



# *Tucson Community Supported Agriculture*

Newsletter 305 ~ September 12, 2011 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## **Summer 2011**

**Harvest list is online**

### **The Back Page**

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Cucumber Coconut Milk Curry (from Bangladesh)

**Many more recipes in our online recipe archive**

### **Roasted Green Chiles In Bulk!**

Order Crooked Sky Farms roasted green chiles in bulk.

They are the same as Hatch chiles. You can order them mild, medium or spicy. They come in batches of 20 pounds (that's 20 pounds fresh weight – it loses 3-4 pounds after roasting).

Price: \$30 pre-paid at the front desk for following week delivery.

The offer will last as long as there are enough green chiles in the field (until approximately mid-October).

### **Goats Milk Caramel: Chocolate Fudge!**

In addition to his cajeta (goat milk dulce de leche) David from Black Mesa Ranch has just introduced a second flavor of his goat's milk caramel: Chocolate Fudge! It's made with fudge sauce but in a caramel base. It's 100% Belgian dark chocolate and is like hot fudge sauce but in a caramel base. It's outrageous!

### **Chickens**

Many members have asked about Josh's pasture-raised chickens. We will have them in stock next week.

## **HOW 'BOUT THEM MELONS?**

'Tis the season of sweetness! We'll be getting a lot of canary and honeydew melons this week, as there is a peak in their production at Crooked Sky Farms.



Canary melons are recognizable by their slightly oblong shape and their bright yellow rinds, which are waxy when the melon is ripe. Farmer Frank plants a drought tolerant Tohono O'odham variety, which is very sweet. Slightly tangier than a honeydew, the flesh of a canary melon is often pale green to white. It is often called a "Juan Canary."

Canary melons go well with citrus, ginger, and honey flavors and can be used in cold soup, fruit salads, drinks, or eaten by the forkful as a sweet snack!



The poetically-named honeydew was revered by the ancient Egyptians and later loved by Napoleon. It is high in vitamins B6 and C, folate, and potassium, and low in sodium, saturated fat and cholesterol. It's sweet on the inside, too!

The waxy-rinded light green to pale yellow honeydew is a variety of muskmelon along with with the crenshaw, casaba, Persian and winter melons. It is also known as a "white Antibes" melon, and was originally cultivated in France and Northern Africa. In China, honeydew melons are sometimes called Wallace melons, after Henry A. Wallace, who prior to becoming vice-president to FDR, founded a major seed company, Pioneer Hi-Bred. He is said to have

donated melon seeds to the locals while visiting China in the 1940s.

Both canary and honeydew melons can be stored at room temperature for a few days. When ripe, they keep best when refrigerated. Store cut melon in an airtight container in the fridge. And don't forget to try them with a drizzle of lime juice! Yum!

Have you tried Sara's sweet and savory Thai Melon Salad (see back page)? It rarely fails to generate mmmmm's and ooooo's and aaaah's with anyone who tastes it.

## **TUESDAY PICKUP IS FULL**

The Tuesday pickup is full. It often happens at this time of year as members who took a break during summer return to Tucson. Membership on the Wednesday pickup has increased also, but there still are available spots.

So, if you are a Tuesday member, don't let your subscription accidentally expire through lack of credit balance on your CSA account. It may not be possible to reactivate your subscription on the same pickup day.

## **FREEZING MELONS**

Frozen melons make great additions to fruit salad. Cut melon in half, remove seeds and rind. Cut melons into slices, cubes or balls. Place in freezer container and cover with a cold 25% simple syrup (1 cup of sugar for 4 cups of water. Freeze.

### Cool Summer Salad

Sara Jones, Tucson CSA

This recipe calls for a small dice, about 1/4" for the ingredients. This helps the flavors meld and produces a nicer texture. If you have the time, it is really worth the extra work. If not, roughly chopped ingredients will work fine. Add any fresh herbs you like.

1/2 medium sized melon, peeled, seeded and diced small  
1 small sweet onion, finely diced  
1 small or 1/2 large cucumber, diced small  
2 medium tomatoes, diced small  
1-2 tablespoon red wine vinegar to taste  
2 teaspoons good quality olive oil  
Small handful crumbled goat cheese  
Salt and pepper to taste

Mix together all ingredients, except goat cheese. Let salad sit at least 30 minutes in refrigerator. Before serving, sprinkle with cheese. Serve in cucumber cups or small bowls.

### Melon Soup

Heidi DeCosmo, Tucson CSA

Makes 4 (1-cup) servings

1 medium melon, peeled, seeded, coarsely chopped (about 12 ounces)  
1 tablespoon fresh lime juice  
1/4 teaspoon fresh ginger, grated  
Mint sprigs (optional)

In the blender, purée the cantaloupe and add the lime juice and ginger. Place in bowls. Garnish each serving with a mint sprig if using.

### 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.

### Stewed Summer Vegetables

Sara Jones, Tucson CSA

Use any combination of summer vegetables for this recipe. Green beans, okra, eggplant, squash and potatoes would be perfect. Though if you only have only one or two of these ingredients, it will still turn out nice.

About 3 cups mixed, chopped summer vegetables  
1 tablespoon oil  
1 medium yellow onion, sliced thinly  
4 cloves garlic, minced  
1 can chopped tomatoes  
1 teaspoon oregano  
1 teaspoon basil  
1 teaspoon thyme  
1/2 cup chopped green or black olives or capers (optional)  
Drizzle of balsamic vinegar  
Salt and pepper to taste

In a medium-size pot, sauté onion and garlic in oil until fragrant. Add vegetables and stir to coat. Add tomatoes, herbs and olives and/or capers, plus 1.5 cups of water. Stir well and cover, cooking over medium-low heat for about 35 minutes, until all ingredients are tender. Drizzle with vinegar and add salt and pepper to taste. Serve over pasta, rice or polenta.

### Cucumber Coconut Milk Curry (from Bangladesh)

Tony, Tucson CSA

1/2 teaspoon whole cumin seeds  
1 teaspoon ground turmeric  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
1 teaspoon chile powder  
1 tablespoon ghee or butter  
1 onion, chopped  
1 or 2 cucumbers, seeds removed, and scooped out in little balls (or cubed)  
1 16-ounce can coconut milk  
1 cardamom pod  
1 1-inch cinnamon segment  
1 bay leaf  
2 cups water  
salt

Heat ghee or butter in large skillet and sauté cumin seeds and onion in it until onion is slightly caramelized. Make a curry powder by mixing together the ground spices (turmeric, coriander, cumin and chile powder) and add to the onion mix. Fry the curry powder in the onion mix for 5 minutes or so. Add 1 cup of water. Reduce until mixture develops a pasty texture. Add cucumber and sauté for 5 more minutes. Add the coconut milk, 1 cup of water, the cardamom, cinnamon segment and bay leaf. Reduce further until the mixture thickens to creamy consistency (10 to 20 minutes). Add salt to taste.