



WHAT'S HAPPENING AT TUCSON CSA

FOOD LITERATURE LENDING LIBRARY

by Shelby Thompson

The Tucson CSA Food Literature Lending Library was created to provide Tucson CSA members with another resource for learning about food. Currently, you'll find everything from Thai vegetarian cookbooks to literature about agriculture's role in the Black liberation movement. Although it's small, we plan to continue to grow the library to include an array of authors, cuisines, and cultures. After all, diversity is what makes food so incredible!

We're using an online library catalogue called TinyCat that was specifically designed for tiny libraries like ours. You can check out our current catalogue by visiting www.librarycat.org/lib/TucsonCSA. We'll need to set up an account for you before you can check out a book out from the Food Literature Lending Library. If you're interested, please send us an email at tucsoncsa@tucsoncsa.org with the subject line "Lending Library Account" and include your full name, preferred email address, phone number, and address in the body of the email. Once we have this information, we can set up your TinyCat account and help you create a password.

We would love to accept book donations to the library. If you have books related to cooking, food, and food systems that you would like to donate, please send us an email so that we can arrange a donation. Happy reading!



SAVE THE DATE

FEBRUARY 9

*"Uprooting Racism,
Seeding Sovereignty"
Virtual Screening
(Local First Arizona)*

FEBRUARY 15

*Tucson CSA's
17th Anniversary*

FEBRUARY 20

*Food Justice
Book Club Meeting*

BLACK FOOD HISTORY

FANNIE LOU HAMER

by Shelby Thompson



Fannie Lou Hamer used land, food, and farming as means of resistance. Born in Mississippi to sharecroppers Lou Ella and James Lee Townsend in 1917, Hamer worked in the fields starting at a young age and became a talented farmer who was intimately familiar with the exploitative sharecropping system.

After the state of Mississippi performed an involuntary sterilization on Hamer, she was galvanized to act. Hamer soon became active in political organizing, coordinating voter education and registration drives. Almost immediately, she and her husband were fired from their sharecropping jobs and evicted from their farm shanty when the owner of the plantation on which they worked and lived learned that Hamer had attempted to register to vote. Hamer quickly recognized the power that land, housing, and food would give African Americans in their quest to become politically active.

"Down where we are, food is used as a political weapon. But if you have a pig in your backyard, if you have some vegetables in your garden, you can feed yourself and your family, and nobody can push you around. If we have something like that, even if we have no jobs, we can eat and we can look after our families." –Fannie Lou Hamer.

Hamer went on to create the Freedom Farm Cooperative (FFC), which focused on providing housing, small business resources, and a farming cooperative for the most vulnerable people in Sunflower County, Mississippi. Early on, FCC had 1,500 co-op member families and spanned almost 700 acres. The cooperative went on to provide housing, food, job training and education to its community members. "Under her model of activism, black farmers could stay on the land and build a sustainable community through their own labor, and thereby secure a means to political participation." (White, 2018, p.73). Fannie Lou Hamer was a powerful figure in the Black Freedom Movement and her means of resistance have helped shape local food cooperatives as we know them today.

You can learn more about Fannie Lou Hamer's life as a farmer, activist, and Civil Rights leader in the book *Freedom Farmers: Agricultural Resistance and the Black Freedom Movement* by Monica M. White.

CSA SEASONAL RECIPES

PEANUT WINTER SQUASH SOUP

by Sara Jones, Tucson CSA



- About 3 cups of any sweet winter squash, cut into large chunks
- 1 tablespoon oil
- 1/2 onion, diced
- 1 inch ginger, grated
- 1 tablespoon curry powder
- Enough water or vegetable broth to cover all ingredients
- Two large handfuls mixed greens, cleaned and chopped
- 1/2 cup chunky peanut butter (sugar free)
- Salt and pepper to taste

Heat the oil in a large soup pot over medium high heat. Stir in onion, ginger and curry powder. Cook until fragrant. Add squash and cover with water or broth.

Bring to a boil and cook for about 25 minutes until squash is tender and falling apart. Stir in greens and cook until well integrated.

Remove one cup of soup from the pot and blend together with peanut butter. Return mixture to pot and mix well. Season with salt and pepper. If you want a creamy soup, blend in batches to desired consistency or use a masher or wooden spoon to thicken the broth.

Garnish with roasted peanuts, if desired.

Find more recipes on the back



HOW TO MAKE TARTINES

A BLANK CANVAS FOR EVERY SEASON

by Shelby Thompson

The question of what's for dinner (and breakfast, snack time, and lunch) continues to perplex me. These days I often feel uninspired to be creative in the kitchen, and so I turn to what I know best: bread.

