



Tucson Community Supported Agriculture

Newsletter 547 ~ July 18, 2016 ~ Online at www.TucsonCSA.org

Summer 2016

Harvest list is online

Quick Melon Sorbet
Melon Salsa
African Greens with Peanut Butter
Veggie Pasta Carbonara

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

Missing a pickup...

Unfortunately we do not have the resources or capacity to set unclaimed produce shares aside for a later pickup, nor can we afford to give refunds or credits for shares not picked up. Exceptions are made for bread and cheese shares, which we freeze for up to one month, for you to collect on your next visit.

If you do not pick up your share, it will not be wasted. Unclaimed produce is donated to local charities after closing time (7:00 PM).

What you can do...

If you know ahead of time that you will be away on a given week, place your subscription on delivery hold (must do so online at the latest by the Friday prior to the week you want the hold to take effect).

If something comes up at the last minute and you can't pick up, ask a friend or neighbor to pick up your share for you: all they have to do is mention your last name to our check-in person. It is an honor system.

Cheese Shares



Our **Farmstead Artisan Goat Cheese** comes from Black Mesa Ranch in Snowflake, Arizona. Black Mesa Ranch's pampered and happy goats are milked twice daily by rancher Kathryn Heininger. Her husband David then craftfully turns the milk into fine and delicious cheeses. Black Mesa Ranch has both the "Certified Humanely Raised and Handled" and the "Certified Naturally Grown" labels. Black Mesa Ranch cheeses have won many regional and national awards.

Goat cheese shares: Goat cheese shares are available from May through December. One goat cheese share consists of a one 6-oz chevre log every other week. There are four flavors available: Plain, Herb, Chipotle and Jalapeno. We offer 3 cheese share options: Plain only, Plain and Herb, and All Flavors. When you select an option with more than one flavor, the flavors rotate.

Cash sales: We often have some other goat cheeses from Black Mesa Ranch: aged cheeses (blue or Swiss style), feta, boule and fresh cheese logs. Those are available for purchase on a first-come, first-served basis. Cheese logs are available for purchase at \$7.50 per log. Note: for best value, get a cheese share: they cost 50 cents less.

Trading cheeses: Members who have a cheese share can trade their cheese log with any cheese that is available for sale. If there is a price difference, either you or we pay the difference.

What if you forget or are unable to pick up your cheese share? If you forget to pick up your cheese share, we freeze it for you for up to a month.

Sprout Shares

Now that the greens season has almost come to an end you may feel like adding some greenery to your share. Our sprout grower Michael from Patagonia brings us weekly 2 types of sprout shares: either sunflower sprouts only or a weekly rotation among 4 types of sprouts (sunflower sprouts, clover sprouts, pea shoots and micro salad mix).

A goat cheese share costs \$7.00 per pickup.

A sprouts share costs \$3 per pickup.

You can add or remove shares from your subscription via your online CSA account (for more info go to [Help: Change Your Subscription](#) on our website).

No payment is required at the time you add a share: the cost simply gets deducted from your CSA account.

Quick Melon Sorbet

Sara Jones, Tucson CSA

Cut up and freeze your melon and you can have this easy sorbet any time you like.

4 cups frozen melon
1-2 cups apple juice
1 handful fresh mint (optional)
Sugar, as desired

Using the pulse button, mix melon and 1 cup apple juice in food processor or blender. Add more liquid as needed to make a soft sorbet. Add sugar, if needed and serve immediately.

Melon Salsa

Nicole Baugh, Tucson CSA

This colorful salsa is a nice way to use melon in a savory, rather than sweet, setting. It's good on chips, with quesadillas or served on top of chicken or fish.

1/4 melon, peeled, seeded and diced into 1/2 inch or smaller cubes (about 2 cups)
1/4 jicama, peeled and diced into 1/2 inch or smaller cubes (one generous cup)
3 tomatillos, husked and diced into 1/4 inch cubes
1 small onion or 1/2 large onion, minced fine
1 large garlic clove, minced fine
1/2 – 2 serrano peppers, minced fine (adjust heat to your liking)
Juice of one lime
Salt, pepper and ground chile powder to taste

Combine everything in a non-metallic bowl. Eat immediately, or let sit (refrigerated) for more heat and better flavor. The jicama can be replaced with more melon, but it adds a nice crunch. Other ingredients are also versatile – use tomatoes instead of tomatillos, add different peppers, throw in some cilantro – whatever you have on hand. This recipe may easily be scaled up to use an entire melon and a whole share of tomatillos.

African Greens with Peanut Butter

Kristina Bishop, Tucson CSA

This is a recipe that was commonly eaten in rural South Africa where I was a Peace Corps volunteer. It is widely eaten in Southern Africa. There they use either spinach or wild greens the people gather. This is a perfect way to use amaranth greens. Add a bit of chile flakes for some heat if you like.

1 large bunch greens
1 onion, chopped
1 tomato, chopped (I have used canned or frozen or left it out if I don't have a tomato)
1/4 cup peanut butter (natural style is best)
Salt and pepper to taste

Wash and de-stem the greens and roughly chop (if using amaranth greens you can leave the stems on). In a medium saucepan, bring to a boil enough water to cover the greens. Add the greens to the boiling water. Cook for about 10 minutes. Drain most of the water. Reserve about 1/2 cup for later use. Add the onions and tomatoes

to the greens and cook for another 10 minutes. Meanwhile, in a small bowl, combine peanut butter with reserved water by adding one tablespoon at a time. Mix well until the sauce is thick but pourable. Drain the rest of the liquid from the cooked spinach. Combine spinach with peanut butter sauce. Add salt and pepper to taste.

Veggie Pasta Carbonara

Sara Jones, Tucson CSA

I've taken many liberties with this recipe but I think it is even better with vegetables than in its original form. This is a great way to use turnips! This is really a formula rather than a recipe and can be altered according to how rich you want the dish to be. I usually start by frying 2-3 strips of bacon and use the bacon fat for cooking the vegetable. If you want a vegetarian recipe simply omit the bacon.

2-3 strips bacon, fried and crumbled
2-3 medium turnips or several baby turnips, cleaned and diced
1 onion, diced
1 small squash, diced
1 tablespoon oil (if not using bacon fat)
2 tablespoons white wine or water
1 package penne pasta
1-2 tablespoons cream or plain yogurt
2 eggs, beaten
1/4 cup grated parmesan, crumbled feta or other soft fresh cheese
Salt and pepper to taste

Sauté onions in a large skillet over medium high heat until golden brown. Add diced squash and turnips and sauté briefly. Add white wine or water, turn down to medium and cover. Cook until vegetables are tender, about 10 minutes. Add more wine or water as necessary to keep from sticking. In the meantime, boil pasta in well-salted water. Stir together cream, eggs and cheese. When vegetables are tender and pasta is al dente, drain pasta and toss with vegetables in hot skillet. Remove skillet from heat and quickly toss with eggs and cheese mixture. Stir well until eggs turn into a creamy sauce. Season with lots of fresh ground pepper and bacon crumbles, if using.