



# Tucson Community Supported Agriculture

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## Fall 2020

Harvest lists are online.

### Back Page Recipes

- Sliced Cucumbers with Manchego
- Cold Ramen Salad
- Summer Squash Soup
- Zucchini Lasagna

Find many more recipes on our website.

### Help Us Honor Philippe

We're putting together a book for Philippe to thank him for creating our wonderful Tucson CSA community – and we need your help!

Please submit your CSA photos and stories to our Dropbox folder:

<https://dropbox.com/request/Irb3wAe0KVf5ASyZ/EJ72>

### Pre-Order Your Pasture-Raised Turkey

It's once again time to put in your order for a pasture-raised turkey from Josh of **Chiricahua Pasture Raised Meats**.

Turkeys will weigh anywhere from 14-20 pounds and will come frozen. They will be available for pickup on November 17 & 18.

If you'd like to pre-order a turkey, please put down a \$20 deposit with the CSA Shop volunteer inside of the courtyard.

## Melon Medleys

Farmer Frank grows a wide variety of melons, many of which are heirloom. It's rare to see heirloom varieties of melons (or anything, really) in traditional grocery stores because they're more difficult and less predictable to grow and thus aren't favored by our industrialized food system. We're happy to see them at Tucson CSA! Oftentimes **Crooked Sky Farms** sends a few big bins of "mixed melons" for CSA members to pick from, and it can be hard to identify what kind of melon you're taking home. Here are a few of the lesser-known melons that we commonly get in our CSA shares to help inform your choice.



### Prescott Fond Blanc

*Bumpy light exterior, orange-fleshed*

This French heirloom variety looks more like an heirloom squash than a melon. Fragrant and sweet, it's best eaten fresh in a fruit salad, sorbet, or all by itself.

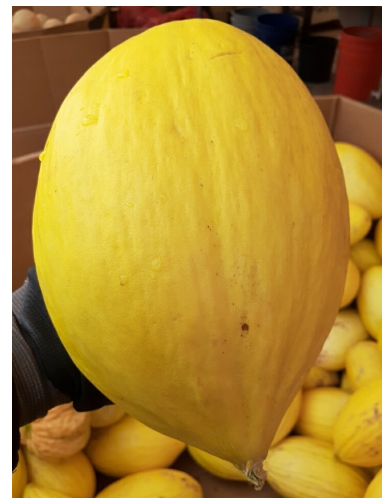
**Recipe ideas from Tucson CSA:** Melon Sorbet, Melon Cooler, Cantaloupe and Tomato Salad

### Canary Melon

*Oblong shape, bright yellow exterior, light-fleshed*

Thought to have originated in Iran, these bright melons are called after the bird by the same name. With a slightly firm texture and tangy-sweet flavor, canary melons taste almost tropical. Pair them with citrus, ginger, and honey to play on their sweetness, or balance them out with savory flavors such as basil, mint, cilantro, spicy chiles, and nuts.

**Recipe ideas from Tucson CSA:** Spicy Balsamic Melon Salad with Greens, Simple Melon Salad, Melon Soup



### Casaba Melon

*Roundish shape, yellow-green exterior, light-fleshed*

The casaba melon was brought from Kasaba, Turkey to the United States in the late 1800s. With a thick, golden-colored skin and pale green flesh, the casaba melon has a mild taste similar to Asian pears and cucumbers. Its mild flavor and subtle aroma make the casaba melon good for both sweet and savory dishes.

**Recipe ideas from Tucson CSA:** Thai Melon Salad, Melon Cucumber Salsa, Cucumbers and Melon Pico de Gallo Style

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## RECIPES

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### Sliced Cucumbers with Manchego

Sara Jones, Tucson CSA

Plain salted cucumbers are a great, quick snack, but if you substitute a salty, hard cheese for the salt it tastes even better. You can use any hard, aged cheese, like Parmesan, Romano or Manchego. This is a great way to serve melon slices too!

