



Tucson Community Supported Agriculture

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Summer 2018

**Harvest lists are
online**

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**More Recipes
on Our Website**
www.TucsonCSA.org

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Tucson CSA is now on Instagram as @TucsonCSA. Follow us for beautiful veggie photos, recipes, storage tips, and more.

Be sure to tag your photos with the hashtag #TucsonCSA so that we can see the lovely things you make with your CSA share.

Re-Use Little Green and Black Baskets

Please bring them back if you remember. The farm can use them over and over again.



Please drop them off in the milk crate near the check-in table or give them to a volunteer.

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Making the Most of Your Melons

One of the many wonderful things about living in a warm climate zone like southern Arizona is that we have access to local fruit all year around. Bountiful amounts of citrus—ruby red grapefruits, blood oranges, Arizona sweets—hold us over until late spring, when apricots, plums, figs, and peaches begin to ripen on their trees in and around the region. Later in the summer, right about the time southern Arizonans really need a refreshing pick-me-up, we're bestowed with ripe, juicy melons that dribble down our chins when we bite into them. Melons keep rolling in throughout the late summer and early fall, along with crisp, juicy apples and pears that are good for taking on a hike or baking into a rustic galette.

To turn summer fruit from a snack into a meal, you'll need a few other seasonal ingredients but not much else. Gently toss together diced melon (such as canary, honeydew, or cantaloupe), a good handful of chopped mint leaves, olive oil, and balsamic vinegar for a sweet and tangy side dish that goes well with anything cooked on the grill. Or, consider transforming your large canary melon into melon soup for a simple—yet impressive—first course. Blend the flesh of the melon with fresh lime juice and freshly grated ginger, then pour it straight from the blender into small bowls or tea cups before garnishing each serving with a spring of fresh mint. It doesn't get easier than that! A slightly more exotic and daring way to use your melon is in Sara Jones' recipe for Thai Melon Salad - inspired by the classic Thai green papaya salad. Whip this spicy salad up in no time by first julienning one peeled and seeded melon and a cucumber and placing them in a bowl. Then, grind one tablespoon of dried chile flakes and 3-4 cloves of garlic into a paste before mixing it with 1 tablespoon of fish (or soy) sauce and the juice of two limes. Pour the spicy dressing over the melon and cucumber and toss the salad until everything is evenly coated. Sprinkle the whole thing with chopped roasted peanuts, fresh mint, and thinly sliced limes for a show-stopping salad that will be gone in no time. Find these recipes, plus more ideas for melon salsas, salads, and drinks, in the Recipes section of our website.

How to Make Summer Produce Last Longer

In addition to making us feel uncomfortable, summer's hot and humid weather can cause the organic produce that we get in our CSA shares to spoil more quickly. However, you can make your summer produce last longer by taking some time to properly store it when you get home from the CSA. Take a few minutes to evaluate any produce that came in a plastic bag. Oftentimes condensation will have formed on the inside of the bags, moistening the okra, green beans, or whatever else is inside and causing it to mold more quickly. Examine tomatillos for moist or moldy husks that will cause the them to spoil. While they typically store better with their husks on, it's best to remove any husks that look compromised. Unlike tomatoes, tomatillos can be stored in the fridge without affecting their flavor or texture.

To better preserve your produce and make it easier to cook with throughout the week, spend an hour washing, drying, and storing it as soon as you return home from Tucson CSA. First, fill a large bowl or sink with water and allow your produce (save for items like cured onions, garlic, and dried beans) to soak. Once everything is clean, take time to thoroughly dry each item with a clean tea towel and store it in a dry bag or container before putting it away in the fridge or pantry for later.

Thai Melon Salad

Sara Jones, Tucson CSA

This salad takes its inspiration from the classic Thai Green Papaya salad. It is perfect for most melons, especially one that isn't really sweet. It is usually a really spicy dish; use less chile if you want it milder.

About 4 cups melon, cut into bite size pieces
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.

Tomatillo and Apple Crisp

Rachel Yaseen, The Organic Kitchen

What a great surprise that you can use tomatillos in a sweet crisp! Use a half and half mix of tomatillos and apples for best results (of course you could always use just apples, too).

Tomatillos and/or apples diced— enough to cover bottom of a 9 by 14" baking pan
1/4 cup sugar
1 1/4 cup dried coconut flakes
1 1/4 cup oats
1/2 cup sugar
1/2 cup brown sugar
1 stick butter, cold, cut into 8 pieces
1/2 teaspoon cinnamon
1/2 teaspoon salt

Preheat oven to 350 °. Mix tomatillos and apples with 1/4 cup sugar and spread over bottom of 9×14 inch pan. Mix oats, coconut, additional sugar, salt, and cinnamon in a separate bowl. With your fingers or the back of a spoon, smoosh the butter into the dry mixture until it blends in. Sprinkle on top of the tomatillo mixture. Bake 45 minutes. Serve warm or room temperature

Elote (Mexican-style corn on the cob)

Adapted from *Cooking Light*, June 2006

While perfect, young sweet corn calls for nothing more than a sprinkle of butter, the starchier corn we have been getting in shares calls out for ingredients with more flavor! You can also slice the kernels off the cob and serve as a side dish.

1 tablespoon mayonnaise
2 tablespoon sour cream
1 tablespoon fresh lime juice
2 tablespoons finely grated Parmesan cheese or well crumbled feta
1/2 teaspoon chili powder , or to taste

1/8 teaspoon salt
2 ears shucked corn

Prepare grill. Combine mayonnaise and juice in a small bowl. Combine cheese and next 4 ingredients (through salt) in another small bowl. Place corn on a grill rack coated with cooking spray. Grill corn 12 minutes or until tender, turning frequently. Remove corn from grill, brush with mayonnaise mixture, and sprinkle with cheese mixture. Serve immediately.

Quick Okra Pickles

Lorraine Glazar, Tucson CSA

One share okra (about 10-15 pods, on the smaller side)
3/4 cups white vinegar
1/4 cup water
1/2 teaspoon red pepper flakes
1 teaspoon salt
Good pinch of whole peppercorns
One nice clean jar that holds 8-10 ounces
Whole herbs if you have them, such as basil or dill (optional)
A few slices of peeled, vertically sliced onion (optional)

Clean the okra while leaving the pod intact. Pack into a clean jar, then add red pepper flakes, peppercorns, onions, and any whole herbs you have at hand. Boil the vinegar and water in a small saucepan and dissolve salt into the solution. Take off the heat and let cool for 3-5 minutes. Pour over the okra in the jar, seal with lid, and then store in the refrigerator. Pickles will be best after about 1 week.

Quick Fried Okra

Sara Jones, Tucson CSA

This is a simplified fried okra. You only need a shallow layer of oil in the pan rather than enough for deep frying! Sprinkling the sliced okra with salt brings out enough moisture for the cornmeal to stick.

About 12 okra, sliced into 3/4" thick coins
1/4 teaspoon salt
Cornmeal seasoned with Cajun spices (if desired)

Sprinkle sliced okra with salt, toss well and let sit about 5 minutes until moisture rises to cut edges. Toss okra in cornmeal, shake well to remove loose flour and gently place in very hot but not smoking oil. Fry about 6 minutes, turning once or twice, until okra is crisp and beginning to brown.