



# *Tucson Community Supported Agriculture*

Newsletter 401 ~ August 19, 2013 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## **Summer 2013**

Harvest list is online

### **The Back Page**

Tzatziki (Greek Yogurt Dip)  
Melon Cucumber Salsa  
Stuffed Bell Peppers  
Roasted Bell Pepper Risotto

**Many more recipes on  
our website**

### **Now taking orders for shares of Josh's pasture-raised beef**

A \$20 per share deposit is required at the time of ordering. Beef shares will be ready for pickup late September or early October. For more info on beef shares, ask the front desk, or go to our home page and then go to Products > Meats.

### **New sprouts introduced to our Sprouts Mix share option**

A few weeks ago we introduced a new variety of sprouts: pea shoots.

You will find pea shoots in the ¼ lb Sprouts Mix share option. The Sprouts Mix shares will now rotate among 3 types of sprouts instead of 2: sunflower sprouts, clover sprouts and pea shoots.

To add a sprouts share to your subscription, go to your online CSA account and click on "Change Subscription" in the Summary Box. The sprouts shares are under "Share Options."

Remember that you can only add or remove shares from your subscription between the day following your pickup day and midnight Friday.



## **LET'S CUT SOME MELONS**

Melons originate from Africa and Southeast Asia and they were among the first plants to be domesticated. They arrived in the New World in the 17<sup>th</sup> century. Some melons in the U.S. are called native melons, particularly varieties that have been cultivated for centuries by Native American tribes. They're not really native: they were introduced by the Spanish and have since developed their own characteristics.

We should soon start getting more melons in our shares. Farmer Frank grows quite a few heirloom melon varieties. Some are sweet, such as the cantaloupe, the honeydew, the juan canary, while other varieties such as the snow leopard melon and some Asian varieties are more reminiscent of cucumbers and are considered more as a vegetable than a fruit (melons and cucumbers are closely related).

The sweeter the melon, the shorter its shelf life tends to be. Cantaloupes and muskmelons have a very short shelf life. A rule of thumb to determine if a melon is ripe is that its stem end should yield to a slight pressure of the thumb when ripe (how's that for a rule of thumb?) If a melon is not quite ripe, leave it at room temperature for 2 to 4 days. After that, eat it or refrigerate it for up to 5 days.

Depending on its size, it may be a challenge to eat a whole melon at once. A good tip is to cut it up, remove skin and seeds, cube it. It will keep up in the refrigerator for 3 to 4 days. Cut-up melons are more likely to be eaten by you and your loved ones because the prep work has already been done.

Melons are great in fruit salads or with prosciutto. They can be sliced and grilled. They can be added to salsas, smoothies, or turned into sorbets. A friend of mine likes to pour Port wine in a half melon and then eat it with a spoon. Another, less traditional way to use melon, particularly less sweet ones, is to make them into spicy savory dishes. Just look up "savory melon recipe" on the web. One of my favorite savory melon recipes is Sara's Spicy Thai Melon Salad, listed on our online recipe page (under *Melon*); it's a quick and easy recipe and it has never failed to blow away my dinner guests -not because of the spiciness (which you can adjust to your taste) but because of its exotic flavor!

Other ways to eat melons are: with salty cheese, with chile powder and lime juice, with sea salt and black pepper, with chicken and seafood salads, and in cold soups blended with yogurt or cream cheese. Or you can stuff the cavity of half melons with berries, cottage cheese, ice cream, agave syrup and chopped mint, and so on...

Did you know?

- It takes 10 to 15 bee visits to pollinate a melon plant.
- Melons are rich in vitamin C, vitamin A precursor (beta-carotene), vitamin B6 and potassium.
- Melons are depicted in Egyptian hieroglyphs from 2400 BC.
- Cantaloup is the name of a village in the south of France where the true cantaloupe is believed to have originated. The American cantaloupe is a different kind of melon.



## Tzatziki (Greek Yogurt Dip)

Philippe, Tucson CSA

2 cups Greek yogurt  
1 cucumber (approx. 1/2 lb), peeled, seeded and grated (or finely cut)  
1 clove garlic, pressed  
1 tablespoon olive oil  
1 tablespoon fresh dill or mint, finely chopped  
Salt and pepper to taste

Mix all ingredients together and refrigerate. Serve cool. Use as a dip with pita bread or as a side dish with grilled meats and vegetables. Also great on slices of Barrio Bread!

