

Four Friends' CSA News

The Bean Pole

September 2, 2008

2008 Season

Issue No. 32

Dear Shareholders and Friends,

This week's harvest list is as follows: Eggplant, sweet peppers, cantaloupe, potatoes, carrots, tomatoes, and Summer squash. Heads of lettuce are available for the full shares.

Cool Cantaloupe Salsa

1 ripe cantaloupe melon
1/3 cup of finely chopped onion
1 teaspoon of diced jalapeno peppers, (optional)
½ cup of chopped sweet peppers, (bell, cubanelle, or Italian cooking pepper)
3 tablespoons of roughly chopped cilantro
1 clove of garlic, minced
The juice of 2 lemons, (about 3 tablespoons)
1 drizzle of extra virgin olive oil
Salt and pepper to taste

Squeeze the lemons. Strain and reserve their juice. Chop the onion. Seed and dice the peppers. Take careful account of the way you use Jalapeno peppers if you choose that option. The juice can burn your eyes! Wash well after handling them, and avoid touching your eyes until you are sure all traces of jalapeno juice are gone from your hands! Some prefer to use gloves while preparing spicy chilies. For extra spicy heat, leave the jalapeno seeds in the salsa. Mince the garlic, and chop the cilantro. Peel the melon, and remove the seeds. Cut the melon into half inch chunks. In a non-reactive bowl, gently toss all the fresh fruit and vegetables together with the lemon juice and olive oil. Add salt and pepper to taste. Refrigerate for 1 hour, and serve!

ITEM OF THE WEEK: CANTALOUPE

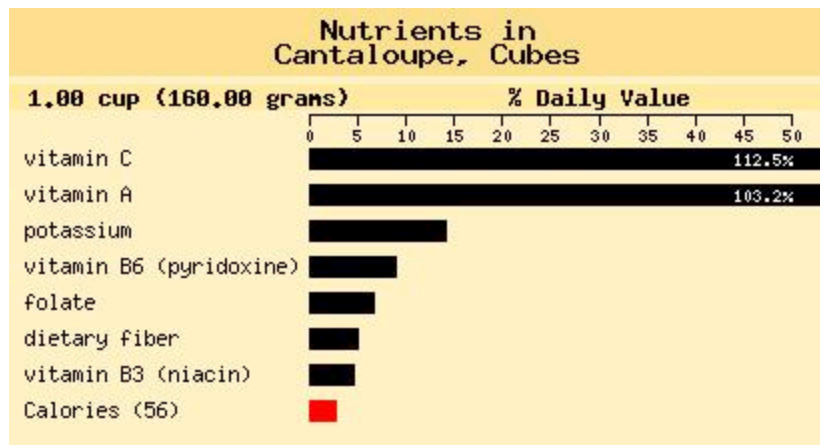
A Few Quick Serving Ideas:

Add some sparkling water to fresh squeezed cantaloupe juice for a delightfully refreshing drink in the warm months of the year.

In a blender or food processor, purée cantaloupe and peeled soft peaches to make delicious cold soup. Add lemon juice and honey to taste.

Top cantaloupe slices with yogurt and chopped mint.

Slice melons in half horizontally, scoop out seeds and use each half as a basket in which to serve fruit salad.



The cantaloupe derives its name from the Italian papal village of Cantalup, where it was first cultivated around 1700 A.D. It belongs to the same family as the cucumber, squash, pumpkin and gourd, and like many of its relatives, grows on the ground on a trailing vine. Cantaloupe are also referred to as a netted melon because it has a ribless rind with a distinctive netted skin. Inside of the melon there is a hollow cavity that contains seeds encased in a web of netting. Cantaloupe is also known as rockmelon in several parts of the world.

Katie Miller and Johanna Bloch of **Scratch Farm** are providing the cantaloupe and carrots this week.

Chang of **Pak Express** is providing the peppers, eggplant, and potatoes.

Mis Zill and John Kenny of **Big Train Farm** are providing the summer squash and tomatoes.

What is going on in fields?

- ⇒ Blue Skys Flower Farm planted five blueberry bushes
- ⇒ Big Train direct seeded lettuce mix
- ⇒ Pak Express is picking winter squash
- ⇒ Scratch Farm's second succession of tomatoes are far superior to their first
- ⇒ Due to the lack of rain, Pie Garden is watering frequently in order to get the direct seeding to germinate

Sadly to some, the barn swallows have left and are heading South!

