



Tucson Community Supported Agriculture

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Fall 2019

Harvest lists are online.

Back Page Recipes

- Thai Melon Salad
- Sweet Potato and Quinoa with Lime Vinaigrette
- Squash Mint Dip
- Watermelon and Tomatillo Salad

Find many more recipes on our website.

Making Changes to Your Account

To make changes to your subscription, go to our homepage and click on the [Manage Account](#) to access your CSA account and then go to 'Summary'.

1. Pickup day changes can only be made on Thursdays and Fridays.
2. Subscription changes can be made from the day after your pickup until midnight Friday and you must keep at least one produce share or one bread share.
3. You will receive an automatic e-mail confirming your change. Do verify that your change is what you intended. If you don't receive a confirmation e-mail it means that your subscription change was not completed and is therefore not effective. Try again.
4. Adding a share does not require additional payment: your CSA account will simply run out of funds sooner. Likewise, if you remove a share, you won't be reimbursed, but your credit will last longer.

Tips for Meal Planning with Your CSA Share

Written by Shelby Thompson

When it comes to meal planning, Tucson CSA members have a unique set of challenges. Firstly, other people (our farmers) choose what we'll be cooking with each week. Then there's the fact that we get our produce shares in the middle of the week – at time when it's hard to focus on much other than work, school, and whatever Netflix show you're currently binge watching. While most people can spend the weekend perusing bookmarked recipes, making a grocery list, and gathering all of the ingredients they need for a week of meals, Tucson CSA members have to approach meal planning a bit differently. There are a few things you can do to make meal planning around your CSA share easy, fun, and creative.

1. Soon after you get home from the CSA, make a list of each item of produce in your share – plus any other produce that's left over from last week. If any tried-and-true recipes pop into your head as you're doing so (perhaps your favorite roasted ratatouille that calls for the squash and bell peppers in your share) write them into your meal plan. From this point, you can sift through bookmarked recipes, cookbooks, or the 'Recipes' section of our website and pick out other recipes that call for the produce you have on hand, checking off produce items as you find recipes in which to use them.
2. Pick a start and stop date for your weekly meal plan and stick to it. I get my CSA share on Wednesday, meal plan and do any additional grocery shopping on Thursday, and start cooking from my new meal plan on Thursday night. This helps me to prioritize the produce that will go bad faster (hello, heirloom tomatoes) and increases the chances that I'll use all of the produce in my share.
3. Spend a few minutes each week searching for seasonal recipes online and bookmarking the ones that look good. I categorize my recipe bookmark folders by season so that I can quickly find a recipe for summer squash when my veggie drawer is overflowing with patty pan squash and zucchini. If you don't have the time or patience to go looking for recipes yourself, sign up for free recipe newsletters from websites like *NYT Cooking* and other food blogs you enjoy—almost everyone has a newsletter these days, and they're a great way to get new ideas for how to use your seasonal produce right to your inbox.
4. If you've accumulated a nice cookbook collection, spend a few hours going through your favorites and categorizing the recipes in them by season in your own reference book.
5. Keep a well-stocked pantry that will make it easy for you to turn the produce in your CSA share into simple and delicious meals. If you find yourself too exhausted to make the elaborate gnocchi you originally chose for your Tuesday night meal plan, you can grab a bag of pasta from the pantry and cut your cooking time in half.
6. To make meal planning easier in the future, record your meal plans in a journal or on a note in your phone so that you can reuse them in the years to come.

How do you meal plan with your CSA share? Leave a comment on our Facebook Group, [facebook.com/groups/tucsoncsacommunity](https://www.facebook.com/groups/tucsoncsacommunity).

RECIPES

Thai Melon Salad

Sara Jones, Tucson CSA

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.

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 mixture over melon and stir well to combine. Sprinkle with mint, peanuts and thinly sliced limes to serve.

Sweet Potato and Quinoa with Lime Vinaigrette

Rachel Yaseen, Tucson CSA

1 cup quinoa (uncooked)
1 1/2 cups water
1 large sweet potato, peeled cut into small chunks
1 unpeeled apple, cut into small chunks
1/2 cup pecans or walnuts
1/2 cup dried cranberries
1/2 cup (each) cilantro and parsley, finely chopped
1/2 teaspoon salt
1/2 cup coconut (optional)
1/4 teaspoon cinnamon
1/2 cup lime juice
3-4 tablespoons, agave (to taste)

On a baking sheet, roast the sweet potatoes on 350 degrees for 45 minutes. Meanwhile, wash quinoa. In a saucepan, cook quinoa in 1 1/2 cups water (covered with a lid) until water completely evaporates (approximately 15 minutes)—do NOT stir while cooking. When quinoa and sweet potato are cooked, mix them together and then add the apples, pecans, cranberries, cilantro/parsley, salt, coconut, and cinnamon. For the vinaigrette, in a blender, mix lime juice and agave nectar. Pour desired amount over quinoa.

Squash Mint Dip

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. You can also use eggplant instead of squash.

1 large squash, diced
1 clove garlic, minced
2 tablespoons olive oil
1 tablespoon crushed dry mint

Red pepper flakes, to taste
1/2 to 3/4 cup greek yogurt or labneh
Salt to taste
Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste. To serve, heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes and stir well. Put squash mixture into a medium size bowl and pour oil mixture over the top. Sprinkle with chopped walnuts and serve with pita or baguette for dipping.

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.