## Melon Cucumber Salsa

[www.theorganickitchentucson.com](http://www.theorganickitchentucson.com)

1 cup melon (diced small)  
1 small cucumber, peeled, seeded, and diced small  
Grated zest and juice of 1 lime  
1 tablespoon minced basil  
1 tablespoon chopped mint leaves  
1 jalapeno, seeded and finely diced  
1 small knob of ginger, peeled and grated  
Salt, to taste

Mix all the ingredients.

## Stuffed Bell Peppers

Philippe, Tucson CSA

1/2 cup quinoa  
Meat version: 1 pound ground pork (or Italian sausage)  
Veggie version: replace meat with 4-6 roasted chiles, peeled, seeded and chopped, plus 2 eggs  
4-6 bell peppers  
2 pounds tomatoes, quartered, or 1 quart canned tomatoes  
1 onion, chopped  
2 cloves garlic, minced  
1 tablespoon olive oil  
1 tablespoon thyme, Italian seasoning, or Herbes de Provence  
Salt and pepper to taste

Boil 1 cup of water, slightly salted. Add 1/2 cup of quinoa. Bring back to boil, then reduce heat to low and simmer for 15 minutes. Turn off heat and let the quinoa steam for 15 more minutes. Let cool.

Cut out the stem end of the bell peppers, remove stem and seed core, and scoop out most of remaining seeds. Season the ground pork with salt and pepper, add the cooled-off quinoa, and mix well. You can also add some herbs/spices for extra flavor. Stuff the bell peppers with the ground meat/quinoa mix. If you end up with extra mix, stuff more bell peppers if you have any. If not, just make a few meatballs. If you have extra bell peppers, dice them and sauté them with the onions. If you're making the veggie version, make the stuffing by

mixing the quinoa, chiles, eggs and seasoning.

In a large pot on medium heat, sauté the onions in olive oil until translucent. Add garlic, tomatoes, herbs, and salt and pepper to taste. Cook for 10 minutes.

Place the stuffed peppers (and meatballs if any) in the sauce. Cover, bring back to a simmer and cook for another 45 minutes.

Serve with rice.

## Roasted Bell Pepper Risotto

From Chad Weiler, Tucson CSA

4 bell peppers (I usually use red but any color will do)  
2 tablespoons olive oil  
1 tablespoon butter  
1 cup arborio rice  
1 medium onion, finely chopped  
2 garlic cloves, finely chopped  
1 quart chicken or vegetable stock  
1 cup dry white wine  
6 oz. Manchego\* Cheese  
1/2 cup Dry Roasted Unsalted Almonds  
1/2 cup fresh basil chopped

1. Drizzle peppers with olive oil and roast on the grill or in the oven.
2. Place peppers in a bowl and cover tightly with saran wrap for 10-15 minutes. The moisture built up in the bowl will help loosen the skins.
3. Peel off the skins, remove the stem and seeds
4. Place peppers in a food processor with the almonds and process to a smooth consistency. Add a little olive oil if mixture seems too dry. Reserve for later use.
5. Meanwhile in a small saucepan bring the stock to a boil. Once at a boil reduce heat to low, cover, and simmer.
6. In a medium saucepan, melt the butter in the olive oil. Add the garlic and onion and cook over low heat, stirring, until softened, about 4 minutes. Add the rice and cook over moderate heat, stirring, until coated with oil, about 1 minute. Add the wine and simmer until almost evaporated, about 3 minutes. Stir every so often to prevent rice from sticking.
7. Add 1 scant cup of the simmering stock and cook, stirring occasionally, until it is absorbed. Do not let the risotto stick to bottom of the pan! Continue to add the stock, 1 cup at a time, stirring occasionally, until it is absorbed. The risotto is done when the rice is tender but still slightly firm and creamy, about 25 minutes total. I liken the mouth feel of the rice when it is done to al dente pasta.
8. Remove risotto from heat and add the cheese. Stir until melted. Add in the pepper puree, and the basil. Season with salt and pepper to taste and serve.

\*Manchego is a Spanish cheese that can be found at Rum Runner, and sometimes Trader Joe's

I usually serve this with grilled shrimp that I have marinated in garlic and olive oil for 30 minutes.