

Dear CSA Member,

The heat and dry weather have really been upon us and most of the plants are loving it. We need to irrigate all of the time to keep the plants thriving and so we are moving irrigation pipe every day. The irrigation pipe is 3" aluminum pipe in 40' lengths with a sprinkler head on a riser at the end of each length that hook together in long rows. It is a life saver in the drought years like this one is starting to look like. The irrigation sprinklers spray the water in a 60' circle as they rotate around. The squash will hold better for you if we don't wash it and so is a bit dirty because of the irrigation water hitting the soil. If you are going to use the squash right away it is certainly fine to wash any soil away. Keep it in your refrigerator in the vegetable drawer and it should keep for at least 3-4 days.

New this week are Provider Green Beans. They seem to be an all time favorite of just about every CSA member. They take forever to pick, but are well worth the time. Keep cool and enjoy the vegetables-Deb

Red Leaf Lettuce-2 heads	Batavia Summer Crisp Lettuce-1 head	Bright Lights Swiss Chard-1 bunch *
Garlic Scapes-5- last week of garlic scapes	Summer Squash-9	Parsley-1 bunch
Beets with Greens-1 bunch	Provider Green Beans-1 basket	Scallions-1 bunch
First week for fruit- Red Currants 1 basket (organic)		Sweet Black Cherries-1 bag
		Cucumbers-Boothby Blonde-6

The **currants** may be new to some members. Red currants are a bit tart but some folks like to eat them raw. There are many recipes on the Internet for red currants. I like to mix currants, about 1/3-1/2 as much sugar, raisins and walnuts with a little water. Simmer over low heat until thick. This is an old conserve recipe that I received from a great cook many years ago.

Minty Fresh Cucumber Salad

2 cucumbers
1 green apple
1 handful fresh mint
1-3 pinches of sea salt
Juice of 1/2 lemon

Peel stripes on the cucumbers. Thinly slice the cucumbers and apple - the thinner the better! Rub the salt into the slices. Finely chop the mint and mix it into the salad. Press gently for 30 minutes. Add the lemon juice and serve garnished with a few whole mint leaves. Note: You can rinse the salt off if you want to, after pressing. You don't need to press this salad. You can let it sit and marinate for an hour instead - just use a little extra salt

Spicy Swiss Chard with Lemon

Although 16 cups seems like a large amount of chard, it will cook down. Three simple ingredients-crushed red pepper, garlic, and fresh lemon juice-round out the flavor.

2 teaspoons olive oil
16 cups trimmed Swiss chard
1/4 to 1/2 teaspoon crushed red pepper

3 garlic cloves, minced
1 tablespoon fresh lemon juice
1/8 teaspoon salt

Heat oil in a large Dutch oven over medium-high heat. Add chard; saute 1 minute or until slightly wilted. Stir in pepper and garlic. Cover and cook 4 minutes or until tender, stirring occasionally. Uncover and cook 3 minutes or until liquid evaporates. Stir in juice and salt

SUMMER GARDEN PASTA

1 (16-ounce) package fusilli (short twisted spaghetti)	2 cups diced seeded tomato
2 tablespoons olive oil	1/3 cup chopped fresh parsley
3 cups diced yellow squash (about 1 pound)	2 tablespoons chopped fresh mint
1 cup thinly sliced red onion	1 tablespoon chopped fresh or 1 teaspoon dried thyme
1 cup diced red bell pepper	3/4 teaspoon salt
1 cup thinly sliced carrot	1/2 teaspoon black pepper
2 garlic cloves, minced	

Cook pasta in boiling water 8 minutes. Drain in a colander over a bowl, reserving 1/2 cup cooking liquid. Heat the oil in a large nonstick skillet over medium heat. Add squash, onion, bell pepper, carrot, and garlic; sauté for 8 minutes. Stir in the pasta, reserved cooking liquid, tomato, and remaining ingredients, and cook until thoroughly heated.

BASIL-PARSLEY SAUCE

1 cup fat-free chicken broth	2 tablespoons extra-virgin olive oil
2 tablespoons cornstarch	1 tablespoon Dijon mustard
2 large egg yolks, lightly beaten	1 tablespoon finely chopped lemon rind
3/4 cup minced fresh parsley	1 garlic clove, minced
1/2 cup chopped fresh basil	

Combine broth and cornstarch in a small saucepan. Bring to a boil, and cook 1 minute, stirring constantly. Gradually add hot broth mixture to egg yolks; stir constantly with a whisk. Return broth mixture to pan; cook over medium-low heat 15 minutes or until thermometer registers 160°. Pour into a bowl; stir in parsley and remaining ingredients. Cover and chill. Serve with steamed fresh vegetables such as artichokes, carrots, and potatoes, if desired.

