



Tucson Community Supported Agriculture

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Summer 2015

Harvest list is online

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Many more recipes on our website

Peaches In Bulk!

Get Crooked Sky Farms peaches by the flat!

\$38 for a 15-pound flat

Please place your order by pre-paying at the front desk this week. Orders will be delivered next week.

This offer is for this week only. It is likely that there may not be enough peaches after this week for more bulk orders.



Josh's Eggs Price Goes Up

In our last newsletter, we announced that the price of Josh's eggs would soon go up and we explained why.

It happened with the eggs we picked up this week. The new price for Josh's eggs is \$6 per dozen instead of \$5.

Watermelon-ivia

Ah, watermelons, the quintessential symbol of summer satisfaction. This bulky queen of summer fruit will give us all an extra upper-body workout with our pickup this week but we don't mind! It's time to (safely) break out the big knife and carve up some juicy, magenta wedges to cool us from the inside out. We all know how sweet and satisfying this giant fruit is, but here are some things you may not know:



Hydration Plus

It's not a psychological trick that makes watermelons seem to quench your deepest thirst in this hot season. True to its name, watermelon is over 90% water and is also a good source of electrolytes (who needs Gatorade?) And long before the days of A/C, the ancient Aztecs relied on *aqua fresca* made from watermelon to beat the heat on long summer journeys. To make your own, blend 4 cups of melon with

three cups of water, the juice of half a lime and sugar or agave syrup to taste. ¡Refrescante!

A Party-in-a-Rind

You've probably heard of (and just possibly had some) drunken melon - you cut out a hole and let an inverted liquor bottle soak into the fruit for a couple of days in the fridge. But here's a fun variation. There's a YouTube video floating around from the *Lifehacker* blog called "All the Tricks To Make a Perfect Summer BBQ" with 10 barbecue hacks in 3 minutes. It's well worth viewing - but the watermelon trick is probably the most dramatic. If you don't have time to Google, here's the procedure in a nutshell (or melon rind):

1. Drill a one-inch diameter hole in the rind.
2. Take part of a coat hanger - enough to make a loop about 5" long - and attach the two ends of the loop to the drill.
3. Whirr the insides of the melon like a blender stick.
4. Invert a bottle of vodka (though I hear rum would be good too) and let it empty into the fruit.
5. Cut out a spout on the side and carefully pour the contents into your punchbowl.

Waste Not, Want Not

You can eat the rind and seeds! So instead of bulking out your compost bin with rind, use it. Make rind pickles, rind jam, or a rind smoothie. Juice the rind and add some lime juice for a refreshing treat. And the seeds may not taste like pepitas, but they will not, I repeat, NOT grow into a vine in your stomach. The rind is rich in L-citrulline (which promotes circulation and blood dilation) and various minerals. And those seeds are filled with protein, vitamin B and magnesium. The trick is to save the seeds, sprout them (use your trusty Google for info), discard the shells and let them dry for a nutritious snack. Now that you have some little known facts to enthrall the guests at your next BBQ, don't forget the most important part - just eat up!

Fruity Panzanella Salad

Sara Jones, Tucson CSA

Use stale bread or pita for this salad. The mixture of sweet and tart in this recipe is nice, but you can omit the fruit if you want.

2-4 tomatillos, cleaned and diced
1 peach, diced
1/2 cup watermelon, diced
1/2 onion, finely diced
2 to 3 cloves garlic, minced
3 slices stale bread or pita rounds, cut into chunks
1 teaspoon hot paprika or cayenne
1 teaspoon ground oregano
1 teaspoon thyme
2 tablespoon olive oil
1 teaspoon vinegar or lemon juice
Salt and pepper to taste

Mix fruit and vegetables together, drizzle with the vinegar or lemon juice, one tablespoon of the oil and a pinch of salt and pepper. Heat the remaining tablespoon of oil in a large skillet over medium high heat. Add bread cubes or chopped pita to skillet and stir to coat with oil. Sprinkle with herbs and spices, and cook, stirring occasionally until crispy and beginning to brown. Add hot bread directly to vegetable mixture and toss well to combine. Season with additional salt and pepper, if needed. Serve at room temperature.

Spicy Balsamic Melon Salad

If available, add spicy greens like arugula, or a handful of finely chopped herbs (mint, parsley or cilantro) to this salad.

About 5 cups of diced melon
2 cups spicy greens, chopped fine
1/4 cup balsamic vinegar
1 tablespoon honey
1/2 onion, thinly sliced
2 teaspoons oil
1/2 teaspoon ground cumin
1 teaspoon cayenne pepper
Pinch of salt

Heat oil over medium high heat, in a medium skillet. Add onion and sauté, stirring occasionally, until mostly browned. Add cumin, pepper, honey and balsamic vinegar. Reduce heat to low and simmer until vinegar mixture is reduced by half. Add a pinch of salt and remove from heat. Strain onion and chile out of sauce and discard. Toss melon and greens together in a large bowl and drizzle with sauce. Stir well to coat. Add greens, if using. Serve at room temperature.

Spicy Grapefruit and Fennel Salad

Sara Jones, Tucson CSA

Regular canned olives won't work well in this recipe. If you don't have good quality, oil cured black olives, just omit them. The salad will still be delicious.

2 grapefruit, peeled, segmented and chopped into bite size pieces
1/4 small onion, thinly sliced
6-8 oil cured black olives, pitted and roughly chopped
2 ripe but firm avocados, peeled and diced
Red chile flakes, to taste
1/2 teaspoon fennel seeds
Olive oil, drizzle
Salt and fresh cracked pepper, to taste
Feta cheese, to taste

Toast fennel seeds in a hot skillet for a couple minutes, stirring frequently. Remove from heat. Roughly chop or grind the seeds and set aside. Toss together grapefruit, onion and olives. Dress with chile flakes, salt and pepper and a drizzle of olive oil. Let marinate for at least 30 minutes. Add fennel seeds, avocado and crumbled feta cheese before serving.

Black Bean, Tomatillo and Sweet Potato Stew

Sara Jones, Tucson CSA

1 large can black beans, drained and rinsed
1 basket tomatillos, cleaned and diced
2 sweet potatoes, scrubbed and diced
1 quart broth or water
1 onion, diced
2 cloves garlic
1 teaspoon coriander
1 teaspoon cumin
2 teaspoons chile powder
2 tablespoons oil
Sour cream or yogurt, to serve

Heat oil in a large pot over medium high heat. Add onions and cook until beginning to brown. Add garlic, spices and tomatillos. Cook, stirring occasionally until tomatillos start to release juice. Add sweet potatoes, beans and broth and bring to a boil. Lower heat to a simmer and cook until potatoes are tender. Garnish with a spoonful of sour cream or yogurt.