

Dear CSA Member,

It seems to be one beautiful day after another. A good rain in the middle of the week perked everything up and really got the plants growing. We had started to move irrigation pipe and irrigate the crops but there is nothing like a real rain fall

A couple of new vegetables in your share this week. Sorrel is the herb for the week. It is a nice addition to chicken dishes and will give a lemony flavor to soups. Use sparingly if you haven't used it before. There are also garlic scapes which are the seed head of the garlic plant that we remove to help the garlic bulb receive all the nutrients and grow larger. The scapes have all the flavor of fresh garlic and can be chopped up and used just like you would a garlic clove.

Two of my favorites are also new to your share this week: Bright Lights Swiss Chard and summer squash. We grow four different kinds of summer squash and you will receive any combination of them over the summer. Zucchini is the green squash everyone is familiar with. Zephyr is also a zucchini but is yellow and green. There are two scallop shaped summer squash a yellow one that is called Sunburst and a new one this year, Starship. Starship is a bit more cuplike and is green and yellow. Enjoy the vegetables-Deb

-I just finished and forgot all about the Escarole. It looks a lot like the lettuces but is tougher and lies flat. This is a Italian variety that is wonderful with garlic.

**This week's share includes:** Red Leaf Lettuce-1 head      Oak Leaf Lettuce-1 head      Buttercrisp Lettuce-1 head  
Romaine Lettuce-1 head      Escarole-1 head      Bright Lights Swiss Chard-1 bunch      Garlic Scapes-10  
Summer Squash-5      Sorrel-1 bunch      Hakeuri White Spring Turnips-1 bunch

**LETTUCE:** Remember to wrap lettuce in a damp towel or put in perforated plastic bags in the crisper drawer of the refrigerator. Lettuce is supposed to last for only a few days, but we usually find that CSA lettuce is still great at the end of the week. Wash well in lots of cool water to remove grit. Lettuce can be lightly braised, stir fried, or sautéed, but remove it from pan after 15-30 seconds. Dress at the last minutes, or greens will become soggy.

## SALAD DRESSINGS

### **Basic Salad Dressing**

*1 clove garlic, crushed*

*1/3 cup vinegar (balsamic or red wine)*

*2/3 cup extra-virgin olive oil*

*1 Tbsp Worcestershire sauce*

*Sea salt and freshly ground pepper to taste*

-Add crushed garlic to vinegar. Let stand for at least 1 hr. but not more than 24 hrs. Remove the garlic and add the olive oil and Worcestershire sauce. Shake and use on salad as needed. Season salad with salt and pepper.

**Variation:** Make into honey mustard by adding 1 or 2 Tbsp Mustard and 2 Tbsp honey to the above recipe.

### **Hot peanut-honey:**

Place in blender, ¼ cup peanut butter, 1 tbsp honey, 3 tbsp honey, 3 tbsp cider vinegar, 2 tsp sesame oil, 1 tbsp soy sauce, red pepper flake to taste; blend until smooth. Add salt to taste.

### **Buttermilk Dressing:**

Combine 1 cup buttermilk, ¼ cup grated cucumber, 2 Tbsp minced scallions, 1 Tbsp Dijon mustard, 2-3 tsp fresh herbs, 2 tsp lemon juice, ¼ tsp ground pepper in a screw-top jar, shake well. Chill.

### **Tomato Dressing:**

Combine 1 cup tomato juice, ¼ cup lemon juice or vinegar, 2 Tbsp garlicscape finely chopped, freshly ground black Pepper, 1 tsp chopped parsley or other herbs in a blender and mix thoroughly or shake vigorously in a tightly covered jar. Store in the refrigerator.

### **Orange Ginger:**

Place in a blender: ¼ cup rice wine vinegar, 2 medium garlic cloves or garlicscape, 1 tbsp diced fresh ginger, 1 tbsp sesame oil, 2 tsp soy sauce, 2 tsp orange juice concentrate and/or 1 tbsp chopped orange zest, red pepper flakes to taste. Blend for about a minute, then add ¾ cup vegetable oil in a steady stream until mixture emulsifies.

**ABOUT SUMMER SQUASH** We will receive several types *summer squash*; they can all be prepared in the same way. Pattypans are often hollowed out and stuffed with rice and vegetables.

**To store:** Store in perforated plastic bags in the refrigerator crisper.

**To prepare:** Simply rinse; never peel summer squash. Small cubes or matchsticks are delicious on summer salads or raw vegetables, cook them quickly as possible in as little liquid as possible in as little liquid as possible.

**To boil:** Bring 4 quarts of water and 1 tbsp salt to a rolling boil. Add squash and cook until tender but still crisp (2-4 min for cubes or matchsticks, 4-6 min for halves or quarters). Drain.

