

July 8, 2008

Hello CSA Friends!

We hope you all had a safe and fun Independence Day weekend! We are excited to share some seasonal favorites with you in your CSA boxes this week. We are including some delicious Door County Certified Organic Cherries, kohlrabi, lettuce, mixed greens, radishes, summer squash, zucchini, and cukes. Many of these items are yummy just washed and eaten raw or with dip, but we've included some more recipes for you to try at the end of this newsletter. Enjoy!

Your dedicated farmers,

Tracy and Dick



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### **Melbourne's Caper of the Week**

**Did you hear about the farmer who ploughed his field with a steamroller?**

He wanted to grow mash potatoes!

**Why did the farmer call his pig "Ink"?**

Because it was always running out of the pen!

**What do you call cattle with a sense of humor?**

Laughing stock!

Found online at [www.arcamax.com/jokes/](http://www.arcamax.com/jokes/).

A wife says to her husband one morning, "We've got such a clever dog. He brings in the daily newspapers every morning." Her husband replies, "Well, lots of dogs can do that." The wife responded, "But we've never subscribed to any!"

Found online at [doggiesparadise.com/dogs-jokes.shtml](http://doggiesparadise.com/dogs-jokes.shtml).

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### **HOW TO PREPARE PUMPKINS AND SQUASHES**

These vegetables have thick skins, which are usually removed before cooking. Select a large, heavy knife and put a damp dish towel under the cutting board so that it doesn't slip. Cut off a slice from the bottom to make it flat, and cut off the stalk end, too. Stand

the vegetable on the flat bottom and cut away the tough skin with firm, vertical slices for butternut squashes or follow the curve for round varieties and pumpkins. Slice in half and use a large spoon to scrape out all the seeds and fibers. Dice or slice the flesh.

Excerpt taken from Vegetarian Bible, Graimes, Biggs, and Turner; 2008. Page 79.

Tip: The easiest way to shred zucchini is to run it through the shredding disc of your food processor. A box grater will also work, but be sure to use the largest holes.

Found online at [www.epicurious.com](http://www.epicurious.com).

Squash can be stored in the refrigerator for up to one week in a loose bag.

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## SUMMER SQUASH SLOPPY JOES

### Ingredients

1 pound ground lean beef or turkey (or vegetarian equivalent)  
1/2 onion, finely chopped (about 3/4 cup)  
1 carrot, chopped  
1 1/2 cups summer squash, diced  
1 6-ounce can tomato paste  
3 garlic cloves, minced  
1 tablespoon mild chili powder  
1 teaspoon paprika  
1 teaspoon dried oregano  
Kosher salt and freshly ground black pepper  
3 ounces cheddar cheese, thinly sliced  
6 hamburger buns

Preheat the broiler. In a large skillet over medium-high heat, saute the ground beef or turkey until browned, about 7 minutes. Add the onion and saute 2 minutes. Add the carrot and saute 2 minutes. Add the squash and saute 1 minute more.

Stir the tomato paste and 1 1/2 cups water, stirring until the paste has dissolved. Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes.

Divide the cheese among the bottom halves of the hamburger buns. Transfer both halves of the buns to the broiler, open-faced, and toast until the cheese has melted and the top buns are toasted.

Remove the buns from the oven and fill each sandwich with the squash-and-meat mixture. Serve immediately.

Found online at [www.epicurious.com](http://www.epicurious.com), from Cookie, July 2008.

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## KOHLRABI AND SQUASH EMPANADAS

3 cloves of garlic, finely minced  
1 inch of ginger, peeled and grated  
2 medium kohlrabies, peeled and cut into small cubes  
1 large summer squash, cut into small cubes  
2 large scallions, both white and green parts, finely cut  
1 radish, minced (optional)  
1 T. extra virgin olive oil  
1 T. butter  
salt and pepper to taste  
dash of freshly grated nutmeg  
1 box of pre-made pie crust  
1 egg

In a medium skillet, heat oil and butter over medium heat. Add garlic and ginger to brown. Add kohlrabi cubes, a pinch of salt and some pepper. Toss well and cook 3 or 4 minutes until kohlrabi are softening a bit. Add squash cubes and continue to cook for 4 more minutes. Add scallions, radish, nutmeg and another pinch of salt and pepper. Mix well and cook for one minute before removing from heat. Set mixture to this side to cool.



Roll out dough to be a little thinner than pie crust typically is. If you are using pre-made crust from the store, run your rolling pin over it once or twice. Using a cereal bowl or large circular cookie cutter, cut out 6 inch circles from the dough. It should yield about 15, give or take depending on your cutter and dough thickness.



Pre-heat oven to 425F and line a cookie sheet with parchment paper. Prepare egg wash by beating egg with a teaspoon of water and set to the side along with a small bowl of water.

To make the empanadas, spoon one tablespoon of kohlrabi and squash mixture into the center of a circle of dough.

(It's better to have less filling than too much or the empanadas won't hold together. Feel out the right ratio that allows you to close off the dough without any filling popping out.)

Dip your finger in the bowl of water and run it around the outside edge of the dough. Fold dough over the filling to create a half circle. Press down edges. Carefully pick up the dough



pocket and pinch edges (see photo) to seal them tightly. A fork can also be used to crimp the edges if you want a less tedious method.

