

July 2, 2008

Hello friends and neighbors!

Can you believe it's already July? This summer seems to be flying by, there is already back-to-school merchandise on the shelves at the local K-Mart! Although, for some of you, it might seem as if summer is almost over, we here at Olden Produce are just beginning our prime harvest season, and your CSA box will reap all the benefits!

We have an excellent variety of fruits and veggies in your CSA boxes this week, including zucchini, kohlrabi, sugar snap peas, strawberries, and garlic scapes. Thank you for the wonderful responses regarding the recipes from last week. It's great to know that you're finding the recipes useful and delicious!

As always, we try to give you a brief overview of the produce that you find in your CSA box each week. If you're interested in learning more about these fresh fruits and veggies, consider www.produceoasis.com, and for recipes, check out www.epicurious.com. Or, feel free to e-mail schumacher.pamela@gmail.com, and we'll include the information requested in our next newsletter.

Happy Independence Day on Friday! We hope that you all have a fun and safe holiday weekend! Remember—the only way to get produce fresher, is if you grow it yourself—or have your neighbors at Olden Produce grow it for you.

Sincerely,

Tracy and Dick



Melbourne's Caper of the Week

Grass is just a flowerbed in waiting.

How to stop a dog from digging in a garden:
Start right! Never let the dog see you digging . . . Doggy see, doggy do...

Why do melons have fancy weddings?
Because they cantaloupe.

Knowledge is knowing a tomato is a fruit;
Wisdom is not putting it in a fruit salad.

Online at www.retrorock-it.com/Blackthumb.

Zucchini, one of the most popular culinary vegetables, is botanically a fruit. The fruit comes from the swollen ovary of the zucchini flower. The tasty summer squash gets its fun name from the Italian word for squash: zucca. With the masculine diminutive, we get zucchini. Nutritionally, this summer squash contains folate, potassium, vitamin A, and manganese. Store in a loose bag in the refrigerator for up to one week.

PARMESAN ZUCCHINI

2 small zucchini, thinly sliced
1 small onion, chopped
3/4 teaspoon salt-free Italian herb seasoning
Dash salt and pepper
2 teaspoons olive oil
2 tablespoons shredded Parmesan cheese

In a small skillet, saute the zucchini, onion and seasonings in oil for 4-6 minutes or until crisp-tender. Reduce heat to medium. Stir in Parmesan cheese; cook for 1-2 minutes or until cheese is melted. Yield: 2 servings.

Nutrition Facts: 2/3 cup equals 91 calories, 6 g. Fat, 4 mg cholesterol, 163 mg sodium, 7 g carbohydrate, 2 g fiber, 4 g protein.

"Taste of Home's Cooking for 2," Summer 2007, p. 27

STUFFED ZUCCHINI

1 medium zucchini
1 plum tomato, diced
1/3 cup shredded Monterey Jack or Mexican cheese blend
3/4 teaspoon minced fresh parsley
Dash each salt, garlic powder, dried oregano and pepper
1-1/2 teaspoon grated Parmesan cheese

Cut zucchini in half lengthwise. Scoop out and discard pulp, leaving a 1/4-inch shell. Place zucchini in a saucepan and cover with water. Bring to a boil; cover and cook for 2-4 minutes or until tender. Drain.

In a small bowl, combine the tomato, Monterey Jack cheese, parsley, salt, garlic powder, oregano and pepper. Spoon into zucchini shells. Sprinkle with Parmesan cheese.

Place in an 8-inch square baking dish coated with nonstick cooking spray. Bake, uncovered, at 350 degrees for 20-25 minutes or until heated through. Yield: 2 servings.

Nutrition Facts: 1 zucchini half (prepared) equals 79 calories, 5 g fat, 14 mg sodium, 5 g carbohydrate, 2 g fiber, 7 g protein.

"Taste of Home's Cooking for 2," Summer 2007, p. 39-40

Kohlrabi is a vegetable that has been created through artificial selection that was bred from the wild cabbage plant. It is delicious eaten raw or cooked. Kohlrabi gets its name from the German words for cabbage, "kohl," and turnip, "rabi." Kohlrabi is rich in vitamin C. Store in a loose bag in the refrigerator for up to one week.

KOHLRABI with WHITE SAUCE

4 kohlrabi bulbs, peeled and cubed
1/2 teaspoon salt
2 tablespoons butter
2 tablespoons all-purpose flour
1 cup milk
3 tablespoons cream
1 teaspoon salt
1 teaspoon ground nutmeg
2 teaspoons white pepper
1/2 bunch fresh parsley, chopped

Place the kohlrabi and 1/2 teaspoon salt in a saucepan. Cover with water, and bring to a boil over medium-high heat. Cook until kohlrabi can be pierced with a fork, but remains firm, about 5 minutes. Drain, reserving 1 cup of cooking water. Place kohlrabi in a bowl, and cover.