**To steam:** Place prepared squash in steamer basket over 1-2 inches of boiling water. Cook, cover, until tender but still crisp (4-6 minutes for baby squash or matchsticks, 7-10 min. for quarters or halves).

**To roast:** Slice or quarter large squash; cut small squash in half. Brush with oil; sprinkle with herbs or salt. Place in 400 degree oven for 10-15 minutes, until soft.

**To sauté:** Slice, dice, quarter or halve (for small squash) the squash. Heat 2 tbsp olive oil in a skillet over high heat; if desired, add 2 tbsp parsley or 2 cloves chopped garlic and sauté briefly.

### SWISS CHARD WITH GOLDEN RAISONS & PINE NUTS

2 pounds Swiss chard, rinsed and drained

4 tbsp golden raisons, soaked in warm water

2 anchovies, finely chopped, & 2 tbsp sherry wine vinegar, *optional*

4 tbsp toasted pine nuts

4 tbsp olive oil

2 – 3 tbsp chopped garlic

salt and pepper

Remove chard greens and chop stems into small pieces; keep separate. Heat oil in large skillet. Add stems in a few tbsp water; cover, cook 3-4 min. Uncover, continue cooking until moisture has evaporated. Add greens, raisons, garlic, and optional salt, pepper to taste. Cook, covered until tender, 3-4 min. Garnish with pine nuts.

### TOFU-CHARD & SPINACH QUICHE

1 pie crust

2 Tbsp olive oil

2 cups sliced onions

2 cups sliced fresh mushrooms

½ tsp sea salt

1 lb soft tofu, rinsed and drained

1 Tbsp white miso

1 Tbsp umeboshi paste

¾ tsp prepared brown mustard

3 ¾ tsp of kuzu

¾ cup of slivered almonds

5 cups chopped fresh spinach

5 cups chopped swiss chard

1/3 cup couscous

-In a large skillet, heat the oil and sauté the onions for 3-5 minutes.

-Add mushrooms and salt and sauté for 5 more minutes.

-Add spinach and swiss chard and cook until the greens are soft, adding small amounts at a time.

-Preheat oven to 425° and when both greens are soft, stir in the couscous and turn off heat. Cover and let stand for 10 minutes.

-In a blender mix tofu, miso, umeboshi paste, mustard and kuzu.

-In a large bowl combine this mixture with greens mixture and combine well.

-Stir in almonds.

-Place everything in a pie shell and bake for 30 minutes.

-Let cool for 5-10 minutes.

**ZUCCHINI ROLLS:** Cut zucchini lengthwise into ¼ inch slices. Marinate in vinaigrette for an hour. Then place on a baking sheet and broil for 2-3 minutes on each side. Cool, then sprinkle with parmesan. Roll up and secure with toothpick.

### Braised Escarole

1 head escarole

3 slices bacon

1 onion, chopped

salt, pepper to taste

½ cup beef broth

Shred escarole. Saute bacon until crisp. Remove from fat with a slotted spoon and drain on paper toweling. Crumble bacon. Add onion to bacon fat and sauté until limp. Add shredded escarole and toss well to coat with fat. Season to taste, add broth and cover tightly. Steam 8 to 10 min. Drain, sprinkle with crumbled bacon and serve at once.

**Pasta/Noodles with greens and parmesan:** Bring a pot of water to a boil, cook about a pd of regular/whole grain pasta or Asian noodles (soba/udon). Chop a bunch of greens into pieces, keeping stems separate. Wash; place in a colander to drain. After 8 minutes, heat 1 tbsp. olive oil in a skillet. Chop a garlic scape and fry for 2 min. Then throw chopped greens into skillet and toss. Drain the pasta in the colander. After about a minute add ¼ cup parmesan (or other cheese; you can also add some butter or cream, and chopped lemon balm). Toss for a minute, combine with pasta and serve.

**GARLIC SCAPES** Are very much like garlic, but much milder, and easier to use; it can be chopped into salads, sautéed briefly with other herbs, or used in salad dressing. You get the garlic taste without its harshness, so it can be eaten raw, which is especially useful in salad dressings. Use whenever garlic is called for.

### TURNIP CUSTARD

1 medium turnip, peeled and cubed

2 potatoes, peeled and cubed

1/3 cup butter

1 tsp salt

Dash of cayenne

¼ tsp paprika

3 eggs, separated

4 Tbsp milk

Grease a 1 ½ quart casserole. Cook turnip and potatoes in boiling salted water until soft. Drain and mash. Add butter and seasonings. Beat yolks with milk. Add to vegetables. Beat egg whites until stiff and fold into turnip mixture. Pour into soufflé dish. Bake in preheated 375 degree oven for 1 hour in a pan of hot water. Custard is done when a knife inserted in middle comes out clean.  
Yield: 6 servings