



Tucson Community Supported Agriculture

Newsletter 446 ~ July 14, 2014 ~ Online at www.TucsonCSA.org

Summer 2014

Harvest list is online

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Many more recipes on our website

CSA account tips: Delivery Holds

If you know you are going to be away and miss some pickups, just go to your online CSA account and click on the Delivery Hold button to place a hold.

You can place holds at any time, but make sure to do it before midnight Friday if the hold is to start the following week! You can have up to 3 separate holds at any one time.

Make sure the last date of any hold DOES NOT include the date on which you want to resume your pickups.

Tip: the Delivery Hold function is useful if you want to pick up every other week: set the next 3 holds to make you skip every other week, and make a note in your calendar for when you'll need to add the next 3 holds.

KOMBUCHA

You no doubt have spotted Brenden in the courtyard over the past few weeks offering samples of and selling kombucha from his company (Mount Lemmon Brewing Company).

Brenden's kombucha is now available from our display fridge: \$3 for a small bottle and \$6 for a large one. There is an added refundable deposit per bottle (\$1 per small bottle and a \$2 per large bottle).

This kombucha is made in a commercial kitchen and includes blackberries, blueberries and raspberries, local apple cider, Sedona spring water, berry cider vinegar, lambic culture, oolong tea sourced by Seven Cups and organic sugar.

TOMATILLOS



Tomatillos are related to gooseberries. They have a tangy taste, are a classic in Mexican food, and are excellent in a wide range of dishes. To use your tomatillos, you will first need to remove their papery husks. They also have a sticky residue on their skin that is easily removed by dunking them in water.

Tomatillos are often used in sauces (salsas). Grilling or skillet roasting whole tomatillos gives them a

smoky depth: just cook them over medium high heat, turning occasionally, until they are mostly brown (some black charred spots are fine). Grilled tomatillos and finely chopped onions make a delicious sauce, blended together with a little salt, pepper, limejuice and cilantro!

1001 WAYS TO EAT A MELON

Well, let's just start with a few!

We all know how to use a melon as is. Somehow though, it is not uncommon for people to have a block to start using their melon and just let it sit in the fridge until it starts withering away. One way to get passed that is to make it ready for immediate consumption by cutting the melon in cubes and storing it in a covered container in the refrigerator. That way, anyone in your household can benefit from a ready-to-go snack at anytime.

Using melons in a fruit salad is of course a very popular way to consume your melon. For an extra zing to your fruit salad, add some chopped mint and spoonful of grated ginger. Melon soup and melon sorbet are excellent, but less well-known, alternatives.

Then there are the savory options, such as melon salsa, or if you want to blow away your dinner guests, try Sara's Thai melon salad.

For a lesser know approach, try Amy's Horchata de Melon recipe, featured in the latest issue of *edible Baja Arizona*. It's wonderfully refreshing on a hot summer day. And this way, you get to use the melon seeds too!

Horchata de Melon (By Amy Valdés Schwemm)

2 cups melon seeds and endocarp (everything in the melon seed cavity)

[CSA editor's note: just scoop out the seed cavity]

8 cups water

Honey, to taste

1 cinnamon stick

Ice

Scoop out the insides of a melon, including seeds, strings and liquid. Add water (or the equivalent in melon flesh) and liquefy in blender. Adding melon flesh will make the drink less like horchata and more like a fresh fruit liquado, but it's still delicious. Transfer to a jar and add a cinnamon stick. Add honey to a little warm water to dissolve, and sweeten horchata to taste. Refrigerate overnight, if possible. Strain through a fine mesh strainer. Stir and pour into glasses over ice, granished with a little shredded cinnamon. Serves 8.

Our online recipe page has 17 melon recipes: even if you tried one recipe a week, the melon season would not last long enough to try them all!

Stewed Summer Vegetables

Sara Jones, Tucson CSA

About 3 cups mixed, chopped summer vegetables
1-2 tablespoon oil
1 medium yellow onion, sliced thinly
4 cloves garlic, minced
2-3 tomatoes, chopped or 1 can chopped tomatoes
1 teaspoon oregano
1 teaspoon basil
1 teaspoon thyme
1/4 cup chopped green or black olives or capers (optional)
Drizzle of balsamic vinegar
Salt and pepper to taste

In a medium-size pot, sauté onion and garlic in oil until fragrant. Add vegetables and stir to coat. Add tomatoes, herbs and olives and/or capers, plus 1 1/2 cups of water. Stir well and cover, cooking over medium-low heat for about 35 minutes, until all ingredients are very tender. Drizzle with vinegar and additional olive oil, add salt and pepper to taste. Serve over pasta, rice or polenta.

Kumi's Grilled Eggplant Salad

Kumi Rao, Tucson CSA

This is very different take on eggplant, and really delicious.

2 large eggplants
1/4 teaspoon cayenne pepper
Salt and pepper
2-3 tablespoons of whole grain mustard
1/3-1/2 cup of plain Greek yoghurt (or thick strained yoghurt)
Finely minced raw garlic
Extra virgin olive oil
Bread/pita if desired

Slice eggplant into planks 1/4 inch thick and sprinkle them with salt, pepper, cayenne pepper and olive oil. Grill eggplant 2-3 minutes on each side. Dice into 1 inch pieces. Mix the garlic, mustard, and yoghurt together and season with salt and pepper to taste. Mix the eggplant with yoghurt/mustard mixture. Top with some sautéed or caramelized onions and fresh herbs. This can be used as a vegetarian substitute for chicken or tuna salad.

Melon Sorbet

Philippe Waterinckx, Tucson CSA

1 melon, peeled, seeded and cubed
3 tablespoons lemon or lime juice
2 tablespoons vodka (optional-the alcohol makes for a smoother sorbet)
1/4 cup sugar

Place all ingredients in a food processor and process until smooth. Refrigerate until chilled. Pour the chilled mixture into an ice cream maker and process according to manufacturer's directions. Transfer sorbet to an airtight container and freeze 3 to 4 hours before serving.

Tomatillo Soup

Sara Jones, Tucson CSA

2-3 medium potatoes, chopped
3 tomatillos, peeled and cleaned, chopped
2 green chiles, preferably roasted, 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.

Whole Wheat Zucchini Quick Bread

Wendy McCrady, Tucson CSA modified from original recipe by Jan Tzinski

2 cups whole wheat flour
1/4 cups brown sugar
2 teaspoons baking powder
1 teaspoon salt
3/4 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon dried ginger powder
Pinch each cloves and nutmeg
1 1/4 cup soymilk, rice milk, or water
1 tablespoon + 1 teaspoon white vinegar
1 cup shredded zucchini

Preheat oven to 350°. Grease an 8" x 8" baking pan or line with parchment paper. Combine dry ingredients in a bowl. Combine wet ingredients in a separate bowl. Do not combine yet! When the oven has preheated completely, pour wet ingredients into dry. Mix quickly and do not over-mix (fatfree batters will come out tough if over-mixed!) Pour into the prepared pan and bake for 45 minutes. Use the toothpick test for doneness. Remove from oven and let stand 10 minutes. Loosen the edges with a spatula and remove from pan. (Remove parchment paper from bottom if used.) Let cool before slicing.