

Dear CSA Member,

For a while there the peppers were doing the back stroke and the tomatoes were treading water but the sun is shining now and the fields are drying out. The tomatoes are looking great and we are very excited that you will receive a nice share of slicing, heirloom and also Sungold Cherry tomatoes again this week.

New this week are the Black Radishes. They are a bold vegetable that I have grown to really appreciate. Their leaves and stems are very long and the color of the radish is pure black. The flesh is pure white and has a strong radish flavor. Like no other vegetable that I can think of. They really need to be peeled because the skin is thick and tough. Slice them thinly and sprinkle with salt.

The leeks are also ready to harvest and there is a bunch for each membership share. Pete dug the potatoes between the rain storms because it just didn't seem right to send leeks with out fresh potatoes. Enjoy the vegetables-Deb

Edamame-1 bunch Sungold Cherry Tomatoes-1 basket Slicing Tomatoes-4 Heirloom Tomatoes-1 Basil-1 bunch
 Bright Lights Swiss Chard-1 bunch Potatoes-1 basket Leeks-1 bunch Biscayne-2 Lilac-1 Green Bell-2
 Beets-1 bunch Black Radish-1 bunch Eggplant-2 Orient Express Tomatillo-1 basket-I was given a recipe for tomatillos sliced and placed around chicken. Add a few cloves of garlic, a bit of white wine and lemon juice. Bake until the chicken is done. It was great.

Edamame: 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.

Honey Crunch Baked Apples

- 6 large apples, peeled, cored
- 1/3 cup granola type cereal
- 1/3 cup pitted dates
- 1/4 cup chopped walnuts or almonds
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2 tsp lemon juice
- 6 tbsp honey
- 3 tbsp melted butter
- 3/4 cup apple juice or water

Place apples in a 9" square baking pan. In a bowl combine cereal, dates, nuts, spices, lemon juice and 3 tbsp honey. Spoon equal amounts of the filling into each apple, packing in lightly.

Stir together melted butter and remaining 3 tbsp honey, and apple juice. Pour over apples. Cover and bake in 350 oven for 30 minutes. Uncover, continue to bake, basting often with pan juices until tender when pierced. (about 35 more minutes). Serve warm or cool.

Shredded Beets Vinaigrette

- Approx. 2 pounds beets
- 1 1/2 tbsp finely chopped shallots
- 1 1/2 tsp dry mustard
- 1 small garlic clove, minced
- 3 tbsp white wine vinegar
- 1/2 cup olive oil
- salt and pepper
- Dill sprigs -optional

Peel beets; then coarsely shred, using a food processor or a grater. You should have about 6 cups.

Stir together shallot, mustard, garlic, vinegar, and oil. Pour over beets and mix well. Season to taste with salt and pepper. If made ahead, cover and refrigerate until next day. If desired, garnish with dill before serving.

TO COOK BEETS

Baking/roasting: Trim the beets, removing the stem and root ends. Wrap in aluminum foil (if small wrap 5-8 together). Bake directly on the oven rack in a preheated oven (425 degrees) until tender, approximately 50 minutes for med/lg beets, less for smaller beets. When the beets are cool enough to handle, slip off the skins under running water (this helps prevent purple fingers).
Boiling: Bring water to a boil in a large pan. Place the whole beet (ends trimmed) and return to a boil. Lower the heat. Boil the beets, covered, until they are tender and can be pierced with a paring knife; approximately 40 minutes. Allow the beets to cool. Then peel.

GINGER BEETS

1 bunch of beets (6 medium beets or equivalent)
2tbsp butter or ghee
1 tbsp honey
1/2 tsp finely chopped fresh ginger (powdered is ok too)
1/2 tsp soy sauce
 -Boil or steam the beets until partially tender. Run cool water over them and peel. Leave whole or slice.
 -In a saucepan combine butter, honey, ginger, soy and heat. brush over the beets and place them in a frying pan, grilling basket or on a hot grill. Basting frequently, cook for 8-10 min.

