

July 15, 2008

Hello CSA Members!

We are very excited to offer you a delicious variety of fruits and vegetables in your CSA box. This week, you will find broccoli, cucumbers, zucchini summer squash, patty pan summer squash, salad mix, lettuce, green beans, Door County sweet cherries, red beets, golden beets, and chioggia beets. The golden and chioggia beets are much sweeter than regular red beets. Chioggia beets are swirled on the inside. Both varieties do not bleed. As always, enjoy the recipes included at the end of the newsletter for some tasty and creative ways to prepare these fruits and veggies.

Next week, you can expect the same variety, except we will not have the salad mix, but we will have carrots.

We hope to see you on Saturday!

Your dedicated farmers,

Tracy and Dick



We believe the only way to get produce fresher, is if you grow it yourself...or in our case, when you get it locally, from your neighbor's at Olden Produce.

Melbourne's Caper of the Week



Not Melbourne, but he's sure to make you smile!

Found online at http://funhouse.bubble.ro/images/funny_dog.jpg.

What vegetable can you throw away the outside, cook the inside, eat the outside, and throw away the inside?

Corn

Where did the vegetables go to have a few drinks?

The salad bar

If a carrot and a cabbage ran a race, who would win?

The cabbage, because it is a head!

Why did the tomato turn red?

Because it saw the salad running!

Found online at <http://www.geocities.com/meshki123/vjokes.htm>.

BROCCOLI WITH GARLIC AND ASIAGO

Ingredients

1 large head broccoli, cut into long, thin spears
2 tablespoons extra virgin olive oil (EVOO)
4 cloves garlic, finely chopped
1/4 pound Asiago cheese, shaved with vegetable peeler

Simmer broccoli in 1/2-inch boiling, salted water in a shallow covered skillet for 6-7 minutes, until tender. Drain broccoli and remove from pan.

Return pan to stovetop over medium heat. Add EVOO and garlic. Saute garlic in EVOO for three minutes. Add broccoli spears to the skillet and coat them with the garlic oil.

Transfer broccoli to a serving dish and garnish with curls of Asiago cheese.

Serves 4.

Found online at www.rachelray.com.

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CUCUMBER SANDWICHES

This afternoon snack is a popular British concoction, that is usually served with afternoon tea. The original recipe uses only butter, white bread, and cucumbers soaked in vinegar. There are many American variations, often using a cream cheese spread, like the one below.

Cucumber Mint Tea Sandwiches

1/4 cup loosely packed fresh mint leaves
2 tablespoons unsalted butter
2 tablespoons cream cheese
6 slices of bread
3-inch length of cucumber



Recipe from epicurious.com.

Quickly pick off some mint leaves and place them in a salad spinner, or rinse them all by hand and shake the water off.

Dry the leaves and then finely dice them.

Place the cream cheese, butter, and mint into a bowl and mix well. It helps if the cream cheese and butter are softened ever so slightly. It should become a sort of herb paste.

Spread the mixture on the bread.

Slice the cucumbers and put on bread to make a sandwich.

To be proper, slice the crusts off and slice the sandwich up into nice little finger-approved rectangles.

Photo and recipe found online at http://www.thepauperedchef.com/2006/02/cucumber_sandwi.html.

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ZUCCHINI PANCAKES

5 cups fresh zucchini - shredded
1/4 cup whole-wheat flour
2 large eggs
1 small onion, finely diced

1 teaspoon baking powder
1/2 teaspoon salt

In a large mixing bowl, beat the eggs. Add all remaining ingredients and mix until well combined.

Lightly coat a griddle or large frying pan - at medium-high heat - with cooking spray or canola oil.

Dollop mixture by the heaping spoonful on the griddle or fry pan to make pancakes. Flatten each cake lightly with a spatula.

Cook until golden brown on each side. This will take a bit longer than flour-type pancakes.

Serve warm topped with applesauce or butter and maple syrup.

