

Dear CSA Member,

The month of August seems to have slipped away so quickly. There are finally summer squash in your share again this week as promised as the new planting of squash reaches maturity. The eggplant has been struggling this summer with all of the wet and cool but there are finally a picking of eggplant for your share as well. The tomatoes are still at their peak. We hope you have enjoyed the different varieties you have received over the course of the summer. This is the last picking of soy beans. This time of year the soy beans dry on the stalk in the field. When you get them home, let them dry completely on the stalk or shelled in a cool, dry place. When completely dry they will keep for use over the winter. They need to be treated as you would dry beans when you are ready to use them. Wash, soak and then cook them until soft. They are great in soups at this stage.

New this week are the yellow carrots-Kinibi, and the red onions-Burgermaster. The carrots are still small and the skins very tender. Fall must be right around the corner. Enjoy the vegetables-Deb

Soy Beans-1 bunch-please take note of the information above Sungold Cherry Tomatoes-1 basket Tomatoes-10-they will be mixed Parsley-1 bunch Bright Lights Swiss Chard-1 bunch Peppers-Biscayne-2 AND Bell-2 (a mix of varieties) Potatoes-1 basket Tomatillos-1 basket Yellow Carrots-1 bunch Red Onions-2 Summer Squash-7 Eggplant-2 Orient Express Optional Fruit Share- (1 bag total) Red Clapp Pears, Nectarines and Peaches

Couscous Loaf With Feta, Eggplant, and Onion

3 cups water	1/2 cup chopped bottled roasted red bell peppers
1 1/2 cups uncooked couscous	1/2 cup diced onion
1 teaspoon turmeric	2 teaspoons dried oregano
1/2 teaspoon salt	3 garlic cloves, minced
2 teaspoons olive oil	1/2 cup drained canned chickpeas (garbanzo beans)
2 cups diced eggplant	1 cup (4 ounces) crumbled feta cheese
1 cup diced zucchini	1 large egg

Preheat oven to 325°. Bring water to a boil in a medium saucepan; gradually stir in couscous, turmeric, and salt. Remove from heat. Cover and let stand 5 minutes. Fluff with a fork. Heat oil in a large nonstick skillet over medium-high heat. Add eggplant and next 5 ingredients (eggplant through garlic); sauté 4 minutes. Combine eggplant mixture, couscous, chickpeas, feta, and egg. Coat a 9 x 5-inch loaf pan with cooking spray; line with parchment paper, allowing the parchment to extend over outside edges. Spoon couscous mixture into pan, pressing firmly to pack. Fold parchment over top of couscous mixture. Bake at 325° for 45 minutes or until set. Cool on a wire rack 10 minutes. Unfold parchment; invert molded couscous mixture onto a platter. Cool 15 minutes. Slice; serve warm.

Basic Mashed Potatoes -*Chicken broth and milk make these mashed potatoes rich; sour cream gives them tang.*

3 pounds cubed peeled baking potato	3 tablespoons reduced-fat sour cream
1/2 cup 2% reduced-fat milk	1 teaspoon salt
1/2 cup fat-free, less-sodium chicken broth	1/2 teaspoon black pepper
	1/4 cup butter, softened

Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain and return potato to pan. Add milk and broth; mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly. Stir in sour cream, salt, and pepper. Top with butter

Summer-Garden Tart

2 teaspoons olive oil	1 cup fresh corn kernels (about 2 ears)
1 cup vertically sliced Vidalia or other sweet onion	1/2 cup 1% low-fat milk
1 cup sliced yellow squash (about 1 medium)	1 (11.5-ounce) can refrigerated corn bread twists
1 tablespoon chopped fresh or 1 teaspoon dried thyme	1 tablespoon yellow cornmeal
1/4 teaspoon salt	1/4 cup (1 ounce) shredded part-skim mozzarella cheese
1/8 teaspoon black pepper	1/4 cup (1 ounce) grated fresh Parmesan cheese
3 garlic cloves, minced	1/4 cup chopped fresh parsley

Preheat oven to 400°. Heat oil in a nonstick skillet over medium-high heat. Add onion and next 5 ingredients (onion through garlic); sauté 7 minutes or until browned. Combine corn and milk in a saucepan over medium heat; cook 13 minutes.

Unroll dough (do not separate into strips). Roll dough into a 12 x 10-inch rectangle on a lightly floured surface. Place dough on a baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim. Sprinkle mozzarella cheese over crust; top with corn mixture and vegetables. Sprinkle with Parmesan cheese. Bake at 400° for 15 minutes or until crust is golden. Let stand 10 minutes. Sprinkle with parsley

Summer Vegetable Salad with Grilled Bread

The bread will start to soften when it's tossed with the vinaigrette. If you make the salad ahead, toss in the bread cubes and cheese just before serving.

