



2023 CSA NEWSLETTER WEEK 13

At the farm

Welcome to week 13 of CSA harvest box. This week's highlight is Cantaloupe, a sweet variety of melon grown all around the world. This would be the last week to enjoy this delicious fruit in your box. I am also including a recipe that uses Cantaloupe along with other ingredients from this week's harvest. Melon gazpacho is perfect for a light meal or a refreshing appetizer. The combination of melon, cucumber, celery, and parsley creates a delightful balance of flavors. Hope you enjoy it.

At the farm, fall planting is in full swing. Last week a batch of radishes, turnips, carrots, and beets got planted. Looking forward to sharing these with you soon.

Ruby

In the box

Salad Mix	½ lb bag
Lacinato Kale	bunch
Parsley	bunch
Sweet Mini Peppers	pint
Slicing Cucumbers	2 each
Roma Tomatoes	5 or 6
Celery	bunch
Cantaloupe	1 each

Melon Gazpacho

Ingredients

½ cup chopped celery

2 tablespoons freshly squeezed lemon juice

4 cups diced melons (cantaloupe or honeydew) + some for garnish

¼ cup chopped parsley

1 cup vegetable broth

1 cup diced cucumber + some for garnish

¼ cup finely chopped red onion

Salt & pepper to taste



In a blender, combine the diced melon, diced cucumber, chopped celery, chopped parsley, finely chopped red onion, lemon juice, and vegetable broth. Blend the mixture until smooth and well combined. If the mixture is too thick, you can add a bit more vegetable broth to achieve the desired consistency. Taste the gazpacho and season with salt and pepper according to your preference. Blend briefly to incorporate the seasoning.

Once the gazpacho is well blended and seasoned, transfer it to a large bowl. Cover the bowl with plastic wrap or a lid and refrigerate the gazpacho for at least 2 hours, allowing the flavors to meld and the soup to chill thoroughly.

Before serving, give the gazpacho a good stir. Ladle the chilled gazpacho into bowls. Garnish each bowl with diced melon, diced cucumber and a sprinkle of chopped fresh parsley.