Curried Potatoes and Peas

3 large potato OR EQUIVALENT

1/2 cup green peas

1 onion, diced

1/4 tsp. brown mustard seeds

1/4 tsp. Turmeric

2 Tbsp. minced cilantro

1/2 tsp. lemon juice

1/2 tsp. sea salt

1 Tbsp. olive oil

1. scrub potatoes. Cut onto large pieces and boil till cooked

2. remove skin and cut into 1 inch cubes

3. in large skillet, heat oil and brown onions, mustard seeds, turmeric and cilantro

4. Add boiled potatoes and salt. Cover and simmer 8 minutes

5. Add the lemon juice

CURRIED POTAO-TOMATO SALAD

5-6 med/lg potatoes

2/3 cup low-fat yogurt

1-2 tsp curry powder

3 medium tomatoes, diced

1/4 cup chopped cilantro

Microwave or bake potatoes in their skin until done but still firm. Then let cool to room temp.

Dice potatoes into 3/4 inch chunks, and place in serving container.

Combine yogurt and curry powder in a small bowl and stir together. Pour over the potatoes, add the remaining ingredients, and mix well. Cover and refrigerate until needed or serve at once.

VERSATILE STEAMED EGGPLANT Use in stews, for topping pizza, on French bread sandwiches topped with mozzarella cheese, spread with goat cheese or in wraps. **Ingredients: 1 medium onion, quartered and thinly sliced & 1 medium-large eggplant**

1. Combine onion with 1/4 cup water in deep saucepan or stir-fry pan. Bring to a simmer, cover, and cook over medium-low heat while preparing the eggplant.
2. Cut the eggplant into 1/2 inch thick slices, then peel it. Cut each slice in half crosswise, then slice into 1/4 inch thick strips. Add to saucepan along with another 1/2 cup water. Cover and steam, stirring occasionally, until eggplant is tender but not mushy, about 8 minutes. Keep bottom of saucepan moist, but not too liquidy, using a little more water if needed. Season with salt and pepper.

LEEK AND PEPPER HASH BROWN POTATOES

6 medium potatoes (more if small)

1 large or 2 small leeks

2 tbsp olive oil

1 bell pepper, finely diced

Microwave potatoes until easily pierced with a fork but still firm. Cool and slice 1/2 inch thick.

Trim tough green leaves and bottoms from leeks and discard. Slice leeks in half lengthwise, then into 1/2 inch slices crosswise. Rinse well in colander. Heat 1 tbsp oil in skillet, add leeks sauté until limp, 6-8 min. Add pepper and sauté, covered, until leeks are soft, 5-8 min. Add remaining 1 tbsp oil and potatoes. Raise heat and cook until potatoes are browned. Season.

SWISS CHARD WITH BLACK-EYED PEAS

1 bunch swiss chard or other greens

2 tbsp olive oil

1 large onion, quartered and thinly sliced

16 oz can of black-eyed peas

2 tbsp balsamic vinegar or apple cider vinegar

Wash greens and discard stems. Chop leaves coarsely. Heat oil in soup pot. Add onion and sauté until golden. Add greens, cover and steam until tender (just water clinging to greens is sufficient), 3-5 min. Stir in black-eyed peas and vinegar. Season. Cook just until everything is heated through, and serve.

BABA GHANOUJ *This classic dip is delicious on pita bread.*

2 medium eggplants

3-4 garlic cloves minced

juice of 1/2 -1 lemon, to taste

1 tbsp olive oil

1/4 cup tahini (sesame paste)

Salt and pepper, to taste

- Preheat oven to 475. Place whole eggplants on foil-lined baking sheet. Bake, turning once or twice, until eggplants have completely collapsed, 40-50 min. Remove and let cool. When cool remove stems and slip off the peels. Heat oil in skillet and add garlic, sauté on LOW heat, 2 min until golden. Combine eggplant pulp, garlic, tahini, and lemon juice in a food processor. Process until mixture is a slightly chunky puree. Season and serve at room temperature.

COLD FRESH TOMATO SOUP Use ripest tomatoes possible.

3 pounds tomatoes, quartered 1 cup tomato juice 1/4 cup chopped basil 1-2 scallions, minced juice of 1/2 lemon

- Place all ingredients in a food processor and process to a chunky puree. Transfer to a serving container and serve at once, or cover and refrigerate until chilled, if desired.

We Need Your Support: AS CSA MEMBERS WE WOULD GREATLY APPRECIATE ANY TIME THAT YOU CAN GIVE VOLUNTEERING TO SIGN MEMBERS IN. SHIFTS ARE 1 1/2 HRS LONG. YOU CAN SIGN UP AT OUR SITE. MAY WE CONTINUE WORKING TOGETHER IN HOPES OF CONTINUING THIS WONDERFUL GROUP. THANK YOU IN ADVANCE. Danielle and Nicole (Core members)