Dressing:

2 tablespoons red wine vinegar
1 tablespoon extra-virgin olive oil
1 tablespoon honey
1 teaspoon salt
1/8 teaspoon black pepper
1 garlic clove, minced

Salad:

1 1/2 teaspoons extra-virgin olive oil 1 garlic clove, minced
4 (1-ounce) slices diagonally cut day-old French bread (about 1 inch thick)
1/8 teaspoon black pepper 2 large tomatoes, cored, cut in half crosswise, and seeded
1 red bell pepper, quartered 1 yellow bell pepper, quartered
1 red onion, cut into 1/2-inch-thick wedges Cooking spray
3 cups (1/4-inch) sliced zucchini (about 1 pound) 3 cups (1/4-inch) sliced yellow squash (about 1 pound)
1 cup canned cannellini beans or other white beans, rinsed and drained 1 tablespoon chopped fresh or 1 teaspoon dried basil
1 tablespoon chopped fresh or 1 teaspoon dried thyme 1/2 cup (2 ounces) crumbled feta cheese

To prepare dressing, combine first 6 ingredients in a small jar; cover tightly, and shake vigorously.

Prepare grill. To prepare salad, combine 1 1/2 teaspoons oil and 1 garlic clove in a small bowl. Brush one side of each bread slice with garlic mixture; sprinkle with 1/8 teaspoon black pepper. Grill bread 4 minutes on each side or until golden brown. Cool; cut toast into 1/2-inch cubes. Place the tomatoes, bell peppers, and onion in a wire grilling basket coated with cooking spray. Place grilling basket on grill rack; grill 6 minutes on each side or until tender. Remove from basket. Place zucchini and yellow squash in basket. Place basket on grill rack; grill for 6 minutes on each side or until tender. Combine the vegetables; cool. Coarsely chop vegetables; place in a large bowl. Add the dressing, toasted bread cubes, beans, basil, and thyme; toss to coat. Divide salad evenly among 6 plates; sprinkle with cheese. Serve immediately.

Roasted Summer Squash

2 cups thinly sliced yellow squash 1/8 teaspoon salt
1/2 teaspoon vegetable oil 1/8 teaspoon garlic powder
1/4 teaspoon paprika Cooking sprays

Preheat oven to 450°. Combine first 5 ingredients in a large zip-top plastic bag. Seal bag; shake to coat squash. Place squash on a baking sheet coated with cooking spray. Bake at 450° for 20 minutes, turning after 10 minutes

Chunky Garden-Tomato Sauce

1 tablespoon olive oil 5 1/2 cups chopped seeded tomato 1 teaspoon sugar
1 cup chopped onion 1/4 cup chopped fresh basil 1/2 teaspoon salt
4 garlic cloves, minced 2 tablespoons chopped fresh oregano 1/4 teaspoon pepper

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic; sauté 3 minutes. Add remaining ingredients, and bring to a boil, stirring occasionally. Reduce heat, and simmer 10 minutes, stirring occasionally. Serve over pasta or polenta, or on crostini.

Easy Minestrone Soup

2 (15-ounce) cans kidney beans, undrained
2 1/2 cups water
1 1/2 cups diced zucchini
1 cup chopped leek
3/4 cup sliced celery
1/2 cup diced carrot
1/3 cup dry red wine
1 teaspoon Creole seasoning
1 garlic clove, minced
1 (8-ounce) can no-salt-added tomato sauce
1/2 cup uncooked small elbow macaroni

Place 1 can of kidney beans in a food processor, and process until smooth. Spoon bean purée into a Dutch oven; stir in remaining can of kidney beans, water, and the next 8 ingredients (water through tomato sauce). Bring to a boil; cover, reduce heat, and simmer for 20 minutes. Stir in the elbow macaroni; cook, uncovered, an additional 10 minutes or until tender.

Mashed Potatoes with Blue Cheese and Parsley

2 pounds potatoes, cut into 2-inch chunks
2 garlic cloves, peeled
1 cup (4 ounces) crumbled blue cheese
1/2 cup 1% low-fat milk
2 tablespoons chopped fresh parsley
1/4 teaspoon freshly ground black pepper
Place potatoes and garlic in a large saucepan; cover with water. Bring to a boil; cook 15 minutes or until tender. Drain. Place potato mixture and remaining ingredients in a large bowl. Mash to desired consistency.