

Fry Family Farm

CSA Newsletter

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Temptation Melons

Orange Flesh Honeydew

(Scientific Binomial Name: Cucumis melo)

This is the best melon I've ever tasted. They are consistently delicious and are the perfect mix of honeydew and cantaloupe.

Orange-Flesh Honeydew melons are a variety of Muskmelon. Good-quality Orange-flesh Honeydew melons will turn a creamy yellow color with a slight orange tinge and the skin will have a slightly waxy feel when ripe. They will be firm with a small amount of softness at the stem and will be fairly large. Sometimes, the seeds of an especially juicy melon will rattle if the melon is shaken.

Uncut Honeydew melons can be kept at room temperature for two to four days or until ripe. Ripe Honeydews can be refrigerated for an additional 5 days. Cut melons should be placed in a covered container and refrigerated for no more than three days. Keep in mind that Honeydews have a strong odor that will saturate other foods.

Orange-Flesh Honeydew melons are low in Sodium, and very low in Saturated Fat and Cholesterol. Honeydews are a good source of Vitamin B6, Folate and Potassium, and a very good source of Vitamin C.

Who Loves Pesto ???

For many of you, the bunch of basil you receive in your box is not nearly enough. Well, we are here to save the day (and the long cold winter without it). You can order extra basil **BY THE POUND**, to be delivered in your box, or to be picked up at market. We have plenty to go around, and it sells for \$6.00 per pound for bulk orders! Let Suzi know how much you want! fryfarms@wave.net

IN YOUR BOX:

Partial Share:

Salad Mix
Green Beans
Basil
Tomatoes
Bell Peppers
Summer Squash
Cucumbers
Orange Honeydew
Eggplant
Onions

FLOWERS:

Drying Bouquet

Full Share:

Salad Mix
Lettuce
Green Beans
Basil
Tomatoes
Bell Peppers
Summer Squash
Cucumbers
Orange Honeydew
Sugar Baby Watermelon
Eggplant
Onions
Cherry Tomatoes
Potatoes

FLOWERS:

Drying Bouquet

DRYING BOUQUET

Made up of Globe Amaranth and Statice, your bouquet this week can be enjoyed fresh, or hung to dry for two weeks and then used as a dried arrangement. It should hold its color and shape for at least a year or more!

Gingered Watermelon

Compote

(From Cooking Light)

This is by far the best, most refreshing fruit salad I've ever tasted. Don't let the name scare you, if you've never tried anything like this, LIVE A LITTLE! Try it on for size, you will not be disappointed. The ginger and mint juxtapose perfectly with the sweet melons of summer. Enjoy!

1/4 cup **Sugar**

1/4 cup **water**

2 t. Grated **lime rind**

6 T. Fresh **lime juice**

2 T. Fresh **grated ginger**

2 T. Fresh **mint** chopped

8 cups **Watermelon** cut into 1 inch cubes (5 lb. melon)

2 cups **Honeydew** cut into 1 inch cubes

2 cups **Cantaloupe** cut into 1 inch Mint Sprigs

Combine first 6 ingredients in small bowl and set aside. Combine melon pieces (or balls) and add juice mixture. Cover and chill at least one hour. Serve garnished with mint sprigs.

Tomato Crostini

1/2 cup chopped tomato

1 T. Chopped fresh basil

1 T. Chopped green olives

1 tsp. Capers

1/2 tsp. Balsamic Vinegar

1/2 tsp. Olive oil

1/8 tsp. Sea salt & Dash of fresh ground pepper

1 garlic clove minced

4 one inch thick slices French baguette

Cooking spray

1 Garlic clove, halved

Preheat oven to 375.

Combine first 9 ingredients

Lightly coat both sides of bread with cooking spray (or brush with olive oil); arrange in single layer on baking sheet. Bake at 375 for about 4 minutes on each side or until lightly toasted. Rub 1 side of bread slices with halved garlic, and top evenly with tomato mixture. Yield 2 servings.

Note: We make this in larger batches for just about every social gathering, everyone loves it, and you can add or delete ingredients to vary it slightly.

Tomato Tapenade

A variation on the traditional tapenade made with olives and capers, this is a healthy, quick, and tasty way to enjoy your tomatoes and cucumbers! It can be enjoyed as an accompaniment to cooked pasta, over salad mix, with any grilled meat, as a topping for fresh or garlic bread....use your imagination and let your palate be your guide!

Cube fresh tomatoes (Small pieces)

Chop cucumbers (Same size pieces)

Dice onions (Smaller pieces)

Chop Fresh Basil (Smaller=better flavor distribution)

Mix all ingredients with olive oil, red wine vinegar, salt and pepper. This is best served immediately, but can chill for a short while. Remember though, tomatoes get mealy and mushy when their temperature goes below 50 degrees, so as you would NOT store your fresh tomatoes in the refrigerator, you don't want your chopped toms in the ice box either. This dish has quickly become an essential for every summer time meal for us, we hope you like it too!