Repeat above process to finish all the empanadas, laying them on the lined cookie sheet when done. With a fork, prick the tops once and brush with egg wash. Bake for 8 minutes and turn over. Bake another 5 to 7 minutes until deep golden brown and flaky. Best served straight from the oven.

\* I'm sure you could add chicken to this recipe and it'd be quite tasty. In fact, you could just serve the filling on its own for a quick side dish when you're too short on time to make the empanadas.

Yields approximately 15 empanadas.

Found online at

<http://straightfromthefarm.wordpress.com/2007/06/17/something-original/>.

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Cherries are among the most healthy, versatile, and delicious fruits on the market, and because of its healthy benefits, it has been named a "superfruit." Read the complete "Cherry Report" that describes in detail all of the advantages of a diet rich in cherries online at <http://www.cherrymkt.org/> and click on the link in the "The Truth About Cherries" box on the left. This website also has a lot of excellent recipe ideas for cherries.

## CHERRIES SIMMERED IN RED WINE

*(Ciliege al Vino Rosso)*

Wine is as much a religion in Tuscany as food is, and rare is the table that is set without a bottle of the local vintage. Wine is also an ingredient in sauces, stews and even sweets. Fruit simmered in wine is a common dessert in the region, and cherries are the fruit of choice during their short summer season.

### Ingredients

4 cups dry red wine  
1 1/2 cups sugar  
2 pounds red or golden cherries, stemmed, pitted  
1/2 teaspoon grated orange peel  
1/8 teaspoon almond extract  
1/8 teaspoon ground nutmeg

Stir wine and sugar in heavy large saucepan over medium heat until sugar dissolves. Add cherries. Bring to boil. Remove from heat; let stand 5 minutes. Using slotted spoon, transfer cherries to medium bowl.

Boil cooking liquid until reduced to 2 cups, about 25 minutes. Mix in orange peel, almond extract and nutmeg. Cool. Pour syrup over cherries; toss. Cover; chill until cold. (Can be made 1 day ahead. Keep chilled.) Spoon cherry mixture into bowls and serve.

This cherry mixture is very versatile, as it can be served alone, as a dressing, over ice cream or over shortcake.

Servings: Makes 6 servings.

Found online at [www.epicurious.com](http://www.epicurious.com), from Bon Appetit, May 2000.

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## WATERCRESS, ZUCCHINI AND MINT SALAD

### Ingredients

2 zucchini, cut into batons  
3 1/2 oz. Green beans, cut into thirds  
1 green bell pepper, seeded and cut into strips  
2 celery stalks, sliced  
1 bunch of watercress  
salt

### Dressing

scant 1 cup plain yogurt  
1 garlic clove, crushed  
2 tablespoons chopped fresh mint  
pepper

Bring a saucepan of lightly salted water to a boil, add the zucchini batons and beans, and cook for 7-8 minutes. Drain, rinse under cold running water, and drain again. Set aside to cool completely.

Mix the zucchini and beans with the bell pepper strips, celery, and watercress in a large serving bowl.

To make the dressing, combine the yogurt, garlic, and mint in a small bowl. Season with pepper to taste.

Serves 4.

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## RADISH FLOWERS

### Ingredients

20 small radishes with leafy tops

Trim radish tops, leaving 2 inches of stems with leaves attached. Trim roots, then wash radishes, cleaning well around stem end. Holding onto stem end of radish and working with a sharp paring knife, carve a 1/8-inch-thick slice down one side, starting at the root end, following shape of the radish, and ending within 1/4-inch of stem to form a “petal” (do not cut all the way through). Make 2 more cuts around radish, turning it each time and leaving an equal amount of space between cuts, for a total of 3 petals. Repeat with remaining radishes.



Soak radishes in a large bowl of ice and cold water at least 1 hour (to open “flowers”). Transfer radishes to paper towels to drain.

Cooks’ note: Radishes can be soaked in ice water for up to 3 hours.

Found online at [www.epicurious.com](http://www.epicurious.com), from *Gourmet*, December 2004, photo by Mikkel Vang.

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## LETTUCE AND HAND ROLLS

This quick and easy summer recipe is very versatile, as you can choose to include additional ingredients or delete some, based on your taste and what’s in your pantry.

1 garlic clove, minced  
1 tablespoon, olive oil  
3/4 pound ground pork or turkey (or vegetarian equivalent)  
1 teaspoon Chinese five-spice powder  
1 tablespoon soy sauce  
2 tablespoons brown sugar  
8-10 Bibb lettuce leaves  
1 carrot, shredded  
1 cucumber, peeled and julienned  
Chopped peanuts (optional)



1. In a sauté pan over medium.

2. Add the pork, five-spice power, soy sauce, and brown sugar and cook until the pork is

browned, 8 to 10 minutes.

3. Scoop the pork mixture into the lettuce leaves. Garnish with the carrot, cucumber, and peanuts (if using).

Serves 4.

Found online at [www.epicurious.com](http://www.epicurious.com), from Cookie, May 2008,  
photo by Marcus Nilsson.

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