A thick slice of sourdough bread, drizzled liberally with olive oil, toasted deeply, and rubbed unapologetically with a raw garlic clove, is the perfect blank canvas for almost all of the seasonal produce we get at Tucson CSA. The French, in all of their wisdom, call this open-faced sandwich a "tartine." It's easy,

economical, and, best of all, incredibly satisfying.

You can take your own liberties based on your mood and what you have on hand, but consider making some version of the following tartines this winter: spicy, garlicky sautéed greens with feta; roasted winter squash smashed with olive oil, grated Parmesan, salt, freshly cracked pepper, and lemon juice; broccoli stems simmered with olive oil and tossed with shaved parmesan and freshly cracked black pepper; and (last but not least) a thick layer of butter with thinly sliced radishes and sea salt. Check out my video titled "Winter Tartines" on the Tucson CSA YouTube channel to learn how to make these beauties, then see what your own ingredients inspire!



WE'RE READING

Are Some Animal Welfare Labels 'Humanewashing'?
by Lisa Held on Civil Eats



WE'RE LISTENING TO

The Sourdough Podcast
ft. Don Guerra of Barrio Bread



WE'RE WATCHING

Tacos Chronicles
on Netflix



ON SOCIAL

The Tucson CSA Facebook Group is a great place to connect with CSA members!
facebook.com/groups/tucsoncsacommunity



A KINGDOM OF THEIR OWN

by Shelby Thompson

Tucson CSA has been working with Desert Pearl Mushrooms since 2019, when the young growers gallantly stepped in to provide our CSA members with mushrooms after our previous producer suddenly closed shop. In the last two years, Desert Pearl Mushrooms has grown from a bedroom grow-up into a full-fledged business participating in the startup incubator at the University of Arizona Center for Innovation.

Here at Tucson CSA, we've watched (and tasted) as their mushrooms have grown bigger, better, and more varied over the last two years. Now, with a team of experienced growers and entrepreneurs, Desert Pearl Mushrooms is expanding their production in an effort to meet the community's demand for locally grown mushrooms.

Mushrooms exist entirely in their own kingdom: the kingdom of fungi. Rather than grow from seeds, mushrooms spawn from spores that are invisible to the naked eye. As to where they get their nutrients, our fungi friends don't care much for soil – they get what they need from substrate made up of materials like sawdust, straw, and wood chips.

Desert Pearl Mushrooms offers a selection of oyster mushrooms that includes meaty black king oyster mushrooms, phoenix oyster

mushrooms, blue oyster mushrooms, and pink oyster mushrooms. Oyster mushrooms are a great source of protein, calcium, vitamins and minerals. While the black king, phoenix, and blue oyster mushrooms add a subtle flavor to dishes and become tender after a short cooking time, pink oyster mushrooms taste like salmon and go well in soups and stews.

In addition to oyster mushrooms, Desert Pearl grows lion's mane mushrooms, which look astonishingly similar to the folkloric Yeti. There's evidence that these white, furry-looking mushrooms can even regenerate brain cells! Aside from their medicinal properties, lion's mane mushrooms have a great flavor and texture that's almost crab-like. Try using them in place of crab in dishes like crab cakes and crab dip for a meat-free twist on old classics.

BEET AND CARROT SLAW

by Sara Jones, Tucson CSA

- 1 cup raw, peeled and grated beets
- 1 cup raw, scrubbed and grated carrots
- 1 orange or grapefruit, peeled and cut crosswise in thin slices
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ¼ cup yogurt
- Dash of lemon juice or vinegar
- Cashews, chopped
- Fresh cilantro, chopped
- Salt and pepper

You can replace the yogurt with oil and apple cider vinegar if you prefer a vegan dish.

Mix veggies and citrus. Stir spices into yogurt and season to taste with a bit of vinegar and salt and pepper. Stir together with veggies and let marinate for 30 minutes before serving.

Garnish with cashews and cilantro.

GREENS WITH SOY SAUCE & OYSTER SAUCE

Adapted from consciouschoice.com

- 1 head Tokyo Bekana, rapini or tatsoi
- 1 tablespoon water
- 1 tablespoon oil
- 1/4 teaspoon salt
- 1 teaspoon soy sauce
- 1 teaspoon oyster sauce
- 1/2 tablespoon unsalted butter

Cut large greens crosswise into half-inch segments. In a skillet, heat oil over moderately high heat and stir-fry greens with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter to the greens and stir-fry until crisp-tender, one to two more minutes.