



Tucson Community Supported Agriculture

Newsletter 605 ~ September 25, 2017 ~ Online at www.TucsonCSA.org

Fall 2017

Harvest lists are online

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**Many more recipes
on our website**

Managing Your CSA Account

Things you can do via your online CSA account include changing your subscriptions, changing your pickup day, placing your subscription on hold, and recharging your account. For help on each of these operations, click on the pulldown menu items under Help: Manage Account on our homepage.

Important: Subscription changes can be made only after your pickup day and before midnight Friday. Why the midnight Friday deadline? Every Saturday morning we start planning the share orders for the week to come, so by midnight Friday we like to have an exact count of the number of shares to be ordered. Once we send the share orders to the farms or other suppliers, we can't change them.

Josh's Lamb Shares

Taking deposits NOW!

Grass-fed, grass-finished lamb shares from Josh will be available for pickup starting October 25.

Reserve yours at the front desk with a \$20 deposit.

Watermelon Galore

When faced with an abundance of a particular fruit or vegetable, as often happens with CSAs, it helps to get creative and find new ways of making the most of that abundance. That's when internet can come in handy. Unfortunately, a search of 'what can I do with my huge watermelon' did not lead to any great new ideas for me. Sure, there are plenty of recipes for cocktails featuring the fruit (which I definitely recommend!), plus lots of frozen treats, but no brilliant new idea to help me get through the 30+ pounds of my amazingly large watermelon. Savory watermelon salads are definitely a must: since I love dill pickles, one of my favorite salads includes pickled watermelon. Adding a bit of feta cheese would be perfect for the salad featured on the back page of today's newsletter. Pureeing or blending your watermelon is also great for drinks and frozen treats. And remember, watermelon is a great treat to share, so if it feels overwhelming, cut it up or make an agua fresca and bring it to work for a special treat for everyone!

A good way to get through your watermelon is to cut it up in cubes and store it in Ziploc bags: that way, each time you open your fridge door, you see a watermelon that is ready to eat rather than a watermelon that needs to be dealt with.

YouTube feature lots of interesting ways on how to cut up a watermelon: some of our favorites are Crazy Russian Hacker's videos, such as this one: <https://youtu.be/NCe9dGdUYds>.

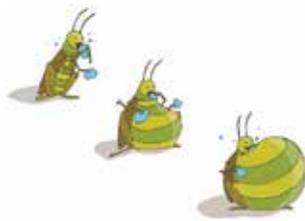
In particular, he shows one method where he cuts up a watermelon into sticks, as displayed on the right. It's like turning your watermelon into lollipops!



Apple Season

The apples we have been getting in our shares have been so amazing! Luckily, Sleeping Frog Farm has been harvesting enough apples to provide shares for our Tuesday members as well as our Wednesday members. In exchange, Crooked Sky Farm has been able to offer our Wednesday members some of their bounty, including red LaSoda potatoes, Beauregard sweet potatoes, tomatillos and watermelons. This is one of those times of year where shares tend to be a little redundant, so we are thrilled to be able to work with both farms to diversify our shares a little. We hope it works out for everyone!

Grasshopper Scourge



Grasshopper season in the Sonoran Desert comes after the monsoon rains and lasts roughly from August to October. This year, farmers across southern Arizona have been reporting an abundance of grasshoppers. These insects can be particularly harmful to farms and gardens. While many other pests focus on one or two crops, grasshoppers feast on a wide variety of plants and are voracious eaters.

Biological pest control treatments for grasshopper problems can be expensive and since grasshoppers can move around easily continuous invasions are likely during the season. Last week's cantaloupe from Sleeping Frog Farm were evidence of the grasshoppers activity. Harvested a little early because the plants had been decimated by the insects, the fruit were luckily still pretty tasty. Our farmers plant extra crops expecting to sacrifice some to these pests, so hopefully we won't see any major losses.

Chile and Corn Stir-Fry

Philippe Waterinckx, Tucson CSA

4 green chiles, cut lengthwise (membranes and seeds removed – roasting the chiles is optional)
1 ear of corn, kernels cut off
1 tablespoon oil
1 or 2 tomatoes, quartered
1/2 onion, sliced
1 garlic clove, crushed
1/2 glass white wine
1/2 bunch cilantro or parsley, chopped
1 cup vegetable stock
1 cup rice

Sauté the chiles in oil for 5 minutes on each side. Add the onion and tomatoes and cook for another 3 minutes. Add the garlic, corn, wine and stock and simmer for 5 minutes. Stir in the cilantro or parsley. Serve on top of rice.

