



# Tucson Community Supported Agriculture

Newsletter 245 ~ June 28, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Summer '10 - Week 5 of 13

Harvest list is online

### The Back Page

Summer Corn Salad  
Thai Melon Salad  
Grilled Watermelon Salad  
Heavenly Grilled Corn On The Cob  
Zucchini (Summer Squash) Salad

Many more recipes on  
our online recipe archive

### Heirloom Tomatoes-In-Bulk \$1.75/lb



If you like to preserve tomatoes, i.e. by canning them, freezing them, sun-drying them, salting them, or making loads of salsa and pasta sauce, now is the time to do it. Farmer Frank has planted many tomatoes this year.

Like last year, CSA members can buy them in bulk and at a very good price (\$1.75 per pound). The price is \$25 per flat (there are about 14 pounds of tomatoes per flat).

#### How does it work?

1. Pre-pay (\$25 per flat) at the front desk.
2. Pick up your flat(s) the following week. We recommend that you bring your own box and transfer the tomatoes into it (if you take the farm's flat, there is a \$10 deposit which you get back when you return the flat).

**Tomatoes-In-Bulk will last until the end of the first tomato season (approximately the end of July).**

#### Newsletter Editor

Philippe Waterinckx

## NEWS FROM CROOKED SKY FARMS

It took time for the summer produce to show up, but it's here now! Tomatoes, melons, watermelons, squash, there is almost no end to the bounty. And there is more to come: cucumbers, tomatillos, green beans, black eyed peas, okra, eggplant, etc. And more melons of course. Did you know that Farmer Frank grows over 20 types of melons?

The early corn unfortunately had more borers in it than usual and the farm had to throw a lot of it away. The little corn we got varied considerably in quality. Some was excellent, but some wasn't. We apologize for that. The farm is aware of the problems.

We still ask that you not open the ears when you pick them up. Opened ears dry out, and we get only enough corn for the number of shares we have. If you open an ear, another member must take it.

But there is good news – the two types of corn that are coming up next (white corn and truckers' delight) are looking very good, and they're almost ready.

## FOSTERING A LOCAL FOODSHED (Part 2) by Kimi Eisele

### Reducing Costs

It's no secret that the "success" of the local food movement has been celebrated mostly by affluent populations—those who have access to fresh produce, up-to-date information, and local markets. Issues of geography, economics and politics are partly to blame for this as low-income consumers often reside in "food deserts," neighborhoods or districts with little to no access to healthy foods (but often plentiful access to fast food restaurants). In 2008, researchers at the Massachusetts Institute of Technology and Columbia University named the idea of an "Integrated Regional Foodshed" as one of the most promising solutions to overcoming childhood obesity, which is often linked to a lack of access to healthy food, particular in low-income neighborhoods and districts. The research reported that using food within a regional food system would decrease "the cost of healthy foods by decreasing production, processing, and transportation costs and increasing access."

Locally, the Community Food Bank in Tucson can be lauded for its efforts to make local food more affordable and accessible through its on-site garden and farmers' market as well as its Santa Cruz Farmers' Market on the city's West side. The Market accepts food stamps, WIC farmers' market vouchers, cash and credit cards.

### Considering Natural Resources

Another issue inherent in a local food system is that of sustainability. While it might seem appealing to acquire produce from a farm right in town or on the outskirts of Tucson, there is the scarcity of water to consider. The Salt River valley, for example, might be a more ecologically appropriate area for farming than the Tucson basin, given its rich alluvial soil and more available water supply.

Additionally, learning how to make the most of food that grows wild and naturally in the desert is another way to expand our concept of the regional breadbasket. The Tucson-based organization Desert Harvesters, for instance, works to teach the community about the abundance of food growing wild in the immediate environs (mesquite, prickly pear fruit and pads, ironwood seeds, and more), easily accessible if you don't mind a little summer heat and prickle! Next week, we'll talk about what's "close enough" and what's culturally appropriate. *(to be continued)*

### **Summer Corn Salad - new**

Rachel Gioannini, Tucson CSA

Here is an easy summer salad that uses most of the produce from this week's harvest. If you don't have peaches or nectarines, use melon instead. You can also add beans (black beans would be delicious) for protein.

