

Dear CSA Member,

The summer squash is starting to produce just like it should and we need to pick it constantly so that the squash doesn't grow to astronomical size and the plant stop producing. As long as we keep picking the squash from the plants, the plant tries to produce squash to carry its' seed. I don't know how many people have seen the television show *The Simpsons*, but there is a striking resemblance between the two female children and a Sun Burst Patty Pan summer squash. The illustrator for the show must be a gardener.

There are also two different kinds of cucumbers that we grow that will be coming your way. The green slicing cucumber is called "Raider" and the small yellowish-green cucumbers are "Boothby Blonde". The Boothby Blonde are an heirloom variety that is very sweet and tender. Hope you like them.

Also in your share is Opal Basil for the first time this season. It can be used like Genovese Basil and also great steeped in a white vinegar and then used for salad dressing. The vinegar will turn a beautiful pink color and have the slight taste of basil.

The baby beets are also new this week. The greens are tender and delicious. If you cut the greens from the ends you can first cook the beets and when they are almost soft add the greens that you have chopped. I also like to just cook the beets separately and have the greens with a different meal. This time of year the beets are so small that you can use them together. I guess summer is really here-enjoy the vegetables-Deb

**THIS WEEK'S SHARE:** Red Leaf Lettuce-2 heads      Romaine Lettuce-1 head      Escarole-1 head  
Bright Lights Swiss Chard-1 bunch      Garlic Scapes-10      Summer Squash-7      Opal Basil-1 bunch  
Cucumbers-Raider Slicing -2      Cucumbers-Boothby Blonde-3      Baby Beets with Greens-1 bunch

### BARLEY, BEET, AND FETA SALAD

1 pound beets	1 (4-ounce) package crumbled feta cheese
4 cups fat-free, less-sodium chicken broth	1/4 cup balsamic vinegar
1 1/2 cups uncooked pearl barley	2 tablespoons olive oil
2 cups trimmed arugula (or other salad greens)	2 teaspoons fennel seeds
1/4 cup chopped walnuts, toasted	3 garlic cloves, minced

Leave root and 1 inch stem on beets; scrub with a brush. Place in a medium saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 35 minutes or until tender. Drain and rinse with cold water, and cool. Trim off beet roots, and rub off skins. Cut beets into 1/4-inch-wide wedges. Bring the chicken broth to a boil in a large saucepan. Add the barley; cover, reduce heat, and simmer 40 minutes. Remove from heat; cool. Combine the barley, arugula, walnuts, and cheese in a large bowl. Combine vinegar and remaining ingredients in a small bowl. Pour the vinegar mixture over the barley mixture, tossing to coat. Top with beets.

### *Beets with Dilled Cucumber Salsa*

1 cup finely chopped cucumber	1 tablespoon red wine vinegar
2 tablespoons minced fresh dill	1/4 teaspoon coarsely ground black pepper
1 tablespoon chopped red onion	1/8 teaspoon salt
2 tablespoons plain low-fat yogurt	1 1/2 pounds beets (about 3)
	4 lettuce leaves

Combine first 7 ingredients in a small bowl; stir well. Cover and chill. Leave root and 1 inch of stem on beets; scrub with a brush. Place in a medium saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 45 minutes or until tender. Drain and rinse with cold water. Drain and cool. Trim off beet roots; rub off skins. Cut beets into 1/4-inch slices. Arrange beet slices on each of 4 lettuce-lined plates; top each serving with 1/4 cup salsa.

### Field Salad with Tangerines, Roasted Beets, and Feta

2 beets (about 1/2 pound)	1/4 teaspoon black pepper
1/2 teaspoon grated tangerine rind	1 tablespoon fresh lemon juice
6 cups gourmet salad greens	2 teaspoons extra-virgin olive oil
1 cup tangerine sections (about 3 tangerines)	1/8 teaspoon salt
1/4 cup (1 ounce) crumbled feta or blue cheese	1/8 teaspoon Dijon mustard
1/4 cup fresh tangerine juice	

Preheat oven to 425°. Leave root and 1 inch of stem on beets; scrub with a brush. Place beets on a baking sheet lined with foil; bake at 425° for 45 minutes or until tender. Cool slightly. Peel beets; cut each into 8 wedges. Combine rind, greens, tangerine sections, and feta in a large bowl. Combine tangerine juice, pepper, lemon juice, oil, salt, and mustard; stir well with a whisk. Pour over salad mixture; toss to combine. Place salad mixture on each of 4 plates; top with beets.

**NOTE: FRUIT SHARE STARTS NXT WEDNESDAY**

**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.

**THINGS TO DO WITH BASIL:**

*Basil is one of the most versatile herbs around.*

*Here are a few particularly good applications:*

- Chop and mix into vinaigrette; pour over sliced Mozzarella cheese overlapped with sliced ripe tomatoes.
- Toss strawberries, pineapple, or melon with a little sugar, maple syrup or honey; sprinkle on chopped basil.
- Basil Cream:** blanch basil for a few seconds; plunge into cold water; drain. Mix with a few tbsp of heavy cream, heat through, season with salt and pepper and serve over anything.
- Pesto:** blanch a cup of fresh basil leaves (washed well); plunge into ice water; drain and pat dry. Puree until smooth with 3 tbsp pine nuts (toasted until golden, cooled), 3 tbsp freshly grated Parmesan, 1 small garlic clove or garlicscape, 4 tbsp olive oil. Season with salt and pepper.

**GINGER BEETS**

*1 bunch of beets (6 medium beets or equivalent)*

*2tbsp butter or ghee*

*1 tbsp honey*

*½ tsp finely chopped fresh ginger (powdered is ok too)*

*½ 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.

**SQUASH "PIZZA"**

*2 medium zucchini, quartered lengthwise*

*2 medium yellow squash, quartered lengthwise*

*4 tbsp olive oil, divided*

*Salt and freshly milled blk pepper*

*1 medium tomato chopped*

*1 chopped scallion or Spanish onion*

*1 ½ tsp chopped fresh thyme or ½ tsp dried thyme*

*½ cup fresh basil leaves, washed, dried, and chopped*

*1 cup cheddar cheese*

Preheat oven to 400 degrees. Oil ovenproof baking dish. Alternate zucchini and squash, cut-side up, in dish. Drizzle squashes with oil and season with salt and pepper, to taste. sprinkle tomato, onion, thyme and basil over squash; top with cheese. Bake, uncovered, until cheese is melted and zucchini and squash soften, about 20 min.

***Chilled Summer-Squash Soup With Curry***

2 teaspoons curry powder

1 ¼ pounds yellow squash, cubed

½ cup chopped onion

1 (14 ½-ounce) can vegetable broth

1 ¾ cups low-fat buttermilk

1 tablespoon chopped fresh mint

½ teaspoon salt

-Cook curry powder in a large saucepan over medium heat 1 minute or until toasted. Add squash, onion, and broth. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until tender. Place squash mixture in a blender; process until smooth. Pour mixture into a bowl; cover and chill. Stir in the buttermilk, mint, and salt.

***Roasted Summer Squash***

2 cups thinly sliced yellow squash

½ teaspoon vegetable oil

¼ teaspoon paprika

⅛ teaspoon salt

⅛ teaspoon garlic powder

Cooking spray

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.

**Cucumber Raita**

*1 small/med cucumber*                      *¼ tsp salt*

*1 green chile, seeded and chopped*   *¼ tsp ground cumin*

*1 ¼ cups strained plain yogurt*        *small avocado (optional)*

-Place diced cucumber in a bowl. Stir in chopped chile. Add yogurt, salt, & ground cumin. Optional, add mashed avocado.

**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.

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**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.