

Dear CSA Member,

Well, we have been on the weather roller coaster this season. First it was very hot and dry, then the rain moved in and it rained for weeks straight and now we have moved into fall like weather -and it is only the beginning of August. We have had nights in the 40's this whole week and the summer vegetables are shivering along with the rest of us. The sun was out today and it felt wonderful to have it shining on us as we picked.

The tomatoes are finally starting to ripen and so you will get Sungold Cherry Tomatoes along with slicing tomatoes in your share this week. We grow five different varieties of tomatoes that you will see in the tomato boxes at your site over the next weeks. Sungold is the cherry tomato-orange and sweet. The small red tomato is called Cascade. It is not as big as the other slicing tomatoes but the flavor is wonderful. A number of years ago a member told me about a method of slow roasting the Cascade tomatoes. Halve the Cascade tomatoes, drizzle olive oil over the tomatoes and a bit of salt. Bake them in a very low oven-about 250 degrees and just let them slowly cook. It takes a long time but when they are done they will be soft and a bit brownish. The flavor is so intense. I store the roasted tomatoes in zip lock bags in the freezer until I'm making sauce in the winter. A few of the tomatoes added to any sauce adds so much flavor.

The other tomatoes are a long hom shaped tomato that we call "Flora Lee" after the woman that gave me the seeds years ago. They were from Italy and have been grown by her family members for many years. They are the best paste tomato. There is also a yellow round tomato that is also an heirloom variety that is called "Gold Queen". They are sweet but like many heirlooms, a bit soft so be careful. The other tomatoes are round, red slicing tomatoes that are called "Red Sun". You never know what might come to the site. We count and pack the tomatoes as they are picked and come out of the field.

New this week is also Edamame or soy beans. Pick them from the plants, rinse and then steam for 5 minutes. Sprinkle with a bit of salt and pop them from the pods. A great snack. Enjoy the vegetables-Deb

Edamame- 1 bunch	Heirloom Tomato-1	Sungold Cherry Tomatoes-1 basket	Slicing Tomatoes-4	Lilac Peppers-3
Cascade Tomatoes-6	Basil-1 bunch	Bright Lights Swiss Chard-1 bunch	Green Bell Peppers-2	Scallions-1
Potatoes-1 basket-first week for potatoes. They are small and the skins are tender.			Fennel-1 bulb	Summer Squash -10

### BEET-POTATO SALAD WITH LEMON

<i>1/3 onion, chopped</i>	<i>3 tsp vegetable oil</i>	<i>4 medium size beets</i>
<i>1/2 cup fresh lemon juice</i>	<i>1 jalapeno chill, seeded, minced</i>	<i>potatoes to match beet volume</i>

Combine onion, lemon juice, jalapeno, and oil in large bowl, set aside. Cook potatoes and beets in separate pots of boiling water until tender. Potatoes will cook faster than beets. Drain, cool slightly. Peel and cube beets, peel potatoes and add both to lemon mixture. Tossing to coat. Season with salt and pepper. Serve warm or at room temperature.

### BROILED DJON TOMATOES

4 tomatoes, cut in half	1 Tbsp Dijon mustard	1/2 tsp water
2 garlic cloves, pressed	1/4 tsp dry mustard	

In a small bowl, combine the garlic, Dijon mustard, and dry mustard. Add the water, a little at a time, stirring as you do so. Put the tomatoes on a broiling pan and spread the mustard mixture over them. Broil the tomatoes under a preheated broiler for 3-4 mins until bubbly. Watch them carefully; they burn easily.

### MILDGAZPACHO

4 cups tomato juice	1 cucumber	1/2 cup fresh parsley	1 tbsp low-sodium soy sauce
2 tomatoes	2 scallions	1 tsp basil	
1 green pepper	2 celery stalks	juice of 1/2 lemon	

Cut veggies into large chunks. Put 2 cups juice in blender along with half of the vegetables. Blend well. Pour into a large jar. Repeat with remaining ingredients. Blend. Add to first batch. Mix well. Cover and chill at least 2 hrs to blend flavors. Serve cold.

### EASYRATATOUILLE

2 large onions chopped	2 large eggplant, cut into chunks	2 tbsp chopped basil
2 green peppers, cut into chunks	2 cloves garlic, crushed	1 tbsp oregano
6 summer squash, cut into chunks	4 cups chopped tomatoes	2 tbsp parsley flakes

Place all ingredients into a large pot. Cover. Cook over medium-low heat about 60 min. Stir occasionally. Serve hot or cold. Serve over noodles, grains, potatoes, or stuffed pita bread.

### GRILLED SUMMER SQUASH

1 clove garlic, minced	2 tbsp chopped basil	4 medium size summer squash sliced lengthwise
2 tsp olive oil	1/4 tsp lemon pepper	
1 tsp water	1/4 tsp salt	

Combine garlic, oil, water, and seasoning. Brush cut surfaces with half of garlic mixture. Place veggies on grill. Grill for 4 minutes or so, turn and brush with remaining mixture. Cook for 4 min or until tender.

