



Summer 2017

Harvest lists are online

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Can't pick up?

Unfortunately you cannot place a delivery hold or switch to the other pickup day after Friday midnight. And we do not have the resources to set aside shares for another day.

But all is not lost! If you find out after the Friday midnight delivery hold deadline that you won't be able to make it to the next pick up, ask a friend to pick up your share on your behalf. You don't even have to let us know: anyone can pick up your share as long as they say your last name at the check-in. It's the honor system.

It's also a good way to spread the good word about CSA and share your CSA bounty you're your friends.

And if nobody picks up your share, it won't go to waste, it will simply be donated to charity.

We do save unclaimed bread and cheese shares: we freeze them for you to pick up at a later time.



Crooked Sky Farms Tomatoes Are Back



Crooked Sky Farms doesn't produce tomatoes from about mid-July until about mid-September. That's because it is too hot for the pollen of tomato flowers to survive and therefore pollination is not effective, even though tomato plants continue to produce flowers and all their necessary equipment to make tomatoes.

The "too-hot-to-pollinate" season at Crooked Sky Farms usually lasts from early May until the monsoon season starts in early July, so tomatoes plants do not set fruit during that two-month window. But once the monsoon season begins, the temperature drops just enough for successful pollination to resume, resulting in a more tomatoes in September. The second tomato season lasts a couple of months, until the first frost.

We will likely get a mix of green and red tomatoes for a while, as we did in late spring. Green tomatoes should continue to ripen if left on the countertops.

At Sleeping Frog Farms, where temperatures are a bit cooler, most tomato plants continue to produce tomatoes throughout the summer, mostly cherry tomatoes.

How To Cut A Tough Winter Squash

So, you've decided to make the Roasted Winter Squash and Apple Soup (see back page), and you're wondering, "How exactly do I crack into this thing?" Here's how, according to squash guru Ivy Manning.

If the squash is very hard, prick it several times with a fork and microwave for 3 minutes; it will soften slightly, making it easier to cut open. Or if it is too large for the microwave, bake the whole squash directly on the rack in a 350°F oven until slightly softened and the skin begins to change color, about 10 minutes.

1. Set the squash on a towel on a cutting board to prevent it from slipping, and push the tip of a sharp chef's knife into the squash near the stem. Carefully push the knife through the squash to the cutting board to cut off the stem.



2. Then cut lengthwise through half of the squash, starting with the tip of your knife in the center of the squash. If the knife sticks, don't try to pull it out; this is dangerous, since it may come out suddenly. Instead, tap the handle with a rubber mallet or meat tenderizer until the knife cuts through the squash.



3. Rotate the squash and cut through the other side the same way.



4. Push the halves apart with your hands. With a soup spoon, scrape the seeds and stringy bits away from the flesh.

Thai Melon Salad

Sara Jones, Tucson CSA

Melon is not just for dessert. It can also make a delicious savory dish. 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. This is perfect with a less than ripe cantaloupe and but would also taste great with watermelon.

- 1 melon (and/or cucumber), peeled, seeded, julienned or cut into thin strips
- 1 tablespoon dried chile flakes
- 1-3 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 mixture over melon and stir well to combine. Sprinkle with mint, peanuts and thinly sliced limes to serve.

Watermelon and Tomatillo Salad

April Rawluszki, Tucson CSA recipe adapted from Patismexicantable.com

- 4 cups watermelon, cut into bite size chunks
- 2 cups, about 1/2 pound tomatillos, husks removed, rinsed, quartered and thinly sliced
- 2/3 cup, about 3 ounces mild feta or queso fresco, crumbled or cut into small dice

For the vinaigrette:

- 1 tablespoon fresh mint leaves, about 5 to 6, chopped
- 1 tablespoon Jalapeño or Serrano chile, or to taste (seeding optional)
- 2 tablespoons fresh squeezed lime juice
- 1 teaspoon white vinegar
- 1 teaspoon salt
- 1 teaspoon smoked paprika
- 4 tablespoons olive oil

Place the watermelon cubes and tomatillo slices in a large bowl. In a small bowl, add the chopped mint and jalapeño. Squeeze the fresh lime juice on top, stir in the vinegar, sprinkle the salt and mix. Pour the olive oil and mix with a whisk or fork until well emulsified. Pour the vinaigrette on top of the watermelon and tomatillos, toss well and sprinkle the cheese on top.

Roasted Winter Squash and Apple Soup

Adapted from The Healthy Kitchen by Andrew Weil and Rosie Dale

Make a huge batch of squash soup and freeze some for later!

- 1 large winter squash (Cushaw, Hopi) or pumpkin, cut in half, seeds removed
- 2 onions, chopped
- 2 apples, cored and quartered

- 3 garlic cloves, peeled
- 2 tablespoons ginger, minced
- 2 tablespoons olive oil
- Salt to taste
- 2 tablespoons red chili powder, or 2 jalapenos, chopped
- 4 chicken or vegetable bouillon cubes

Preheat oven at 400F. Toss all ingredients in the squash halves, Place the halves in a baking tray filled with 1 inch of water and bake for 1.5 hour. Scoop out contents of the squash halves, down to the skin, and blend. Add water or stock to desired consistency (1-2 cups).

Apple Butter

Wendy McCrady, Tucson CSA

- About 6 medium apples cored, peeled, and roughly chopped
- Juice from half a lemon
- 1/2 cup water
- Sugar (see instructions below for amount)
- Juice and grated rind from half a medium-sized orange
- 1/8 teaspoon ground nutmeg

Place chopped apples, lemon juice, and water in a saucepan. Bring to a boil and simmer over low-med heat about 5 minutes, until soft. Drain apples, saving juice. (Chill the juice and enjoy as a nice refreshing drink when you're done with this recipe!)

Process apples in food mill or food processor just until pureed. Don't liquefy them. Measure puree and return to saucepan. Add 1/3 as much sugar as puree. Stir in orange juice and rind, and nutmeg. Cook over medium-low heat, stirring frequently, until thickened to your taste. (As it thickens, stir more often to avoid sticking or burning.) Refrigerate in a closed jar and enjoy on toast.

Baked Green Chile Scrambled Eggs

Charity Prouty-McLean, Tucson CSA

- 18 eggs
- 2 tablespoons white wine/rice wine vinegar
- 1/4 to 1/3 cup diced roasted chiles
- 1 1/2 cup shredded cheese (mozzarella, or white medium cheddar seem to work well)
- Salt to taste

Heat oven to 350. In a large bowl, beat all 18 eggs vigorously with a fork. Add vinegar, stir and let rest while you dice the chiles. Beat the eggs again (the longer you beat the eggs the fluffier they will be, and then stir in the chiles. Let rest about 5 minutes, stir again, and pour the egg mix into an oiled 9x11 glass baking pan. Grind sea salt over mixture in pan, and top with shredded cheese. Bake for 35-45 minutes, or until the edges begin to brown, and a knife inserted in the center comes out clean.