



CAMERON PLACE CSA

AUGUST 17 – AUGUST 23, 2008

Happy Melon Days

How can you *not* be in a good mood after eating a good summer melon? Melon season is suddenly now upon us at the Cameron Place. The fruits of our labor are finally here, and how sweet they are! It seems like only yesterday we were carefully and expectantly preparing their beds up on East Orchard Mesa, and now they're all grown up!

If you have not yet tasted our melons, the likes of some of which you will not see in the supermarket, you are in for a treat! Most melons are ripe when they slip off the vine under slight pressure and produce a hollow sound when knocked. The best way to tell if your melons are ready is to follow your nose. They will begin to put off a wonderful aroma, enticing you to "eat me"! Here is an overview of the melons you will see in your share this week:

Ha'Ogen – This melon is generally identified with Kibbutz Ha'Ogen in Israel. It has a distinctive tropical fruit and citrus flavor reminiscent of a banana with dark green and yellow striped skin.

Swan Lake – A smooth-textured oblong honeydew. Some are white fleshed; others have pale pink or salmon-colored swirls. Very aromatic and sweet, with pale to bright yellow skin.

Sharlyn – This Israeli melon looks like a large, orange, oblong cantaloupe with a pale yellow-green to white interior. The flavor is subtle and unique, like a hint of sweet perfume that is not overpowering. It looks and tastes like a mix of a cantaloupe and a honey dew.

Sivan – An excellent muskmelon with sweet, juicy, and fragrant orange flesh. The quintessential "cantaloupe" of the United States.



McCayne working hard to weigh and organize the 1,000 lbs. of melons we harvested on Monday!

COMMUNITY NEWS

COMMUNITY POTLUCK THIS TUESDAY!

This Tuesday at 6:30pm will be our third monthly potluck of the season. It will be here at the farm, 3883 G1/4 Rd in Palisade. If you've never been out to the farm, just look for the big blue barn on your right. We're looking forward to a tomato variety taste off, some games for the kids, great food, and even better company. Bring your favorite dish, and drinks if you wish. Also, let's try to cut down on disposable waste by bringing along your own utensils and dinner ware. Looking forward to sharing thoughts over delicious food with all of you here!

- **Thank you to everyone who came out to help harvest and "glean" on Saturday!** The event was a huge success, and we would like to open up more opportunities for members to come out to the farm to "tend and take". Keep checking the community news for details!

THIS WEEK'S EXPECTED BOUNTY:

Veggies: LOOSE GREENS (choice of CHARD, KALE, MESCLUN, GSB, ARUGULA, or HEAD LETTUCE), CELERY, POTATOES, ONIONS, GARLIC, BEETS, PEPPERS (both sweet and chiles), GREEN BEANS, OKRA, CUCUMBERS, TOMATOES, CARROTS, TOMATILLOS, EGGPLANT, and of course MELONS! WHEW!

Weekly Fruit Share : 2lbs. of your choice PLUMS and/or PEACHES

Fruit Bounty: PLUMS

Pick your own: HERBS, CHERRY TOMATOES, FENNEL, GREEN BEANS, HABENEROS, and FLOWERS!

RECIPES OF THE WEEK

Suzette's Gazpacho

This recipe was provided by a faithful customer of ours from the Telluride farmer's market! She was delighted to find almost all of her gazpacho recipes at our stand this week!

Serves 4 - 6

6 large ripe tomatoes, peeled, seeded, and chopped
1 serrano pepper, minced
5 cloves garlic, minced
2 lemon cucumbers, peeled, seeded, and diced
1 red onion, peeled and thinly sliced
1/2 cup roasted red peppers, pureed
1 ripe but slightly firm avocado, peeled and diced
2 tablespoons fresh lemon juice
2 tablespoons medium-acid red wine vinegar
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh Italian parsley
4 tablespoons chopped fresh cilantro
kosher salt and black pepper in a mill
1/2 cup best-quality extra-virgin olive oil

1. Combine all of the vegetables in a large bowl except avocado.
2. Add the stock, lemon juice and vinegar and stir very briefly.
3. Stir in the fresh herbs and season with salt and pepper to taste.
4. Chill the soup for at least one hour before serving. Remove from the refrigerator, stir, let rest for 15 minutes and then pour the olive oil over the soup and serve.
5. Top individual serving bowls with freshly cut avocado.

*This will keep in the refrigerator 7-10 days. If you are doing individual servings do not add the olive oil and avocado until just before serving, add 1 Tbsp. olive oil to each bowl.

CSA staff

Thomas Cameron, owner Billi Davis, garden manager
Kelsey Gagnon, intern Josh and Mitzi Harding, interns
McCayne Miller, intern Kathleen Wood, intern

Cantaloupe, Red Onion, Cucumber and Arugula Salad

Adapted from the Colorado Farmers' Market Cookbook

1/2 cantaloupe cut in half
1 cucumber, peeled, seeded and sliced as thinly as possible
1/2 small red onion, thinly sliced
1 pound arugula, long stems removed
1/4 cup pine nuts, toasted
Salt and black pepper
8 dashes green or red Tabasco
Juice of one lime
1/4 cup extra virgin olive oil

1. Seed the melon and cut off the flesh.
2. Chop flesh into bite-size pieces.
3. Combine the melon, cucumber, onion, arugula and pine nuts in large bowl, season liberally with the salt and pepper, and toss to coat.
4. Mix the Tabasco and lime juice and sprinkle over the salad. Drizzle enough olive oil to lightly coat. Toss again and serve.

Fresh Sweet Beet Slaw

This beautiful recipe was recommended by CSA member, Amy Monger

Combine equal parts shredded apples, beets, and carrots. Add a little sweetener of your choice, and any savory spices you like. Toss to evenly coat, and enjoy!

*This slaw is even better after the flavors sit for a few hours in the fridge

Email us with any questions, concerns or comments:
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Health and Happiness,
Mitzi