

Dear CSA Member,

The hay fields and plants in the garden are still green and growing thanks to all of the wet weather. We have been concerned that one nasty disease or another would creep in with the cold and the wet, but up to now the vegetables look healthy. The second planting of summer squash is very slow to start producing, but we hope that by next week we'll have summer squash for your shares again. Tomatoes are really coming on strong now and you will receive Sungold Cherries, slicing red tomatoes and heirlooms. The colors and shapes are just beautiful. After another week of rain the weather man says we will have four straight days of sunshine. What a welcome relief. There is a constant chirping of crickets now that begins as summer is slowly coming to a close. We are starting to see the seasons changing again and so we hope you will savor the tomatoes, basil and peppers while they last. Enjoy the vegetables-Deb

Edamame-1 bunch	Sungold Cherry Tomatoes-1 basket	Slicing Tomatoes-6	Heirloom Tomatoes-2
Leeks-1 bunch	Savoy Cabbage-2 heads-these are a bit small	Opal Basil-1 bunch	Bright Lights Swiss Chard-1
Peppers-Biscayne-2	Green Bell-2	Chili-2-watch out, these might be a bit hot for some	Jalapenos- <u>Beets-1 bunch</u>
Summer Squash-4	<u>Optional Fruit Share- (1 bags total): Red Clapp Pears, Nectarines and Peaches</u>		

### SWISS CHARD WITH GARLIC AND OREGANO

After you rinse and drain the chard, there should be just enough water clinging to the leaves for it to wilt.

10 cup coarsely chopped Swiss chard (about 10 ounces)	1 garlic clove, minced	1/8 teaspoon salt
1 teaspoon olive oil	1/4 teaspoon dried oregano	Dash of black pepper
		2 teaspoons red wine vinegar

Rinse Swiss chard with cold water; drain chard well. Heat oil in a large nonstick skillet over medium-high heat. Add garlic, and saute 1 minute or until slightly golden. Add chard. Cover and cook 1 minute or until chard begins to wilt. Stir in oregano, salt, and pepper. Cover and cook 5 minutes or until tender, stirring occasionally. Remove from heat; stir in vinegar.

### ROASTED BEET SALAD

8 beets (about 2 pounds)	1/4 teaspoon freshly ground black pepper, divided
5 tablespoons rice vinegar, divided	8 cups gourmet salad greens (about 8 ounces)
1/4 teaspoon salt, divided	2 teaspoons olive oil
	1 (1/8-inch-thick) slice red onion, separated into rings

Preheat oven to 375°. Trim off beet stems and roots. Wrap each beet in foil; bake at 375° for 45 minutes or until tender. Cool beets to room temperature; peel and cut into 1/4-inch-thick slices. Combine beets, 4 tablespoons vinegar, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a bowl; toss well. Combine 1 tablespoon vinegar, 1/8 teaspoon salt, 1/8 teaspoon pepper, salad greens, and oil in a large bowl; toss well. Place 2 cups salad greens mixture on each of 4 plates; top with beets and onion rings.

Chili con Carne with beans Serve over rice or with corn bread twists.

1 cup chopped onion	1 pound ground sirloin
4 teaspoons chili powder	1 1/2 cups canned crushed tomatoes or fresh
1 tablespoon ground cumin	1/2 teaspoon salt
1 teaspoon bottled minced garlic	1 (14.5-ounce) can diced tomatoes with green pepper, celery, and onion or fresh
1/4 teaspoon ground red pepper	1 (19-ounce) can kidney beans, rinsed and drained

Cook first 6 ingredients in a large nonstick skillet over medium-high heat until beef is browned, stirring to crumble. Add crushed tomatoes, salt, and diced tomatoes; bring to a boil. Cook 4 minutes, stirring occasionally. Add beans; cook 2 minutes or until thoroughly heated. If using fresh: Continue cooking on low until fresh vegetables have reached desired consistency.