Yellow tomatoes, cut into quarters  
Handful or two of cherry tomatoes, cut into quarters  
Basil, sliced thin  
Summer squash, chopped into small, bite-sized pieces  
Corn, uncooked, cut off the cob  
1 cup or so of cooked wheat berries  
1/2 purple onion, diced  
2 nectarines or peaches, cut into small pieces

Combine all this stuff together in a bowl. Dress with a very simple dressing of 1/4 cup olive oil, 1/4 cup vinegar (I used blood orange vinegar), salt and pepper.

This is a really light and yummy cold salad, great with chicken. You could also add a cheese of some sort. Enjoy!

### **Thai Melon Salad**

Sara Jones, Tucson CSA

This salad takes its inspiration from the classic Thai Green Papaya salad. It is a good option if you end up with a melon that isn't quite as sweet as you would like. It is usually a really spicy dish; use fewer chiles if you want it milder. Don't be afraid of the fish sauce! It doesn't make the dish fishy at all.

1 cantaloupe or honeydew (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.

### **Grilled Watermelon Salad**

Sara Jones, Tucson CSA

If you don't have a grill or are in a hurry, you can skip the grilling. It is worth the effort, though. Slice the watermelon at least 1 inch thick, so it doesn't fall apart on the grill.

2 large slices watermelon, rinds removed, rubbed with olive oil  
1/4 cup red onion, diced  
1 large or 2 medium ripe tomatoes, diced  
Mixed fresh herbs (basil, mint, parsley)  
2 tablespoons olive oil  
1 tablespoon red wine vinegar  
1/2 cup crumbled feta cheese

Grill watermelon slices over high heat for about 2 minutes per side, until slightly charred. Remove and let cool. Slice melon into bite size pieces and mix with remaining ingredients, except cheese. Let sit for at least 30 minutes. Sprinkle with cheese just before serving.

### **Heavenly Grilled Corn on the Cob**

Heidi DeCosmo, Tucson CSA

This is a great way to enjoy fresh corn. The kernels will steam in the husks and foil, and the grill adds a smoky flavor. Try adding chili spice, thyme, or curry powder in place of paprika.

4 ears corn  
2 teaspoons paprika  
4 teaspoons butter  
1 teaspoon ground pepper  
2 tablespoons honey  
1 teaspoon sea salt

Heat the grill to medium-high. Carefully peel back the husks and remove the silk from each ear. Rub 1 teaspoon butter on each ear of corn. Drizzle the honey on the corn and sprinkle with the paprika, pepper and salt. Wrap the husks back around the corn. Cover each ear of corn with aluminum foil. Place the corn on the grill. Close the lid and cook for 5 minutes. Turn the ears over with tongs and cook 5 minutes more. Turn corn one more time and finish cooking another 5 minutes. Carefully remove foil and pull back husks to serve.

### **Zucchini (Summer Squash) Lasagna**

Jeanne Granger, Tucson CSA

Adapted from: [The Steinbeck House Cookbook](#)

1 1/2 pound medium zucchini  
1 pound ground beef or turkey  
1/2 cup chopped onion  
1 (15 ounces) can tomatoes (chopped)  
1 garlic clove (minced)  
1 teaspoon oregano (fresh)  
1 teaspoon salt  
1/2 teaspoon pepper  
15 ounces Ricotta cheese  
1/2 cup Parmesan cheese (grated)  
1 egg  
1/2 pound Mozzarella cheese (grated)

Slice zucchini lengthwise as thin as possible (1/8"), sprinkle with salt and let sit approx. 15 min to bring water to surface. Wipe zucchini dry (otherwise, lasagna will be very watery). Brown beef and onions, drain fat. Stir in next 5 ingredients and simmer about 10 minutes, stirring occasionally.

Combine Ricotta cheese, Parmesan cheese, and egg. Put half the zucchini, all of the Ricotta cheese mixture, half of the Mozzarella cheese, and half of the meat sauce in layers in a 9x13" baking pan. Repeat the above step, minus the Ricotta cheese mixture.

Sprinkle some extra Parmesan cheese on top. Bake, uncovered, 40 minutes in a 350-degree oven. Let stand 10 minutes before cutting.