



Tucson Community Supported Agriculture

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Summer 2015

Harvest list is online

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on our website**

Farm News!

This is likely the last week we will be getting carrots. They're a bit tough by now, but still great for cooking or juicing. Try Kumi's carrot halva dessert on the back page!

Some of the farmland that Farmer Frank is leasing from Sky Harbor Int'l Airport have been reclaimed by the airport and have been sold to Enterprise Rent A Car. Some of the land where your veggies grew will soon be paved over and filled with rental cars. Progress?

Melon Tip

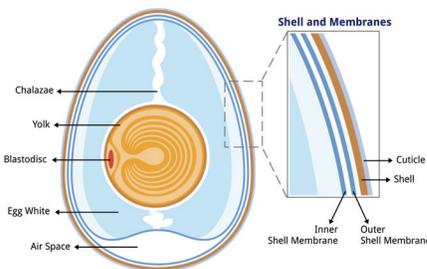
To turn a melon into an easy snack for everyone, have it ready to be consumed:

1. Cut it in half and scoop out the seeds
2. Peel it and cut in cubes
3. Store it in a container in the refrigerator

It's much easier to eat a melon that is already prepped to be eaten!

The Costs Of Regulating Josh's Eggs

Josh will soon have to raise the price of his eggs, as a result of steps he's taken to comply with Arizona Department of Agriculture regulations. As a result of his growth in production, he must now "process" his eggs, i.e. wash them, classify them by size, and date the cartons with a sell-by date of 24 days after processing. To process and store his eggs, Josh has had to build a new building that includes an egg-washing facility and a walk-in cooler. He still has to figure out how to translate his new and increased costs into a new egg price.



The cost of egg regulation is not just financial. Ironically, the product itself also suffers. When you wash an egg, you remove the transparent natural coating, called the cuticle or bloom. This coating seals the shell pores, prevents bacteria from getting inside the shell, and reduces moisture loss from the egg – all designed to make the egg last longer. Once the cuticle is removed, the egg

must be refrigerated.

Although Josh's eggs haven't yet gone up in price, they have been processed. So, unlike before, you must keep them refrigerated!

The dating of the cartons also impacts us all. We only drive to Josh's farm every other week to collect eggs. With a sell-by date of 24 days after processing, we will now be somewhat restricted in how many eggs we can store at the CSA before they reach their sell-by date. We are working with Josh on a system that will still allow us to get enough eggs to last for two weeks after our trip to his farm.

So, you ask, why wash eggs at all if it makes things worse? Well, not every country washes their eggs. The USA, Japan, Australia and Scandinavian countries require eggs to be washed. The rest of the world doesn't wash its eggs. Some countries don't even require eggs to be refrigerated. A lot of this washing and refrigeration business has to do with the way eggs are produced. In the USA, egg production itself is not regulated but the final product, the egg, is. So, many large egg-production factories are allowed to raise hens in crowded, unsanitary, often appalling conditions where hens are often infected with salmonella and where eggs have to be washed and then refrigerated to avoid the risk of bacterial infection. In Europe, controls are imposed, instead, on the environment in which the hens are raised: hens are vaccinated against salmonella and they live in healthier, cleaner environments.

Josh raises his hens in ideal conditions. They are 100% pasture raised. They live a healthy outdoor life in a low-density environment and they have diverse food sources. Their eggs are clean and don't really need washing. This regulation is an example of how conditions at large egg factories cause regulations to be imposed on all egg producers, even those who use healthy and safe practices.

Melon Soup

Heidi DeCosmo, Tucson CSA

Makes 4 (1-cup) servings

1 medium cantaloupe, 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.

Melon and Ham

Sara Jones, Tucson CSA

Melon and ham is a classic combination. The salty richness of the ham is a great contrast for the cool, sweet melon. Use whatever salty cured ham you can find easily. Or use a firm, salty cheese like Manchego, Asiago or Parmesan in place of the ham.

This dish could be as simple as chunks of melon served alongside thin slivers of ham or cheese. Make it fancier by pureeing the melon with olive oil and sherry vinegar to make a gazpacho, then garnish each bowl with strips of ham or cheese.

1 small, or 1/2 large, melon, cut into pieces
2 teaspoons sherry vinegar
2 teaspoons olive oil
3-4 long slices of ham or cheese, cut into pieces

Toss melon with oil and vinegar. Serve on a plate beside the ham or cheese.

You can also simply wrap ham slices around melon wedges, as in the picture below, with or without dressing.



Simple Melon Salsa

Philippe Waterinckx, Tucson CSA

1/2 melon, peeled and seeded and cut in small cubes
2 cloves garlic, minced
1/2 red onion, chopped
1/2 cup cilantro, chopped
1/2 Jalapeno or Serrano pepper, finely chopped, or 1/2
tablespoon chile flakes
Juice of 1 lemon or 2 limes
Salt

Gently mix all ingredients. Refrigerate for 1 hour before serving.

Carrot Halva

By Kusuma Rao, www.Ruchikala.com

Dessert anyone? These gently spiced carrots make an excellent warm and spooned over vanilla ice cream.

Makes 4 servings

2 cups of shredded carrots
2 cups of organic milk (whole, preferably)
1 cup of sugar
2 tablespoons + 1 tablespoon of butter (3 tablespoons total)
1/4 cup sliced almonds
1/4 cup dried cranberries
1/2 teaspoon ground cardamom
1/4 teaspoon of salt (fleur de sel, if possible)
A small pinch of saffron steeped in milk (optional)

1) In a 2-quart saucepan, bring the milk and shredded carrots to a boil, and reduce to a simmer. Stir constantly to ensure the milk solids do not burn at the bottom. Simmer for about 30 minutes, or until milk solids begin to appear, or most all the milk has evaporated.

2) Add 2 tablespoons of butter to the carrots and sauté the carrots and milk solids for about 8 minutes. Then add sugar and salt, stir and cook until the sugar is completely dissolved then add cardamom powder.

3) In a separate small sauté pan, on low heat, melt 1 tablespoon of butter adding sliced almonds and cranberries. Toast, in the butter, for 1-2 minutes, or just until the cranberries lightly puff up.

4) Add nuts and fruit mixture to the carrots and stir to combine