Serves 4.

These are more like potato pancakes or hashbrown cakes than flapjack stack cakes. They make a great side dish too.

Found online at www.mrbreakfast.com.

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STUFFED PATTY PAN SQUASH

6-8 patty pans
2 tbsp. butter
3-4 tbsp. onion, chopped
3-4 tbsp. celery, chopped
4 tbsp. tomato soup
Salt & pepper to taste
Cheese crackers, crushed

Wash and trim squash. Drop in boiling water and simmer until about half done. Drain and cool. Spoon out centers, leaving 1/2-inch shell. Do not cut through bottom. Chop removed centers and set aside. Sauté onion and celery in butter until soft. Add chopped centers, tomato soup, salt and pepper. Mix then add enough crushed cheese crackers to thicken filling.

Fill shells. Sprinkle crushed cheese crackers over tops. Bake at 350 degrees until hot and squash is done, approximately 20-30 minutes.

Found online at <http://www.cooks.com/rec/view/0,1850,147167-250196,00.html>.

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COLORFUL FRIED LETTUCE

1 shallot, chopped finely
3 garlic, chopped finely
8 slices of carrot
3 pieces of Chinese mushroom, soaked and sliced
200g of lettuce
30g of sliced pork (marinated with salt, pepper and corn starch) or vegetarian equivalent
1 tablespoon of water mixed with a pinch of cornstarch dilution
1 teaspoon of oyster sauce
3 teaspoon of olive oil

Sauté shallot until fragrant. Add in garlic, carrot, mushroom and pork.

Stir-fry until pork is cooked. Add in lettuce.

Stir in cornstarch, water and oyster sauce.

Dish to serve.

Found online at <http://www.groupprecipes.com/8913/colorful-fried-lettuce.html>.

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CRUNCHY GREEN BEAN CASSEROLE

Ingredients

4 slices bacon
1 (10.75 ounce) can condensed cream of mushroom soup
1 (8 ounce) can water chestnuts, drained and chopped
3/4-cup milk
2 (15 ounce) cans green beans, drained
ground black pepper to taste
1 1/3-cups French-fried onions

Preheat oven to 350 degrees F (175 degrees C).

In a 1-1/2 quart casserole dish, mix together the bacon, soup, water chestnuts, milk, green beans and pinch of black pepper.

Bake for 30 minutes or until heated through.

Stir and top with French fried onions. Bake for 5 additional minutes or until onions are golden brown.

Serves 6.

Found online at

<http://food.yahoo.com/recipes/allrecipes/13751/crunchy-green-bean-casserole>.

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SWEET CHERRY PIE

Basic Pie Dough for Sweet Cherry Pie:

Makes 1 double crust

2 1/2 cups all-purpose flour (spooned and leveled), plus more for rolling
1 teaspoon salt
1 teaspoon sugar
1 cup (2 sticks) cold unsalted butter, cut into pieces
1/4 to 1/2 cup ice water

In a food processor, combine flour, salt, and sugar; pulse briefly. Add butter; pulse until mixture resembles coarse meal, with a few pea-size pieces of butter remaining. Sprinkle with 1/4 cup ice water. Pulse until dough is crumbly but holds together when squeezed (if necessary, add up to 1/4 cup water, 1 tablespoon at a time). Do not overmix.

Divide dough in half, and turn out onto two large pieces of plastic wrap. Fold plastic over each portion of dough; press to shape into two 3/4-inch-thick disks. Refrigerate until firm, at least 1 hour (and up to 3 days); dough can also be frozen up to 3 months (thaw before using).

On a floured piece of parchment paper, roll one disk of dough to a 14-inch round. Wrap dough around rolling pin; unroll over a 9-inch pie plate. Gently fit into bottom and sides of plate (do not stretch dough). Using kitchen shears, trim dough to a 1-inch overhang all around; refrigerate until ready to use. Reserve and refrigerate remaining disk of dough for top crust.