Watermelon Salad

Sara Jones, Tucson CSA

About 1 quart diced watermelon pieces
1/2 onion, sliced
1 tablespoon white vinegar
Small handful fresh herbs (mint or basil are good)
2 tablespoons oil cured black olives, chopped (don't use the canned variety)
2 tablespoons crumbled feta cheese
1 tablespoon red wine vinegar
1/4 teaspoon red chile powder (if desired)
Basil, chopped

Soak onions in white vinegar for at least 10 minutes. Drain and discard vinegar. Gently toss watermelon with onion, herbs, olives, chile powder and red wine vinegar. Garnish the top with feta cheese and basil and serve.

Agua Fresca de Sandia (Watermelon Drink)

Philippe, Tucson CSA

1/4 watermelon
1/4 cup mint or basil leaves (optional)
1 cup water
the juice from 2 limes or lemons
1/2 cup simple syrup (2 tablespoons sugar dissolved in 1/2 cup of hot water)

Note: instead of fresh citrus juice and simple syrup, you can use 1/4 cup frozen juice concentrate (such as Minute Maid) dissolved in 1 cup of water.



Remove rind and cut watermelon flesh into cubes. Place watermelon cubes and mint in a blender with 1 cup of water and blend until the seeds have broken down. Note: you can remove the seeds beforehand if you prefer, but blending the seeds with the flesh gives the drink a slightly creamy texture.

Pour the obtained juice into a pitcher, through a strainer. Add citrus juice, simple syrup, and stir. Chill in the refrigerator for 1 hour before serving in glasses with some ice cubes. Note: the pulp will separate and sink to the bottom after a while; that's ok, most people prefer to drink the clear liquid only.

Consume within 12 hours (it loses its flavor after that).

Apple Cinnamon Scones with Almond Maple Glaze

Shelby Thompson, Edible Baja Arizona

Since the temperatures have dropped, now is the time to make these amazing apple scones.

Scone Dough

1 large apple, peeled, cored and diced
1/4 cup water
1 teaspoon honey
1 pinch ground cinnamon
3/4 cup plus 2 tablespoons flour
3/4 cup whole wheat pastry flour
1 and 1/2 tablespoons brown sugar
2 teaspoons baking powder
1/2 teaspoon cinnamon
1/4 teaspoon ground ginger
1/2 teaspoon salt
4 tablespoons unsalted butter
1 egg
1/4 cup milk

Scone Topping

1 tablespoon butter, melted
2 tablespoons sugar
1/4 teaspoon cinnamon

Almond Maple Glaze

1 tablespoon almond butter
2 tablespoons coconut oil
2 tablespoons maple syrup
Generous pinch cinnamon

Instructions

Place diced apples, water, honey, and a generous pinch of cinnamon in a small saucepan over medium-low heat. Cook the apples, stirring occasionally, until they are soft (you may need to add more water to the saucepan if it evaporates before the apples have softened). Mash the cooked apples with a potato masher or a large fork a few times, until the apple pieces are smaller in size. Remove from the apples from the heat and allow them to cool.

Heat the oven to 375°. Place a piece of parchment paper on a large baking sheet. Place flours, brown sugar, baking powder, cinnamon, ginger, and sea salt in the bowl of a food processor. Pulse the ingredients together a few times. Add the diced butter to the bowl of the food processor and pulse the ingredients together a few more times, until the butter is mostly incorporated into the flour mixture.

Whisk the egg and milk together in a glass measuring cup. With the food processor on low, pour the milk mixture into the bowl of the food processor, stopping as soon as the dough has formed.

Pour the dough onto a well-floured clean surface. Spoon the cooked apples on to the dough and use your hands to incorporate the apples into the dough. Shape the dough into a rough circle, about 2" high. Cut the circle of dough into eight even triangles. Place the triangles of dough onto the prepared baking sheet, making sure that they have space to grow as they bake.

In a small bowl, stir together the cinnamon and sugar. Brush each unbaked scone with melted butter and sprinkle each with about a teaspoon of the cinnamon and sugar mixture. Bake the scones for 15-20 minutes, or until they are golden brown on the top and bottom but still tender on the inside. While the scones cool, make the almond maple glaze. In a small bowl, whisk together almond butter, coconut oil, maple syrup, and cinnamon until the glaze resembles caramel. Once the scones have cooled, drizzle the glaze over each one.

You can also find this recipe, with pictures, online at:

<http://ediblebajaarizona.com/apple-cinnamon-scones-with-almond-maple-glaze>