2 cucumbers, sliced  
1 teaspoon white wine vinegar  
Several tablespoons grated hard cheese

Toss cucumbers with vinegar. Lay out in a single layer on a platter and sprinkle all over with cheese.

### Cold Ramen Salad

Sara Jones, Tucson CSA

This cold ramen dish has gotten me through many summer nights when I have felt too uninspired or exhausted to cook. But the sauce is simple to make so you really only need to muster enough motivation to chop the veggies. Every time I make it I am happy I did. Save any extra sauce for dipping your blistered shishito peppers!

Two packs ramen noodles  
1 large tomato or two medium tomatoes  
About 2 cups matchstick-cut cucumber  
1 package extra firm tofu, leftover chicken and/or hard boiled eggs, cubed  
Dressing:  
1/3 cup broth or water  
1 tablespoons soy sauce  
1 tablespoon miso, if available, or use extra soy sauce  
2 tablespoons rice wine vinegar or white wine vinegar  
1-2 teaspoons sugar, to taste, if desired  
About 1 inch fresh ginger, grated  
2 teaspoons toasted sesame oil  
1 teaspoon hot chile paste, if desired  
1 tablespoon neutral oil  
Sprouts to garnish (optional)

Mix dressing ingredients together and set aside. Cook noodles just until al dente then drain and rinse well. Toss noodles immediately with about 1/4 of sauce mixture and allow to cool to room temperature while you slice the veggies. Serve noodles in individual bowls topped with tomatoes, cucumber and tofu, eggs or chicken adding more dressing as needed. Garnish with sprouts and toasted sesame seeds if desired.

### Summer Squash Soup

Nora McGinnis, Tucson CSA adapted from Gourmet Magazine

3/4 stick (6 tablespoons) unsalted butter, cut into pieces  
1 medium CSA onion or about half a basket of little sweetie onions, halved lengthwise and thinly sliced crosswise  
1/2 teaspoon salt  
2 lb CSA summer squash, halved and thinly sliced  
2-4 carrots, thinly sliced  
1-2 small potatoes, peeled, halved, and thinly sliced  
4 cups vegetable stock

Melt butter in a 6- to 8-quart wide heavy pot over moderate heat, then cook onion with salt, stirring, until softened, about 8 minutes. Add squash, carrots, potato, and stock and bring to a boil. Reduce heat, then simmer, partially covered, until vegetables are very tender, about 20 minutes. Remove from heat and cool soup, uncovered, 10 minutes. Working in batches, puree soup in a blender until smooth (use caution when blending hot liquids) and transfer to a bowl. Return purée to cleaned pot and thin with water if desired; simmer 3 minutes. Season with salt.

### Zucchini Lasagna

Jeanne Granger, Tucson CSA Adapted from: [The Steinbeck House Cookbook](#)

1 1/2 pound medium zucchini  
1 pound ground beef or turkey  
1/2 cup chopped onion  
1 (15 ounces) can tomatoes (chopped)  
1 garlic clove (minced)  
1 teaspoon oregano (fresh)  
1 teaspoon salt  
1/2 teaspoon pepper  
15 ounces Ricotta cheese  
1/2 cup Parmesan cheese (grated)  
1 egg  
1/2 pound Mozzarella cheese (grated)

Slice zucchini lengthwise as thin as possible (1/8"), sprinkle with salt and let sit approx. 15 min to bring water to surface – wipe zucchini dry (otherwise, lasagna will be very watery). Brown beef and onions, drain fat. Stir in next 5 ingredients and simmer about 10 minutes, stirring occasionally. Combine Ricotta cheese, Parmesan cheese, and egg. Put half the zucchini, all of Ricotta cheese mixture, half of the Mozzarella cheese, and half the meat sauce in a 9×13" baking pan. Repeat above except for Ricotta cheese. Sprinkle Parmesan cheese on top. Bake, uncovered, 40 minutes in 350 oven. Let stand 10 minutes before cutting.