

July 31, 2008

Hello CSA Friends!

Can you believe July has already nearly come and gone? It feels like we were just celebrating Independence Day! It seems that summer days, though longer than winter days, go by much more quickly. Lucky for us, we're fortunate to have blueberries in your CSA boxes this week! Blueberries are believed to contain lots of anti-aging benefits, so even if the days fly by, we'll have more of them to enjoy with this healthy snack.

"Gardening requires lots of water—mostly in the form of perspiration." Lou Erickson



Did you know that July is National Blueberry Month? It's true. The United States is actually the leading producer of blueberries, growing nearly 90% of the world's blueberries within our borders. In the United States, Michigan is the leading producer, accounting for about 32% of our nation's blueberries. The best way to keep blueberries fresh is to wash them just before eating them. To store blueberries, wrap them tightly and refrigerate.

Blueberries should be eaten within ten days for the freshest taste. If you decide to freeze them, do not wash them before freezing, otherwise you'll risk them turning to mush upon thawing.

Blueberries have enormous nutritious benefits. They are very high in fiber and vitamin C. Because of the high level of antioxidants in blueberries, scientists have actually found reverse aging effects in rats that consumed blueberries!

"A flower is an educated weed." Luther Burbank

Besides some delicious Michigan blueberries, you will also find summer squash, cucumbers, kohlrabi, beets, and broccoli. Unfortunately, our corn is not ready for harvest just yet due to the fact that we lost our first two plantings to raccoons.

Enjoy!

Your dedicated farmers,

Tracy and Dick



Melbourne's Caper of the Week

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What do you get when 354 blueberries try to go through the door at the same time?

A blueberry jam!

Found online at <http://www.melodiesplus.com/Mary/blueberryjokes.htm>.

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McDonald's Story

A young man saw an elderly couple sitting down to lunch at McDonald's. He noticed that they had ordered one meal, and an extra drink cup. As he watches, the gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, until each had 1/2 of them. Then, he poured half of the soft drink into the extra cup and set that in front of the wife. The old man then began to eat, and his wife sat watching, with her hands folded in her lap. The young man decided to ask if they would allow him to purchase another meal for them so that they didn't have to split theirs. The old gentleman said, "Oh no. We've been married 50 years and everything has always been and always be shared, 50/50." The young man then asked the wife if she was going to eat, and she replied, "**Not yet. It's his turn with the teeth.**"

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CHILLED CUCUMBER SOUP

2 medium cucumbers, peeled, seeded and coarsely chopped, plus more for garnish if desired

3 medium scallions, coarsely chopped, plus more for garnish if desired

1 cup vegetable broth, homemade or store-bought

6 sprigs fresh dill or 1/2 tsp. dried dill

1 cup buttermilk

1/4 tsp. anchovy-free Worcestershire sauce

1/4 tsp. salt or to taste

1/8 tsp. freshly ground black pepper

Chopped avocado (optional for garnish)

Place the cucumbers, scallions, vegetable broth and dill in a blender. Cover and puree. Add the buttermilk, Worcestershire sauce, salt and pepper. Cover and blend until combined. Chill.

Add scallions, avocado, or cucumber chunks for garnish if desired.

Found online at <http://www.ohio.com/lifestyle/26086739.html>.

KOHLRABI & APPLE SLAW WITH CREAMY COLESLAW DRESSING

DRESSING

1/4 cup cream
1 tablespoon fresh lemon juice
1/2 tablespoon good mustard
1/2 teaspoon sugar
Salt & pepper to taste - go easy here
Fresh mint, chopped

1 pound fresh kohlrabi, trimmed, peeled, grated or cut into batons with a Benriner
2 apples, peeled, grated to cut into batons (try to keep equivalent volumes of kohlrabi:apple)

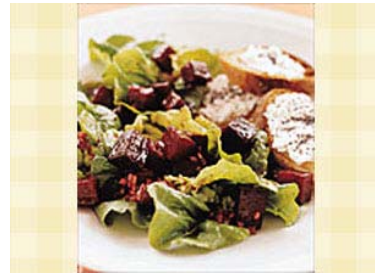


Whisk cream into light pillows - this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.

Found online at <http://kitchen-parade-veggieventure.blogspot.com/2008/02/kohlrabi-apple-slaw-with-creamy.html>.

RED HOT BEET SALAD with GOAT CHEESE TOAST

8 medium beets, scrubbed
1 cup pure maple syrup
1 1/4 teaspoons cayenne pepper
2 tablespoons red wine vinegar
2 tablespoons extra-virgin olive oil
1 garlic clove, minced
Salt
12 slices (1/4-inch thick) baguette, toasted
1/2 cup fresh goat cheese
1 teaspoon poppy seeds
4 heads Bibb lettuce (3 ounces each), leaves separated



In a medium saucepan, cover the beets with water and bring to a boil. Simmer over moderate heat until tender, about 25 minutes. Transfer the beets to a plate and let cool, then peel and cut into 1/2-inch dice. Reserve 2 cups of the cooking liquid in the saucepan.