Place the butter into the same saucepan, and melt over medium heat. Whisk in the flour, and stir until the mixture becomes paste-like and golden brown. Gradually whisk the milk and reserved cooking water from the kohlrabi into the flour mixture, stirring until thick and smooth. Stir in the cream, 1 teaspoon salt, nutmeg, white pepper, and parsley until well blended. Continue whisking until sauce thickens, then cook 10 minutes more. Stir in the kohlrabi, tossing to coat evenly with sauce. Yield: 8 servings.

Online at <http://allrecipes.com>

STRAWBERRY ORANGE SOUP

1 cup orange juice
2 cups fresh strawberries, hulled
2 teaspoons cornstarch
3/4 cup white grape juice
2 tablespoons seedless strawberry jam
2 teaspoons honey
Whipped topping and orange peel strips, optional

In a blender, combine orange juice and strawberries; cover and process until smooth. Press mixture through a fine meshed sieve; discard seeds.

In a large saucepan combine cornstarch and grape juice until smooth. Stir in strawberry puree and jam. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat; add honey. Simmer, uncovered, for 10 minutes. Yield: 2-1/4 cups.

Nutrition Facts: 3/4 cup equals 157 calories, trace fat, 0 cholesterol, 5 mg sodium, 38 g carbohydrate, 2 g fiber, 1 g protein.

“Taste of Home’s Cooking for 2,” Summer 2007, p. 57

FRUIT-FILLED FRENCH TOAST WRAPS

1 egg
1/4 cup 2% milk
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
2 whole wheat tortillas (8 inches)
2 teaspoons butter
2/3 cup sliced fresh strawberries
2/3 cup fresh blueberries
2/3 cup sliced ripe banana
1 carton (6 ounces) vanilla yogurt
1/4 cup granola
1 teaspoon confectioner’s sugar

In a shallow bowl, whisk the egg, milk, cinnamon and nutmeg. Dip both sides of tortillas in egg mixture. In a non-stick skillet, cook tortillas in butter over medium-high heat for 2 minutes on each side or until golden brown. In a small bowl, combine the berries, banana, yogurt and granola. Spoon down the center of tortillas. Roll up; sprinkle with confectioners’ sugar. Serve immediately. Yield: 2 servings.

Nutrition Facts: 1 wrap equals 376 calories, 11 g fat, 84 mg cholesterol, 298 mg sodium, 66 g carbohydrate, 8 g fiber, 13 g protein.

"Taste of Home's Cooking for 2," Summer 2007, p. 35-36

CREAM OF SUGAR SNAP PEA SOUP

3 small shallots, minced
2 tablespoons butter
1/2 lb. Sugar snap peas
2-1/2 cups chicken stock or vegetable stock
2 tablespoons fresh lemon juice
1/4 teaspoon ground cumin
1/2 cup heavy cream
1 tablespoon minced fresh coriander
Dash Tobasco sauce
Salt and pepper to taste

Saute the shallots in the butter until soft. Add the peas and stir-fry just until tender, about 2 to 3 minutes. Add the stock, lemon juice and cumin and simmer 15 minutes. Cool slightly then puree in a blender or food processor. Return to the saucepan, add the cream and Tobasco sauce. Add salt and pepper to taste. Heat thoroughly, but do not boil. Sprinkle with minced coriander just before serving.

Online at www.cooks.com.

SAUTEED GARLIC SCAPES

2 tablespoons virgin olive oil
2 tablespoons dark brown sugar
8 ounces young garlic scapes, trimmed
1-1/2 cups coarsely chopped tomatoes
3/4 cup dry white wine
1/4 teaspoon freshly ground pepper, or to taste
1 teaspoon salt, or to taste
1 tablespoon chopped parsley
1/4 cup grilled haloumi* cheese, cut into very small dice

Heat the oil in a broad sauté pan and add sugar. Stir to caramelize the sugar for about 2 to 3 minutes and add the scapes. Cover and sauté over a medium-high heat for no more than 3 minutes, occasionally shaking the pan to prevent the scapes from scorching. After 3 minutes, add the chopped tomatoes and wine. Stir the pan, then cover and reduce the heat to low; continue cooking 5-6 minutes, or until the scapes are tender but not soft. Season, then add the parsley and haloumi, and serve at room temperature.

Serves 6-8 as hors d'oeuvres.

*Haloumi cheese is a goat and/or sheep cheese made in Cyprus and now widely available in the United States. It can be sliced and grilled, or fried in a skillet, and it doesn't melt. Haloumi's salty flavor is a great addition to this recipe, but other salty cheeses such as cheddar or aged chevre can be substituted.

Online at <http://www.motherearthnews.com>