Filling:

2 pounds fresh cherries, pitted and halved
1/2 cup granulated sugar
2 tablespoons cornstarch
2 tablespoons fresh lemon juice
All-purpose flour, for rolling
1 large egg yolk, beaten with 1 tablespoon water, for egg wash
1 tablespoon granulated sugar, for sprinkling

Preheat oven to 400 degrees, with rack in lowest position. On a floured piece of parchment paper, roll one disk of dough to a 14-inch round. Wrap dough around rolling pin; unroll over a 9-inch pie plate. Gently fit into bottom and sides of plate (do not stretch dough). Using kitchen shears, trim dough to a 1-inch overhand all around. In a large bowl, combine cherries, granulated sugar, cornstarch, and lemon juice; toss until cherries are coated. Pour into prepared bottom crust.

On a floured piece of parchment paper, roll second disk of dough to a 14-inch round. Cut into eight 1 1/2-inch-wide strips; discard the shortest two. Weave strips over filling to form a lattice (see photo, page 28). Using kitchen shears, trim strips so they hang over rim by 1 inch. Tuck strips under rim of bottom crust; press to seal. Crimp with a fork all around the edge.

Using a pastry brush, lightly brush lattice with egg wash, and sprinkle with turbinado sugar.

Place pie on a rimmed baking sheet. Bake until filling is bubbling rapidly all over, 60 to 70 minutes (tent with aluminum foil when crust starts to brown, about 40 minutes). Transfer pie to a wire rack, and let cool to room temperature, at least 3 hours.

Found online at <http://www.marthastewart.com/>.

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BEETS

Did you know that the Romans used beets as a medicine for fevers, constipation, and other ailments. Beets are loaded with vitamin C, folate, dietary fiber, and antioxidants. As for storage, to maintain moisture in beets, leaves should be used within 3 days. The roots, however, will last for a couple of weeks.

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BEET CHIPS

Ingredients

3/4 pound beets
1/4 cup cornstarch
4 cups safflower or vegetable oil for deep-frying

Peel beets. Using a manual slicer, cut beets into paper-thin slices and transfer to a large bowl. Add cornstarch and toss well to coat.

In a 3-quart saucepan heat oil until a deep-fat thermometer registers 350 degrees F. Working in batches of 8 to 10 slices, separating them from one another, fry beets, turning once or twice, until crisp and beginning to shrivel, 30 seconds to 1 minute, making sure oil returns to 350 degrees F before adding next batch.

Transfer chips as fried with a large slotted spoon to paper towels to drain and season with salt. Beet chips may be made 12 hours ahead and kept, uncovered, at room temperature.

Serves 4.

Found online at epicurious.com.

BEET AND BEET GREEN RISOTTO WITH HORSERADISH

1 small onion
1 pound red beets with greens
4 cups water
1/4 cup unsalted butter
1 cup Arborio or long-grain rice
1/2 cup freshly grated Parmesan
1 tablespoon bottled horseradish

Finely chop onion and trim stems close to tops of beets. Cut greens into 1/4-inch-wide slices and chop stems. Peel beets and cut into fine dice. In a small saucepan bring water to a simmer and keep at a bare simmer.

In a 3-quart heavy saucepan cook onion in butter over moderate heat until softened. Add beets and stems and cook, stirring occasionally, 5 minutes. Stir in rice and cook, stirring constantly, 1 minute. Stir in 1 cup simmering water and cook, stirring constantly and keeping at a strong simmer, until absorbed. Continue cooking at a strong simmer and adding water, about 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding next. After 10 minutes, stir in greens and continue cooking and adding water, about 1/2 cup at a time, in same manner until rice is tender and creamy-looking but still al dente, about 8 minutes more. (There may be water left over.) Remove pan from heat and stir in Parmesan.

Serve risotto topped with horseradish.

Serves 4.

Found online at epicurious.com.

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