



Tucson Community Supported Agriculture

Newsletter 496 ~ July 13, 2015 ~ Online at www.TucsonCSA.org

Summer 2015

Harvest list is online

The Back Page

Thai Melon Salad
Easy Cold Summer Squash
Soup
Cucumber Noodles
Green Bean Potato Salad with
Tomatillo/Avocado dressing

Many more recipes
on our website

Account tip: Adding or removing shares

As long as you remain subscribed to a minimum of one produce share or one bread share, you can add or remove shares (produce, bread) and share options (goat cheese, sprouts) during your subscription. Just login to your online CSA account, click on Change Subscription, and add a Share or Share Options. To remove, click on the X to their right. If adding shares, make you that your CSA account has enough funds to cover your next pickup and recharge your account if necessary.

Note that you can only make subscription changes from the day after your pickup through midnight Friday.

Josh's Eggs Price Goes Up

We are reminding everyone that Josh's eggs have gone up in price from \$5 to \$6 per dozen.

You can read the reason behind this price increase in our Newsletter 494 of 2 weeks ago (June 29).

Sun Jewel Melons



We'll be welcoming back some 'Sun Jewel' melons this week - a beautiful name for a beautiful fruit. Sun Jewels were originally bred in Korea (where it is known as chamoe, or "high quality cucumber") and look more like a delicata squash crossed with a spaghetti squash (which makes sense when you remember melons are actually related to the squash family). This heirloom variety is one of the more subtler melons and its flavor is reminiscent of sweet cucumber. This quality makes it a great melon to use

in savory dishes. It combines especially well with vegetables and would make a great addition to a green salad. It would also be a great alternative to a cantaloupe salsa. I even saw a reference on the Internet to shredding it and using it in a slaw. I'm not entirely sure about the prospect of shredding a super-juicy melon, but with goggles and an apron, I might give it a go!

The Sun Jewel has some other not-so-apparent virtues - it's a fast grower, yields large amounts of fruit, and is drought-tolerant. Its juicy flesh stays firmer longer and these melons have a very good shelf life. They are also more resistant to some mildews that can plague other melons. It also doesn't hurt that they are rich in beta-carotene (vitamin A precursor) and vitamin C.

Green Beans

Green beans are one of those vegetables that evoke fond memories from my own childhood. There was the sweet little backyard vegetable patch we grew in our tiny garden in suburban Florida where I marveled at the long vines twining up an improvised bamboo teepee, watching white billowy blossoms give way to dangling green spears in a prolonged magic trick. I also remember visiting my grandmother's house on Sunday and helping her 'top and tail' a mound of beans thick as pencils into a pile of bit-sized morsels.

Unfortunately I wasn't a huge fan of the sodden, over-salted mess they inevitably became as a result of her very Southern philosophy of cooking vegetables until they were unrecognizable in color or texture. In my own kitchen I can cook 'em how I like, and I like my beans steamed or boiled *just* long enough to preserve that bright color and crunchy texture*. With this week's share, maybe I'll pair them with a lemon-y, herb-y potato salad. On the other hand, Deb Perlman (smittenkitchen.com) recently posted a recipe for green beans with almond pesto that sounds amazing. Cook them briefly (how I like 'em) and toss the cooled beans with a pesto of toasted almonds, parmesan, a garlic clove, seasoning, a bit of white wine vinegar and of course olive oil. Like tangy savory breadcrumbs without the bread!

Hope this week's share sparks some summer memories for you!

*On Thanksgiving, I do make an exception - I'll never pass on a classic rendition of green bean casserole - Campbell's cream of mushroom soup, mushy beans and all!

Thai Melon Salad

Sara Jones, Tucson CSA

Note: this recipe lends itself very well to the less sweet Sun Jewel melon we are getting in our shares this week.

This salad takes its inspiration from the classic Thai Green Papaya salad. It is usually a really spicy dish; use less chile if you want it milder. It is great for mildly sweet melons like the sun jewels.

1 melon (and/or cucumber), peeled, seeded, julienned or cut into thin strips
1 tablespoon dried chile flakes
3-4 cloves garlic
1 tablespoon fish sauce (or soy sauce)
2-3 limes
1 handful mint, finely chopped
1/2 cup roasted peanuts, chopped

Crush chile flakes and garlic together into a paste. Mix paste with fish sauce and the juice from two limes. Pour about half the mixture over the sliced melon and stir well to combine. Taste and add more of the liquid mixture for desired taste. Sprinkle with mint, peanuts and thinly sliced limes to serve.

Easy Cold Summer Squash Soup

Paula Wilke, Tucson CSA

1/2 to 1 cup vegetable stock or water (enough for about 1/2 inch of liquid in the bottom of the cooking pot)
1 small onion
2-4 cups of summer squash (yellow squash, Mexican Grey Squash, Zucchini, etc. a mixture of different squashes are nice)
2-3 cloves garlic
1 tablespoon White Miso (possible substitutes are soy sauce or salt)
Good yogurt (plain)
Salt and pepper
Black olives as a garnish

Heat stock or broth and roughly chop the onion, the squash and the garlic, keeping them separate. When the water starts to boil, add the chopped onion and cover. After a few minutes, add the squash and garlic and cover. Cook until the vegetables are tender (5-10 minutes), stirring occasionally, and then remove the pan from the heat. When it cools a bit, pour the mixture into a blender, add the miso and puree, adding additional water or stock as needed for desired texture. Chill the mixture. Just before serving, stir in six ounces (small container) plain yogurt. You can also add a little milk or cold water if you like it less thick. Add lots of freshly ground black pepper and salt to your taste. Garnish with a black olive.

Cucumber Noodles

Sara Jones, Tucson CSA

This is a great, refreshing side dish. If you want to make it into a simple meal, double the ingredients for the dressing and toss together with chilled soba noodles and cubed tofu or pre-cooked chicken.

1 large or 2 medium cucumbers
2 tablespoons rice vinegar
2 teaspoons toasted sesame oil
1/2 teaspoon red pepper flakes
1/2-2 teaspoons sugar
1 teaspoon soy sauce
1/4 teaspoon grated ginger
1 tablespoon toasted sesame seeds, to garnish

Peel cucumber and discard skin. Continue using peeler, making long, lengthwise cuts to make 'noodles'. Peel, rotating cucumber until you reach the core of seeds. Discard seeds. Drain noodles in a colander while preparing dressing. Whisk all other ingredients together. Squeeze noodles to get rid of excess moisture. Toss with dressing and garnish with sesame seeds. Serve immediately.

Green Bean Potato Salad with Tomatillo/Avocado dressing

Mary Leuchtenberger, Tucson CSA

If you have any tomatillos left from last weeks share, here is a perfect place to use them. If not, you could substitute a simple Italian dressing for the tomatillo sauce.

5 or 6 medium potatoes
1 share green beans, chopped
1/2 medium onion, chopped
1 stalk celery, chopped
Rice vinegar
2 large tomatillos
1 garlic clove
1/2 avocado
1/2 cup plain yoghurt
3 hard boiled eggs

Cut potatoes in half and boil until cooked through, but not too soft. Chop green beans and add to pot of potatoes during last few minutes of cooking. Drain and allow to cool. Chop warm potatoes and place in bowl with green beans, onions, and celery. Sprinkle with rice vinegar and refrigerate overnight. Blend tomatillos, avocado, garlic and yoghurt in blender or food processor until smooth. Stir dressing into potato salad, while adding chopped hard boiled eggs. This tangy dressing goes well with any salad, and can be used as a dip too.