



Tucson Community Supported Agriculture

Newsletter 592 ~ June 19, 2017 ~ Online at www.TucsonCSA.org

Spring 2017

**Harvest lists are
online**

The Back Page

Spicy Green Beans
Italian Arugula Salad with
Beans
Sauce Vierge
Japanese Farmhouse
Greens

**Many more recipes
on our website**

**Pickup as usual on
Tuesday, 4th of July.**

Did you know that vegetables don't stop growing during holidays? Fancy that! So, we will have a pickup as usual on Tuesday, 4th of July. If you don't wish to pick up on July 4th, remember to put your share on hold, and to do so before Friday, June 30.

Tomatoes in Bulk

We will continue taking orders for Crooked Sky Farms tomatoes in bulk through the month of June, weather conditions permitting.

At this point only plum tomatoes (San Marzanos) and mixed red tomatoes are available. They cost respectively \$25 and \$30 per 15-pound flat

Orders must be pre-paid and are delivered the following week unless you specify otherwise at the time of ordering.

In the event that your order could not be filled, you would of course be refunded fully.

Sun Jewel Melons



You would not be blamed if you thought you had picked up a spaghetti squash in this week's CSA share. If you did, look again more carefully.

Yes, it does resemble what would be a smaller, more elongated spaghetti squash. But it has that glow, as if lit from the inside. And it has white longitudinal stripes reminiscent of a Red Reppermint Starlite®. What could it be?

It will reveal it's true nature if you cut it open. Yes, it's a melon! And one with a yellow flesh so pale that it refreshes you before you bite into it. Once you taste it, its crisp texture and moderately sweet flesh will remind you of a honeydew melon, with a hint of cucumber and pear. Some would even argue that it has a flavor vaguely reminiscent of bubblegum.

This unusual melon originates from Korea. It is fairly robust, though you should store in the refrigerator and eat it within a few days. When peeled and diced, it holds its shape well and is therefore well-suited for being included in salads and salsas.

Farmer Frank from Crooked Sky Farms has planted over 90 varieties of melons this year. We are bound to see many melons in our shares this summer, and on both pickup days. We may not see all ninety varieties, but Frank said he would try send us some Charentais, a French melon so delicate that it is never found in a grocery store. You haven't eaten melon until you've tasted a Charentais! Fingers crossed that we get them...

CSA Account Management

We often get emails with questions related to account management. While we are happy to answer any questions, remember that the answers to most questions can be found on our website under the "Help: Manage Account" tab.

There you will find answers to questions such as:

- How to place a subscription on hold
- How to add or remove a share
- How to turn off Autopay
- How to switch pickup days
- How to end a subscription
- How to monitor your account balance
- How to recharge your account

The section also explains why there are certain time windows to make certain changes and how to make sure you make the right change at the right time.

Spicy Green Beans

Sara Jones, Tucson CSA

1 bunch yard long beans, end removed and roughly chopped
2 cloves garlic, finely sliced
1 teaspoon grated ginger
1/2 teaspoon chili flakes (or to taste)
2 teaspoons vegetable oil
1 teaspoon toasted sesame oil
Soy sauce to taste
Sesame seeds to garnish

Heat oil in skillet over medium high heat. Add garlic, ginger and chili flakes and stir quickly for about 30 seconds. Add green beans and toss to coat. Drizzle with a little soy sauce and about 1 tablespoon of water, then cover and cook over medium heat for about 5 minutes. Add more soy sauce if needed, sprinkle with sesame seeds and serve.

Italian Arugula Salad with Beans

Lorraine Glazar, Tucson CSA

For the salad:

1 cup diced tomato
1 15 ounce can of cannellini beans
3 cups torn arugula
½ cup thinly sliced onion (red looks best)
2 tablespoons Parmesan cheese
½ cup thinly sliced basil
1 teaspoon grated lemon rind
1 ½ tablespoon lemon juice
½ teaspoon fennel seeds, toasted and crushed

Vinaigrette:

1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon fennel seeds, toasted and crushed
¾ teaspoon honey
Pinch black pepper

Combine first nine ingredients in a bowl, cover and chill. Prepare vinaigrette by combining the oil and remaining ingredients in a small bowl, and stirring with a whisk. Add to salad and toss well.

Sauce Vierge

Philippe, Tucson CSA

This simple French sauce is easy to make and is perfect on grilled meats, fish, shrimp, or on pasta.

2 ripe tomatoes, seeded and diced
½ small onion, chopped
1/4 cup basil, finely chopped
1 pinch ground cumin
Juice of 1 lemon
1 tablespoon olive oil
Salt and ground black pepper to taste

Mix together all ingredients, except basil. Mix in the basil just before serving.

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

Warm weather greens are less sweet and tender than cooler weather greens. However, blanched and finely chopped they are still delicious mixed into a variety of dishes, including this unique approach. Use this as a filling for sushi, too.

1 or 2 bunches greens, cleaned and any tough stems removed
1 tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by submerging in boiling water, a handful at a time, for one to two minutes. Using tongs or a skimmer remove each bunch of greens from the boiling water and place directly into a cold water bath. Squeeze excess water from greens and chop well. Stir together tahini and miso paste, adding a bit of water if necessary to make a thinner paste. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

Quick Indian Inspired Greens and Lentil Soup

Kumi Rao, Tucson CSA

3 cups of cooked lentils (split mung dal is my favorite)
2 tablespoons oil
1/2 teaspoon of cumin seeds
1-2 dried red chilies
1/2 teaspoon turmeric
1 jalapeno (seeded if you are more heat sensitive)
1 teaspoon minced garlic
2 teaspoons minced/grated ginger
3 cups of chopped greens (radish, braising greens, turnip, mustard, spinach, all work great), cut into small pieces
1 teaspoon coriander powder

In a 4-quart saucepan, warm the oil on low to medium heat and add dried red chilies and cumin seeds. When the oil starts to smell fragrant and the cumin seeds just begin to lightly toast (this should take about 2-3 minutes but watch your cumin, don't let it burn) add the turmeric and diced jalapeno. Sauté for 1-2 minutes and then add ginger and garlic. Add chopped greens. Raise the temperature to medium-high and sauté with 1/2 teaspoon of salt and coriander powder (about 3-4 minutes until they are nice and tender). Add the lentils and simmer for another 5-10 minutes. Serve over basmati rice and top with fresh cilantro.