



Tucson Community Supported Agriculture

Newsletter 549 ~ August 1, 2016 ~ Online at www.TucsonCSA.org

Summer 2016

Harvest list is online

Pickled Watermelon-new
Pinto Beans with Greens
Tomatillo Avocado Sauce
Turnip Kofta

**Many more recipes and ideas
on our website and on our
page on Facebook**

How to change your pickup day or subscriptions

The two questions we get the most from members are (1) how do I change my pickup day? and (2) how do I change my subscriptions?

To make these changes, log on to your online CSA account (by going to our homepage and clicking on "Manage Account"). Once logged on, look at the green Summary Box to the right and click on:

1. **Change Location** to change your pickup day. Pickup day changes can be made on Thursday and Friday.

2. **Change Subscription** to add or remove shares (produce, bread) or add or remove share options (cheese, sprouts). Subscription changes can be made from the day after your pickup day until midnight Friday.

For more info, got to our Home Page and click on the Help: Manage Account tab



Awash with Watermelons



Ready for more watermelon? This summer treat greets our Tuesday baskets once again - challenging our members on bicycles and on foot - but rewarding us all with sweet succulent flesh. There's actually a controversy over whether the watermelon is a fruit or a vegetable. The "fruit" camp points to the seeds peppered throughout. The "vegetable" camp argues that it's a close relative to the squash and pumpkin. But in either case, it's delicious and cooling.

But do you need more ideas about what to do with it aside from cutting it up into wedges and chowing down (which is still top of the list)? I'm sure you caught recipes for Aqua Fresca (refreshing water, citrus and watermelon drink) and Watermelon/Feta salad. But here's some more ideas to whet your whistle (ideas gleaned from www.thekitchn.com):

Sprinkle watermelon wedges with salt. As long as you use a light touch, a tiny bit of salt will actually enhance the sweetness of the melon.

Grill your watermelon. Yep, you read right. The heat concentrates and caramelizes the sugars and the char lends a slight smokiness. Just grill slices until you get some of those awesome dark lines and then dig in.

Cut 'em up faster. This is best if you're not too picky about the shape of your watermelon cubes. Cut the melon in quarters, then for each quarter you'll do the following: slice across (perpendicular to the long edge) every inch or so down to the rind but not through it. Going lengthwise, make vertical cuts diagonally every inch or so, angled towards the center. You should have what looks like a crosshatched pattern. The last step is to run the knife along the inside of the rind to cut through the bottom of the flesh, which should unleash all the watermelon pieces. Repeat per quarter. Want photos or video? Search on the internet using "how to cube watermelon".

Pickle 'em, as Sara explains on the back page.

Rainy Day Issues

We've had some monsoon season already! Looking at the statistics, June brought us 1.39" of rain compared to the norm of .15" and July topped off at a whopping 3.32" compared to the average of 2.25". When you live in the desert, the attitude is usually the more rain the better! Well, unless you're a desert farmer.

Rain can become an issue when a lot of it falls in a short amount of time (i.e. a monsoon) and the soil quickly turns to mud. This makes harvesting more difficult and much slower which can hamper how much produce makes it out to the CSA on time. A whole field is just not going to be processed in time. High intensity winds can potentially damage crops, especially greens. Heavy downpours can also wash away seeds and seedlings.

That's just part of the package when you're working with Mother Nature. But farmers are nothing if not resilient, and even *if* the results are a slightly smaller harvest this week, the farms will work hard to keep the plants happy and continue delivering our fresh veggies throughout the year.

Pickled Watermelon-new

Sara Jones, Tucson CSA

No, this is not a watermelon rind recipe, you use the entire watermelon, both red and white parts! The idea might seem slightly bizarre but the refreshing balance of salty, tangy and sweet is incredibly refreshing. You can substitute the leftover liquid from a jar of cucumber pickles in place of the vinegar solution for an easy shortcut (add a pinch or two of extra salt as the original pickles will have absorbed much of the salt). This Russian recipe is originally a fermented pickle. If you are comfortable with fermenting food you can also use a brine to ferment the watermelon. It will ferment relatively fast, within 2 to 4 days.

1 quart diced watermelon
3/4 cup white wine vinegar
1 ½ cups water
1 tablespoon salt
1 teaspoon dill seeds
1 teaspoon dill
3-5 cloves garlic
1-2 hot peppers, sliced
Additional pickling spices, to taste (coriander, black pepper and allspice are good)

Pack watermelon, garlic and peppers into a one quart jar. Mix vinegar and water with salt and spices and stir until salt is dissolved. Pour mixture over watermelon and cover. Refrigerate for at least two hours before using. Store in refrigerator for up to a few weeks.

Pinto Beans with Greens

Philippe, Tucson CSA

1 lb dry pinto beans, soaked overnight and drained
Optional: 1 lb pork sausage, ham hock, or sliced bacon
1 onion, chopped
2 cloves garlic, minced
½ tablespoon dry oregano
1 tablespoon olive oil
1 teaspoon dry chile flakes
1 bunch amaranth greens or other greens, chopped
Salt to taste

Heat oil to medium hot in a saucepan. Add onion (and ground meat if using) and sauté until browned. Add garlic and sauté another minute. Add remaining ingredients, except salt and greens. Add just enough hot water to cover the beans. Cover and bring back to a boil. Reduce heat and simmer for one hour. Add greens and salt to taste. Cook for another 10 minutes. Serve with rice.

Tomatillo Avocado Sauce

Sara Jones, Tucson CSA

This is a salsa bar standby and is a great taco condiment. This also makes a great dressing for any type of salad. The sauce is just the basic salsa verde recipe, with avocado and sour cream added.

1/2 pound tomatillos, husked, rinsed
1 hot pepper
1 onion, chopped
2 garlic cloves
1/4 cup (firmly packed) fresh cilantro leaves
1 tablespoon fresh lime juice (optional)
1 tablespoon olive oil
1 whole ripe avocado, diced
2 tablespoons sour cream or plain yogurt (optional)

Roast tomatillos under the broiler until charred. In a food processor or blender, puree all ingredients until smooth. Add salt to taste.

Turnip KoftaKumi Rao, [Ruchikala](#)

Note: to prep turnip – grate the vegetable, add ½ teaspoon of salt, stir, set aside for a few minutes. Then squeeze very hard to remove all the water from the vegetable. It is now ready to use.

1 pound turnips (grated and prepped as per note above)
3 medium potatoes (boiled, cooled, peeled and mashed)
1 teaspoon cumin seeds
½ teaspoon asafoetida
1 teaspoon turmeric
1-3 Thai chiles, or to taste (minced)
3 inch piece of ginger, minced fine
3 cloves of garlic, minced fine
½ cup + ¾ cup panko breadcrumbs
2 teaspoon salt, or to taste
Oil for deep frying

Mix together turnips with the mashed potatoes, cumin, asafoetida, turmeric, chiles, ginger, garlic, salt and ½ cup of the breadcrumbs. Be sure it's all evenly incorporated. Form the kofta into two-inch balls. Add a couple tablespoons of panko to your palm and then roll the kofta into the breadcrumbs in your hands, just so some of the crumbs adhere to the outside of the ball. Heat oil in a large dutch oven or cast iron skillet with high sides. Heat at least two inches of oil to 350°. Keep a pair of easy to handle metal tongs or a spider for frying nearby. Fry the koftas, turning them occasionally until they are golden brown. Drain them on a paper towel. Serve them with an aioli or on a bed of seasoned tender greens.