Add the maple syrup to the pan and boil over moderately high heat for 5 minutes. Stir in the beets and cayenne and simmer over moderate heat until the beets are sweet and hot, about 30 minutes. Using a slotted spoon, transfer the beets to a plate. Boil the

cooking liquid until slightly thickened, about 8 minutes. Return the beets to the pan and let cool to room temperature.

In a small bowl, whisk 2 tablespoons of the beet syrup with the vinegar, olive oil and garlic and season with salt. Spread each toast with 2 teaspoons of goat cheese; sprinkle with poppy seeds.

In a large bowl, toss the lettuce with the beets and vinaigrette. Mound the salad on plates, set the goat cheese toasts alongside and serve.

Found online at http://food.yahoo.com/recipes/food-and-wine/BA509076-83E9-11D6-82B50002B3309983/red-hot-beet-salad-with-goat-cheese-toasts;_ylt=AjiWorq4ytIGvJs.nr9TAKJIY.Y5.

BROCCOLI ALMONDINE

1 1/2 pounds broccoli, stems peeled, then head cut into 2-inch-wide spears
1/2 stick unsalted butter
1/3 cup sliced almonds
1 tablespoon fresh lemon juice

Cook broccoli in a steamer rack over boiling water in a large wide pot, covered, until stems are just tender when pierced with a knife, 8 to 12 minutes. Remove steamer from pot and discard cooking water. Cool broccoli 5 minutes.

Meanwhile, heat butter in pot over medium heat until foam subsides, then cook almonds, stirring, until butter and nuts are golden and have a nutty aroma, 2 to 3 minutes. Stir in lemon juice and 1/2 teaspoon salt. Add broccoli and toss.

Found online at <http://www.epicurious.com/recipes/food/views/BROCCOLI-ALMONDINE-240949>.

TEX-MEX SUMMER SQUASH CASSEROLE

2 1/4 pounds summer squash, quartered lengthwise and thinly sliced crosswise
2/3 cup finely chopped yellow onion
1 (4 ounce) can chopped green chiles
1 (4.5 ounce) can chopped jalapenos, drained
1/2 teaspoon salt, or to taste
2 1/4 cups grated extra-sharp Cheddar cheese, divided
1/4 cup all-purpose flour
3/4 cup mild salsa
4 scallions, thinly sliced, for garnish
1/4 cup finely chopped red onion for garnish

Preheat oven to 400 degrees F. Coat a 9-by-13-inch baking dish with cooking spray.

Combine squash, onion, chiles, jalapenos, salt and 3/4 cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in the prepared baking dish and cover with foil.

Bake the casserole until it is bubbling and the squash is tender, 35 to 45 minutes. Spoon salsa over the casserole and sprinkle with the remaining 1 1/2 cups cheese. Bake, uncovered, until golden and heated through, 20 to 30 minutes. Sprinkle with scallions and red onion.

Found online at <http://food.yahoo.com/recipes/eatingwell/308/tex-mex-summer-squash-casserole>.

BLUEBERRY POPPY-SEED BRUNCH CAKE

2/3 cup sugar
1/2 cup margarine or butter, softened
2 teaspoons grated lemon peel
1 egg
1 1/2 cups Pillsbury BEST(R) All Purpose or Unbleached Flour
2 tablespoons poppy seed
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup sour cream
2 cups fresh or frozen blueberries, thawed, drained on paper towels
1/3 cup sugar
2 teaspoons Pillsbury BEST(R) All Purpose or Unbleached Flour
1/4 teaspoon nutmeg
1/3 cup powdered sugar
1 teaspoon milk, or as needed

Heat oven to 350 degrees F. Grease and flour bottom and sides of 9 or 10-inch springform pan. In large bowl, combine 2/3 cup sugar and margarine; beat until light and fluffy. Add lemon peel and egg; beat 2 minutes at medium speed.

Lightly spoon flour into measuring cup; level off. In medium bowl, combine 1 1/2 cups flour, poppy seed, baking soda and salt; mix well. Add to margarine mixture alternately with sour cream, beating until well combined. Spread batter over bottom and 1 inch up sides of greased and floured pan, making sure batter on sides is 1/4 inch thick.

In another medium bowl, combine all filling ingredients; mix well. Spoon over batter.

Bake at 350 degrees F for 45 to 55 minutes or until crust is golden brown. Cool 10 minutes; remove sides of pan.

In small bowl, blend powdered sugar and enough milk for desired drizzling consistency. Drizzle over warm cake. Serve warm or cool.

Found online at <http://food.yahoo.com/recipes/pillsbury-bakeoff/11362/blueberry-poppy-seed-brunch-cake>.