### Couscous with Chickpeas, Tomatoes, and Edamame

1 tablespoon olive oil	1 (16-ounce) can chickpeas (garbanzo beans), drained and rinsed
1 cup fresh or frozen shelled edamame (soybeans)	1 (14.5-ounce) can diced tomatoes, undrained

1/2 teaspoon crushed red pepper  
4 garlic cloves, minced 2 1/4  
cups water, divided 1/4 cup  
chopped fresh basil

3/4 teaspoon salt  
1 cup uncooked couscous  
2 cups coarsely chopped green onions  
1 cup crumbled feta cheese

Heat olive oil in a large skillet over medium heat. Add edamame, red pepper, and garlic; cook 3 minutes, stirring frequently. Stir in 1/2 cup water, basil, chickpeas, and tomatoes; simmer 15 minutes. Add 1 3/4 cups water and salt; bring to a boil. Gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Stir in onions and feta; toss well.

### **SAVORY CABBAGE SALAD**

8 cups thinly sliced Savoy or napa (Chinese) cabbage  
1/3 cup sliced pitted kalamata olives 1 tablespoon fresh  
lemon juice

1 tablespoon extra-virgin olive oil  
1 garlic clove, minced  
1/8 teaspoon salt  
1/8 teaspoon black pepper

Combine the first 3 ingredients in a bowl. Drizzle with oil and juice, and toss. Sprinkle with salt and pepper, and toss well.

## **Cabbage with Zucchini and Sesame Seeds**

*The flavors of the soy sauce, chile paste, and sesame seeds make this a good side for an Asian-inspired meal.*

1 tablespoon sesame seeds  
1 teaspoon olive oil  
3 cups finely chopped zucchini,  
6 cups thinly sliced Savoy cabbage  
1/4 cup rice vinegar

1/4 cup low-sodium soy sauce  
1 teaspoon chile paste with garlic  
1/8 teaspoon black pepper  
1 tablespoon chopped fresh mint (optional)

Toast sesame seeds in a large skillet over medium heat 3 minutes or until lightly browned, shaking the pan frequently. Remove from pan. Heat oil in pan over medium-high heat. Add zucchini; cook 3 minutes or until tender, stirring frequently. Add cabbage and next 4 ingredients (cabbage through pepper). Cover, reduce heat to medium, and cook 6 minutes or until tender, stirring occasionally. Remove from heat; stir in sesame seeds and mint, if desired. Serve immediately.

## **Braised Cabbage and Leeks with Turkey Sausage**

8 cups thinly sliced green cabbage (about 2 pounds), divided  
1 1/2 cups sliced leek (about 3 small)  
1/4 teaspoon black pepper

2 cup fat-free, less-sodium chicken broth  
1 1 pound smoked turkey sausage, cut into 6 pieces  
1/4 cup Dijon mustard

Heat a large nonstick skillet coated with cooking spray over medium heat. Add 4 cups cabbage and leek. Cover and cook 5 minutes. Stir in remaining cabbage and pepper. Cover and cook 5 minutes; stir in broth. Add sausage to pan, nestling pieces into vegetable mixture. Cover and cook 10 minutes or until sausage is heated. Serve with mustard.

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### **BASIL PESTO**

2 tablespoons pine nuts, toasted  
2 large garlic cloves  
2 3/4 cups fresh basil leaves (about 6 bunches)  
2 tablespoons (1/2 ounce) grated fresh Parmesan  
cheese  
2 teaspoons lemon juice  
3 tablespoons extra-virgin olive oil Drop pine nuts  
and garlic through food chute with food processor  
on, and process until minced. Add basil, cheese, and  
lemon juice; process until finely minced. With  
processor on, slowly pour oil through food chute;  
process until well-blended. Spoon into a zip-top  
heavy-duty plastic bag; store in refrigerator.

### **BASIL DIPPING OIL**

*Just two ingredients combine for a complement to all kinds  
of bread.*

2 cups chopped fresh basil leaves (about 2 [3/4-ounce]  
packages)  
1/2 cup olive oil

Combine basil and oil in a small, heavy saucepan. Cook over  
medium-low heat until thermometer registers 180°. Reduce  
heat to low; cook 20 minutes (do not allow temperature to  
rise above 200°). Cool to room temperature. Drain oil  
mixture through a sieve into a bowl; discard solids.