



Tucson Community Supported Agriculture

Newsletter 546 ~ July 11, 2016 ~ Online at www.TucsonCSA.org

Summer 2016

Harvest list is online

Melon Cooler
Grilled Okra
Cold Roasted Root Vegetables
Salad with Creamy Herb Dressing
Bruised Kale or Collards
Easy Tough Greens

Many more recipes and ideas on our website and on our page on Facebook

Josh's Lamb Shares!

We are now taking orders for Josh's lamb shares. Quantities are limited. The shares will be ready for pickup starting the first week of August.

The lamb comes from Josh's farm (Chiricahua Pasture Raised Meats). As many of you know, Josh is a reputable rancher and his meats are truly excellent, just like his eggs! His animals are 100% grass-fed and grass-finished on pastures that offer a variety of different grasses and legumes to meet their nutritional needs.

Lamb shares weigh 8-9 pounds, cost around \$9.50/lb and typically include ground meat (~1 lb), a roast (2-3 lbs), shanks (1-2 lbs), chops (~2 lbs) and riblets (~1 lb).

Lamb shares can be ordered at our front desk during pickup hours. A \$20 non-refundable deposit is required at the time of ordering. The balance of the payment is due when the shares are picked up.

For more info on Josh's farm, go to his website at:

www.cprmeats.com

Cool Summer Salads with Root Vegetables

Alas, it has become too hot for lettuce to show up in our shares, but that doesn't mean that you can't have salads. There are many delicious cold dishes that can be made from vegetables that at first seem to be destined for warm meals. The traditional potato salad comes to mind, but it doesn't stop there! Enter grilled root vegetables! Some big hits at my dinner table during summer are variations on roasted root vegetables, served cold with creamy, herby dressings. Use whatever roots you have such as beets, carrots, kohlrabi and potatoes. Roast them, cut them in chunks and let them cool. Make a dressing by mixing mayo and yogurt, to which you add a herbs such as chopped parsley, dill, mint, tarragon or basil. Gently mix it all together, refrigerate for a few hours, and voila, you have the perfect summer salad! The variation are endless and always popular!

And if you don't want to heat up your house, you can use your outdoor grill.

You can also add some massaged kale to your root salad. Roll up kale leaves in a bunch, slice finely, add a bit olive oil and lemon juice and massage with your hands until it starts breaking up and wilting. Then fold it into your salad. It adds some nice color.

Summer at Sleeping Frog Farms

Summer comes later at Sleeping Frog Farms than at Crooked Sky Farms because their location in Cascabel provides them with cooler nights. This is a boon for those of us who like our greens and root vegetables. But if you're hoping for summer crops, yes they are on their way. Summer squash are starting to come in. They will soon be followed by green beans, cucumbers and tomatoes and other goodies like okra and peppers.

When Life Gives You Melons, Make Melonade!

One my favorite thirst-quenching summer drink is melonade. It's as simple as blending a melon with some lemon juice. However, one trick that Amy taught me is that you can use the seeds as well: melon seeds are not only nicely nutritious but when ground they give the melon juice an extra creamy texture reminiscent of horchata.

To make Melonade:

- Cut a melon in half, scoop out the seeds and peel it. Cut the melon in chunks. Put the seeds in a blender with 1 cup of water and blend until as smooth as possible. Pour mixture through a strainer to eliminate and discard seed remnants.
- Put the strained mixture back into the blender along with the melon chunks, the juice of two lemons and a handful of mint or basil leaves. Blend until smooth.
- Refrigerate for a few hours (you can skip this part of you refrigerated the melon ahead of time).

You can either drink it straight as a smoothie or you can mix it with club soda at the time you serve it (two parts melon juice to one part club soda) to make it a refreshing drink.

If you want to make this a tad more sophisticated, try Sara's Melon Cooler recipe on the back page.

Melon Cooler

Sara Jones, Tucson CSA

Perfect as is, or use as a base for cocktails or frozen into popsicles.

- 1 melon or cucumber (or half of each), peeled, seeded and cut into large chunks
- 1/2 cup sugar or honey (optional)
- 1/4 cup lime juice
- 1 knob grated ginger
- 1 bottle sparkling mineral water

Purée all ingredients, except mineral water, in a blender or food processor. Put in a large pitcher with ice cubes and add mineral water. Stir gently and serve.

Grilled Okra

Philippe, Tucson CSA

- 1 basket okra
- Olive oil
- Salt and pepper

Place whole okra pods in a bowl. Drizzle with olive oil and add salt and pepper. Mix carefully to coat all the okra pods.

Skewer the okra. Place on grill until skin starts to brown or blister, then flip to cook the other side.

Cold Roasted Root Vegetables Salad with Creamy Herb Dressing

Philippe, Tucson CSA

- 2 lbs root vegetables (beets, carrots, rutabagas, turnips, etc.), scrubbed and cut in cubes
- 1 tablespoon olive oil
- Salt and pepper

Dressing:

- 1/2 cup mayo
- 1/2 cup yogurt
- 1/2 cup finely chopped herbs (such as parsley, mint, tarragon, basil or dill)

Pre-heat oven to 400°.

Mix vegetables with oil, salt and pepper. Toss in a roasting pan and cook in the oven for one hour. Let cool.

Toss with dressing. Refrigerate before serving.

Bruised Kale or Collards

Philippe, Tucson CSA

- 1 bunch kale or collard greens
- Juice of 1 lemon
- Drizzle of olive oil
- 2-3 garlic cloves, minced
- Salt and pepper, to taste

Remove the central ribs from the leaves. Stack the leaves and roll them into a bunch. Slice the bunch thinly. Place sliced greens in a bowl and add remaining ingredients. Massage with your fingers for a 2-3 minutes or until the greens are wilted or start to break up.

You can eat this salad as is, or fold it into a potato or root vegetable salad. Or you can use it as a base with added toasted walnuts or pecans, roasted chicken pieces, avocados, apples, peaches, pinto beans, or a mix of the above.



Easy Tough Greens

Crooked Sky Farms

This is a cooked version of the previous recipe. You can use kale, collard greens or any hearty greens that you have available. The greens are cooked quickly, until just barely wilted.

- 1 bunch tough greens, cleaned, tough stems removed and chopped
- 2-3 cloves garlic, minced
- 2 teaspoons olive oil
- Lemon juice to taste
- Salt

Heat oil in heavy skillet and add garlic, stir quickly, then add kale. Cook, stirring often, for about two minutes until kale is slightly wilted. Drizzle with fresh lemon juice and a pinch of salt, stir to coat and serve hot.