**VOLUNTEERS NEEDED: PLEASE VOLUNTEER 1 1/2 HRS AT OUR SITE TO SIGN IN MEMBERS. THANK YOU**

### **THINGS TO DO WITH BASIL:**

Basil is one of the most versatile herbs around.

Here are a few particularly good applications:

- Chop and mix into vinaigrette; pour over sliced Mozzarella cheese overlapped with sliced ripe tomatoes.
- Toss strawberries, pineapple, or melon with a little sugar, maple syrup or honey; sprinkle on chopped basil.
- Basil Cream: blanch basil for a few seconds; plunge into cold water; drain. Mix with a few tbsp of heavy cream, heat through, season with salt and pepper and serve over anything.
- Pesto: blanch a cup of fresh basil leaves (washed well); plunge into ice water; drain and pat dry. Puree until smooth with 3 tbsp pine nuts (toasted until golden, cooled), 3 tbsp freshly grated Parmesan, 1 small garlic clove or garlic scape, 4 tbsp olive oil. Season with salt and pepper.

### **SQUASH "PIZZA"**

- 2 medium zucchini, quartered lengthwise
- 2 medium yellow squash, quartered lengthwise
- 4 tbsp olive oil, divided
- Salt and freshly milled blk pepper
- 1 medium tomato chopped
- 1 chopped scallion or Spanish onion
- 1 1/2 tsp chopped fresh thyme or 1/4 tsp dried thyme
- 1/4 cup fresh basil leaves, washed, dried, and chopped
- 1 cup cheddar cheese

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Preheat oven to 400 degrees. Oil ovenproof baking dish. Alternate zucchini and squash, cut-side up, in dish. Drizzle squashes with oil and season with salt and pepper, to taste, sprinkle tomato, onion, thyme and basil over squash; top with cheese. Bake, uncovered, until cheese is melted and zucchini and squash soften, about 20 min.

**ABOUT SUMMER SQUASH** We receive several types *summer squash*; they can all be prepared in the same way.

**Pattypans are often hollowed out and stuffed with rice and vegetables.**

**To store:** Store in perforated plastic bags in the refrigerator crisper.

To prepare: Simply rinse; never peel summer squash. Small cubes or matchsticks are delicious on summer salads or raw vegetables. Cook them quickly as possible in as little liquid as possible in as little liquid as possible.

To boil: Bring 4 quarts of water and 1 tbsp salt to a rolling boil. Add squash and cook until tender but still crisp (2-4 min for cubes or matchsticks, 4-6 min for halves or quarters). **Drain.**

**To steam:** Place prepared squash in steamer basket over 1-2 inches of boiling water. Cook, cover, until tender but still crisp (4-6 minutes for baby squash or matchsticks, 7-10 min. for quarters or halves).

To roast: Slice or quarter large squash; cut small squash in half. Brush with oil; sprinkle with herbs or salt. Place in 400 degree oven for 10-15 minutes, until soft.

To sauté: Slice, dice, quarter or halve (for small squash) the squash. Heat 2 tbsp olive oil in a skillet over high heat; if desired, add 2 **tbsp parsley or 2 cloves chopped garlic and sauté briefly.**

### **SWISS CHARD WITH GOLDEN RAISONS & PINE NUTS**

*2 pounds Swiss chard, rinsed and drained*

*4 tbsp golden raisons, soaked in warm water*

*2 anchovies, finely chopped, & 2 tbsp sherry wine vinegar, optional*

*4 tbsp toasted pine nuts*

*4 tbsp olive oil*

*2 — 3 tbsp chopped garlic*

*salt and pepper*

**Remove chard greens and chop stems into small pieces; keep separate. Heat oil in large skillet. Add stems in a few tbsp water; cover, cook 3-4 min. Uncover, continue cooking until moisture has evaporated. Add greens, raisons, garlic, and optional salt, pepper to taste. Cook, covered until tender, 3-4 min. Garnish with pine nuts.**

**EDIBLE SOYBEANS** are related to, and have the same high nutritional values and protein levels as regular soybeans, but they're much easier to cook and are eaten in the fresh shell stage rather than dried. Fresh green soybeans freeze very well and are more easily digested than yellow soybeans. In Japan, they're served in their pods as a snack with beer, and popped out as needed, like peanuts.

**TO PREPARE:** Strip pods from branches, but don't shell them. Rinse and boil or steam them for about 5 minutes. Flush with cold water to cool pods, then shell by popping beans out of pods. Don't overcook; they're better when they are a little crisp. Dress with butter or any sauce. Or just serve in pods, pop them out and salt as you go.

#### **Basil Aioli:**

1 clove garlic    1/4 teaspoon kosher salt    1 cup fresh basil leaves, washed    1 cup mayonnaise

2 tablespoons extra-virgin olive oil    1 tablespoon Dijon mustard    1 tablespoon water    1/2 teaspoon fresh lemon juice

In a blender combine the garlic paste, with the remaining ingredients and process until smooth.

Transfer the sauce to a bowl, cover and refrigerate for at least 30 minutes before serving so the flavors come together