whether aspiring or seasoned, would love this gift of locally grown wheat flour from **Barrio Grains** (\$11), dried herbs from **Iskashitaa** (\$5), and a new cookbook to inspire their projects in the kitchen. Search local bookstores like Antigone and Bookmans for books like *Jubilee* by Toni Tipton-Martin, *New World Sourdough: Artisan Techniques for Creative Homemade Fermented Breads* by Bryan Ford, and *Bread Baking for Beginners* by Bonnie Ohara.

**Total Cost: \$16 (not including cookbook)**



### ***For the home cook***

We love this colorful set of Mano y Metate mole powders from local business owner, blog writer, and Tucson CSA volunteer Amy Valdez Schwemm. Each variety of Amy's mole powders has a unique flavor profile and can be used for a wide array of dishes – from traditional chicken mole, to spiced popcorn, to spiced chocolate cookies! Mole is especially fun to send to friends and family in other parts of the country and world, where these traditional spice blends might still be a secret waiting to be discovered.

**Total cost (for 3 tins of mole): \$21**

## **Greens from Merchant's Garden**

The unusually warm fall temperatures have been rough on Crooked Sky Farms' crops this month. Their delayed winter green crops have given us a wonderful opportunity to work with **Merchant's Garden**, located right here in Tucson, to source frisée and butterhead lettuce for our CSA shares this week. We hope that you enjoy the variety in both produce and producers!



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## RECIPES

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### Mustard Root Okonomiyaki (Veg)

These savory pancakes are very versatile and you can use any combination of leafy greens and root vegetables. A share of frilly mustards with their large roots is perfect for this. Scrub any hairy bits from the roots and shred or cut into small pieces. Clean and roughly chop the greens. If you want, you can add slices of cooked ham or bacon to the top of each pancake once the batter is poured into the pan.

1 cup vegetable stock or water  
2 eggs  
1 cup all-purpose flour  
1 teaspoon salt  
1 teaspoon ground pepper  
1 medium onion  
1 bunch turnips, roots grated and greens chopped  
1 tablespoon oil  
Mayonnaise and barbeque sauce or any dip of your choice

Mix to together vegetable broth or water, eggs, flour, salt and pepper until smooth. Pour over onions, roots and greens and mix well. The veggies will be barely covered by the batter. Heat oil to medium high in large skillet. Add half the mixture to the skillet (reserve the other half for a second batch or for another occasion – it will keep in fridge for a few days). Pat down with a spatula until mixture is even and compact and batter has filled in any gaps. Cover and cook on medium high for 5 minutes. Flip and cook for another 5 minutes, covered. Slice like a pizza. Serve slices with dollops of mayo and a drizzle of sweet or tangy sauce.

### Sautéed Beet Greens with Sardines (GF)

Dhanya Sullivan, Tucson CSA

This is simple and yummy. It could be served over toast, rice or pasta. Choose a can of spicy, chile sardines for more flavor.

1 Can Sardines in Olive Oil  
1 bunch beets with greens  
Sea Salt to taste  
Walnut Halves (optional)

Scrub beets and steam until tender. Chop into small dice. Clean beet greens and chop. Open a can of sardines in olive oil. Pour oil into frying pan, add beets and greens and sauté till greens are wilted. Add sardines to warm them up and you're done! sea salt. OH...I started with warming up some walnut halves and added them in when serving.

### Frisée Salad with Mint (Veg)

Sara Jones, Tucson CSA

This is a great way to use frisée or endive which have a more bitter profile than lettuce. You can mix lettuce into the salad, too.

A few large frisée, washed, dried and chopped  
¼ small onion, thinly sliced  
Small handful of mint leaves, roughly chopped  
1 handful good quality black olives, pitted and chopped  
2-3 tablespoons feta cheese, crumbled  
Juice from one lemon  
Good drizzle of olive oil

In a large bowl, toss together greens, onion and mint. Top mixture with olives, cheese and lemon juice. Toss gently, add a large drizzle of olive oil and toss again. Serve immediately.

### Red Chile Sauce - New! (Vegan, GF)

Sara Jones, Tucson CSA

Whole dried red chiles are a great for adding heat and flavor to a pot of beans or stew but you can also turn them into a lovely red chile sauce for enchiladas, tamales or a marinade for meat.

5 whole red chiles, wiped clean with a wet cloth  
1 clove elephant garlic, chopped  
2 teaspoons oil  
1 teaspoon cumin  
1 teaspoon salt  
1 teaspoon dried oregano  
1-2 teaspoons red wine vinegar

Heat a skillet over medium high heat until quite hot and add chiles. Use a wooden spoon to stir and flip the chiles, pressing them into the pan a bit too. You want them to get lightly toasted and become more pliable, but make sure to remove from heat before they burn. Submerge chiles in hot water and set aside. Add oil and garlic to the hot pan and stir to avoid burning, add cumin and cook until fragrant. Add garlic straight to the blender or food processor you will be using. Once chiles are softened, remove and discard stem end, trying to pull out most of the seeds as well. The Big Jim peppers in our shares are fairly mild, so it won't matter if some seeds are left behind. Add peppers to blender along with the oregano and salt and about 1 1/4 cups of water or broth Blend until smooth, adding more water if necessary. Taste for salt and add more as needed. I like to put a bit of vinegar in my sauce, add just a tiny bit and taste, then add more if desired. Store in fridge for one week or freeze into ice cubes to add to marinades.