



Tucson Community Supported Agriculture

Newsletter 545 ~ July 4, 2016 ~ Online at www.TucsonCSA.org

Summer 2016

Harvest list is online

- Arugula Pesto
- Tomatillo Soup
- Thai Melon Salad
- Simple Indian Style Greens
- Beet and Carrot Bolognese Sauce

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

Call for Bags!



It's best to bring your own bags to collect your produce share. However you can help

by keeping us supplied with your used bags for members who forget to bring their own.

Please only donate standard size grocery store paper or plastic bags.



Give them to one of our volunteers to sort through.



We also re-use egg cartons and Farmer Frank's little green plastic baskets.



Armenian Cucumbers and Honeydews

If you're new to the Tuesday CSA, you may be wondering what these pale green things are. Called Armenian Cucumbers, these are not your average waxed English or Persian cukes. They are popular with desert growers because they love heat. Their skin is much thinner than you're used to - pale green, heavily ridged. The skin on cukes that are about 8 inches or less are easy to digest so don't bother peeling them. Larger ones you may want to peel and take out the seeds. But in any case, these veggies will reward you with a major crunch and delicious taste with more flavor than your regular cucumber. Note: the Armenian also comes in a smooth skinned, dark green variety.



But here's the kicker, the Armenian Cucumber is not a cucumber! It's actually a variety of muskmelon. Muskmelon is a species of melon from Persia known and named for their lovely aroma — "musk" is the Persian word for "perfume" — that includes the well known cantaloupe and honeydew (another Crooked Sky offering this week). Fun fact: The oldest record of a muskmelon is from an Egyptian hieroglyphic from 2400 BC! Both Armenian cucumbers and honeydews will not only satisfy your tastebuds but also satisfy your thirst on these hot days.

If the size of this cuke seems daunting, try the Cold Cucumber Soup listed on our recipe page.

Summer Roots

Wednesday's harvest from Sleeping Frog Farms is still chock full of greens and root veggies. Back in the winter, we were more likely to turn them into soups and stews. But now with our triple digit heat, here are some other ways to enjoy these nutritious, delicious veggies without heating up the kitchen.

Option 1: Juicing! This trend doesn't show any signs of abating in the near future. And for good reason: in one glass you can keep your cool *and* bathe your cells in nutrients with juices of kale, carrots and beets. Throw in a knob of ginger for some zing!

Option 2: Steaming! So there will be a little bit of heat involved with this one - but here's a way to multi-task the base of a whole meal in one pot from Sarah Britton of the blog *My New Roots*. Mix up 1/3 cup lentils and 2/3 cup brown rice, rinse thoroughly in cold water, drain and add to a medium pot with 2 cups water and 1/2 tsp salt. Bring to a boil, then simmer and cover for 45 minutes. Cut up your root veggies into bite-sized pieces and when it's about 10 minutes before the lentils and rice are done, add them to the top of the pot and cover it back up. When the lentils, rice and veggies are tender, just top with your favorite sauce (like tahini with lemon and garlic).

Option 3: Go ahead and heat up that kitchen! But only do it once a week. Crank up the oven and roast all your chopped veggies at the same time, then save them in air tight containers in the fridge. From there you can add them to any kind of salad or grain of your choice with just a squeeze of lemon or lime and a drizzle of olive oil.

Arugula Pesto

Sara Jones, Tucson CSA

Spicy arugula is a great herb for pesto. Add some basil for variety and use whatever nuts you have on hand. You could also mix in a package of cream cheese if you like. Serve tossed with pasta, spread on a sandwich, or use as a dip.

1 bunch arugula
2-3 cloves garlic
1/3 cup toasted walnuts
1/4 cup olive oil
2 tablespoons grated Parmesan cheese (optional)
Salt and pepper to taste

Wash and dry arugula. Pulse garlic and walnuts in food processor or blender until coarsely ground. Add the arugula (and basil if using) and olive oil, and continue to pulse to desired consistency. Add the cheese last, and then season with salt and pepper to taste.

Tomatillo Soup

Sara Jones, Tucson CSA

2-3 medium potatoes, chopped
3 tomatillos, peeled and cleaned, chopped
2 green chiles or 1 jalapeno, chopped
3 cloves garlic
1 teaspoon cumin
5 cups broth or water
Salt and pepper to taste
2 tablespoons cream, if desired

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Serve hot or cold with a dollop of sour cream, if desired.

Thai Melon Salad

Sara Jones, Tucson CSA

This salad takes its inspiration from the classic Thai Green Papaya salad. It is usually a really spicy dish; use less chile if you want it milder.

1 melon (and/or cucumber), peeled, seeded, julienned or cut into thin strips
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.

Simple Indian Style Greens

Lorraine Glazar, Tucson CSA

1 tablespoon vegetable oil
1 teaspoon cumin seeds
1 teaspoon chile flakes
1 bunch CSA greens, separated from their stems and sliced into ribbons (if stems are tender, they may be cut in one inch pieces and cooked as well)
1 tablespoon of grated fresh ginger
Squeeze of citrus
Salt

Heat the oil in a skillet and add the cumin seeds. When they start to pop, add the chile and the greens, with or without stems. Put the lid on the skillet and allow to cook down a bit. Add water if greens start to dry out too much. Add the fresh ginger and continue to cook until tender. Serve with a generous squeeze of lemon juice, then salt to taste.

Beet and Carrot Bolognese Sauce

Sara Jones, Tucson CSA

This is a great way to use carrots and beets and works well if you have to sneak either of these vegetables past anyone you are serving. The trick is to get a nice amount of caramelization on the veggies before you add the tomatoes. You can make a vegan version with cooked lentils or use ground beef or pork.

2-3 medium beets, scrubbed and shredded
2-3 medium carrots, scrubbed and shredded
1 large onion, diced
1-2 tablespoons oil (use more if you are not adding meat)
2 cloves garlic, minced
1 tablespoon tomato paste
1 teaspoon dried oregano
1 teaspoon dried thyme
1 bay leaf
1/2 pound ground meat or 1 1/2 cups cooked lentils
1 large can diced tomatoes
Salt to taste

Heat oil in a large saucepan over medium to medium high heat, add beets, carrots and onions and stir to coat in oil. Cook, stirring occasionally, until veggies are caramelized. (Depending on the heat, this could take 10-30 minutes, the longer the better for flavor.) Stir in garlic and tomato paste and cook another few minutes. If using ground meat, add now and using a wooden spoon or spatula chop into small bits while browning. Add tomatoes and herbs (and lentils if using) bring to a simmer and cook for about 10-15 minutes. Salt to taste before serving.