EASY MOROCCAN VEGETABLE TAGINE

Adapted from themediterraneandish.com

1/4 cup extra virgin olive oil
2 medium yellow onions, chopped
8-10 garlic cloves, chopped
2 large carrots, chopped
2 big potatoes, peeled, cubed
1 large sweet potato, peeled, cubed
1 Tbsp Harissa spice blend
1 tsp ground coriander
1 tsp ground cinnamon
1/2 tsp ground turmeric
2 c whole or diced tomatoes
1/2 c heaping chopped dried apricot
1 qt broth of your choice
2 cups cooked chickpeas
lemon juice to taste
handful fresh parsley

1. In a large pot, heat olive oil over medium heat until just shimmering. Add onions, increasing heat to medium-high. Saute for 5 minutes and toss.
2. Add garlic and chopped veggies. Season with spices and salt, tossing to combine.
3. Cook 5-7 minutes on medium-high heat, mixing often with a wooden spoon.
4. Add tomatoes, apricot and broth. Season again wtih just a small dash of salt.
5. Keep the heat on medium-high, and cook for 10 minutes. Then reduce heat, cover, and simmer 20-25 minutes until veggies are tender.
6. Stir in chickpeas and cook another 5 minutes on low heat.
7. Stir in lemon juice and fresh parsley.
8. Transfer to serving bowls and top each with a generous drizzle of olive oil. Serve hot with your favorite bread, couscous, or rice.

BOUNTY RICE

Adapted from Simply in Season

1/2-1 lb ground beef
1 c onion, chopped
1 c green pepper, chopped
4 c jarred diced tomatoes
4 c cabbage, shredded
3 c cooked rice
1 tsp salt
1/2 tsp dried oregano
1/2 tsp dried basil
1/2 tsp garlic powder
1/2 c sour cream
1 c mozzarella, shredded

1. Saute ground beef, onion, and green pepper until meat is browned and veggies are soft.
2. Stir in tomatoes, cabbage, rice, and seasonings. Cover and cook until cabbage is crisp-tender, 10-15 minutes.
3. Stir in sour cream. Sprinkle cheese on top and cover until cheese is melted. Serve.

Winter/Spring CSA News

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Sweet Potatoes: Store sweet potatoes at room temperature. Refrigeration will cause them to harden and turn black when you cook them! The sweet potatoes you receive will keep for weeks or even months.

Leafy Greens: Store leafy greens in the fridge inside a perforated plastic bag. If you chop and wash ahead of time, spin the leaves dry before placing them back in the bag with a dry paper towel to absorb the moisture. Refresh limp leafy greens by plunging them into ice water.

Root and spuds (carrots and potatoes): Store in a plastic or cloth bag in the crisper bin of your refrigerator. Both root veggies and potatoes should last for weeks.

Garlic: Store in cool temperature, but not refrigerated, for long-term storage. Warmth and/or moisture will cause garlic to sprout, but it can still be used even if you see green shoots, just use it soon!

Winter Squash: The flavor of butternuts and othe fall squashes intensifies over time as the sugars concentrate. Store in the pantry or on the counter; plan to use within a month or so.

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Economic Imperative

Since a thirst for knowledge seems to be part of what makes us human, let's look at where we are at the moment. Since Cyrus McCormick started strapping industrial equipment onto steel wheels in the 1830s, the advances in industrialization of our nation's food supply have become something Cyrus could never have dreamed of.

Scientific research is charting the course for industries to adapt and succeed. It is an economic imperative to do so: stay in the game or get out. When negative externalities are an unintended consequence of an industry, it is seen as a necessary evil, the cost of modernization. This has not worked out so well in the food industry.

The agricultural industrialization revolution in America began in earnest after WWII as bomb ingredients were converted to fertilizer, nerve agents branded as pesticides, and tanks switched into tractors. The goal was to keep people working to rebuild our country free of tyranny. By overlaying a feed-the-world mentality (creating our own markets, necessarily, as the war's impacts were worldwide) we learned to process agricultural crops into user-friendly forms with incredible efficiency.

Nowadays, computerized combine tractors collect huge swaths of grains for remote feeding of livestock who are confined into feedlots and then later fabricated into all manner of preserved and processed products that may or may not meet the definition of food. The negative externalities of this situation are tangible. Yet, such externalities are not being considered in the collective "cheap food is good for national security" policy.

But through that same science, we can now quantify the negative impacts of exploiting our soils to feed the world. From the dead zone in the Gulf of Mexico to the hospitals hard-pressed to treat everyone's diet-related illnesses and insidious cancers, society pays the price. What can we do?

n the early 1920s, Arthur Pigou, a renowned and brawny British economist at Cambridge University, was fed up with the coal-burning smog in his community, affectionately called London Fog. He calculated the costs to the residents to clean and replace goods, provide better healthcare, and improve the impacts on plants and animals–all ruined from the suet of burning so much coal in a small space. Pigou proposed a tax that energy users would pay to account for the cleanup. It acted as an incentive to pollute less, and equally important, consumer spending would gravitate to cleaner technologies. This is known today as a Pigouvian tax scheme. Canada has implemented a carbon tax system based on this principle with the tax money flowing to consumers to drive cleaner technologies.

Continuing with this thought, what would Pigou say about our modern food system? He would calculate the health care savings if people stopped suffering from chronic diet-related diseases. Junk food would be more expensive and taxes on it would pay for the health care claims to which such junk contributes. We know there is a correlation, but it's hard to quantify.

What else could Pigou affect? Farm chemical companies would be taxed the billions of dollars needed to research and develop technologies to reduce runoff, replenish riparian zones, and even re-vegetate the Mississippi River Delta. Farmers would look for alternatives to expensive chemicals and adopt regenerative agricultural practices.

Products known to carry toxic substances would be taxed to incentivize research alternatives and cure cancer. The more risk, the greater the tax. Consumers would make safer food choices because they'd also be the most cost-effective option.

"Tax" is a swear word in political circles, so Pigou's ideas are probably not going to happen in my lifetime. But, how can we incentivize healthy eating and save ourselves from slow, self-inflicted deaths in today's industrialized food system? At Elmwood, the food we grow has a net positive impact on the ecosystem. The minimal negative external costs associated with our production and distribution system are offset by all the carbon we sequester. We would not have to pay any of Pigou's taxes.

As CSA shareholders in partnership with an organic, regenerative farm, you are doing your part. You are leading the charge to make this world a healthier place! Together, we have all the incentive we need to invest in the long-term future of our personal health and a cleaner environment. Let's keep at it together! -Mac Stone