Quote from Joan's Corner of the Universe:



Appreciate the many things that make your life so valuable.

Grilled Zucchini-and-Summer Squash Salad with Citrus Splash Dressing

2 tablespoons grated orange rind	1/4 teaspoon crushed red pepper
3/4 cup fresh orange juice (about 3 oranges)	2 red onions
1/2 cup fresh lime juice (about 3 limes)	4 zucchini, each halved lengthwise (about 1 1/4 pounds)
3 tablespoons honey	4 yellow squash, each halved lengthwise (about 1 pound)
2 teaspoons olive oil	Cooking spray
1/2 teaspoon salt	3 tablespoons thinly sliced fresh basil

Combine first 7 ingredients in a large zip-top plastic bag. Peel onions, leaving root intact; cut each onion into 4 wedges. Add onion, zucchini, and yellow squash to bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally. Prepare grill. Drain vegetables in a colander over a bowl, reserving marinade. Place vegetables on a grill rack coated with cooking spray, and grill for 8 minutes or until tender; turn and baste occasionally with 3/4 cup of the marinade. Place the vegetables on a serving platter; sprinkle with the basil. Serve the vegetables with the remaining marinade

BROWNE GREEN BEANS

1 1/2 pounds green beans	1/4 teaspoon salt
1 tablespoon vegetable oil	1/8 teaspoon pepper
1/2 cup low-salt chicken broth	1 1/2 tbsps lemon juice

Trim ends from beans, and remove strings. Cut beans in half lengthwise, slicing through the seam on each side of beans. Heat oil in a large skillet over high heat. Add beans, and cook 5 minutes or until lightly browned, stirring frequently. Reduce heat to medium, and gradually add broth, salt, and pepper; cook 2 minutes. Remove from heat; stir in lemon juice.

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.

Super Salads

Ingredients:

The world of salads is endless. There may be as many salads as there are ingredients. Green salads, tossed salads, composed salads, salads made with grains, noodles and pasta, beans, salads of raw, cooked, roasted, steamed, marinated vegetables, pressed salads. There is endless space here to express your creativity by combining colors, tastes, textures, flavors, composition, decoration, salad dressings, etc.

Tossed Fresh Salads Few of the most popular types: romaine lettuce, Boston, red and green curly lettuce, mesclun mix, radicchio, arugula, watercress, curly endive, Belgium endive, oak lettuce, escarole, mizuna, etc. A few suggestions to create a great tossed salad:

- All the salad greens should be as fresh as possible
- Go for interesting color combinations: light and dark green, red, white, purple.
- Combine different tastes: sweet, pungent, bitter, sour.
- Wash the greens in plenty of water, at least two changes.
- Dry the leaves well. Salad spinners are very handy and do the job fast
- If you are not using the greens immediately, wrap them in a moist towel or paper towel and store them in a plastic bag in the refrigerator.
- To revive wilted greens, soak them in ice water for 10 minutes.
- Tear the leaves apart with your hands rather than using a knife.
- Toss the greens with a dressing just before serving. Use only enough dressing to lightly coat the greens

Zucchini Bread

2 cups coarsely shredded zucchini	1/4 teaspoon baking powder
3 cups all-purpose flour	3/4 cup applesauce
1 3/4 cups sugar	1/2 cup egg substitute
1 teaspoon baking soda	1/3 cup vegetable oil
1 teaspoon salt	1 tablespoon vanilla extract
1 teaspoon ground cinnamon	Vegetable cooking spray

Preheat oven to 350°. Race zucchini on several layers of paper towels, and cover with additional paper towel. Let stand 5 minutes, pressing down occasionally. Set aside. Combine flour and next 5 ingredients (flour through baking powder) in a large bowl, and stir well; make a well in center of mixture. Combine zucchini, applesauce, egg substitute, oil, and vanilla; add to dry ingredients, stirring just until dry ingredients are moistened. Divide batter evenly between 2 (7 1/2 x 3-inch) loaf pans coated with cooking spray. Bake at 350* for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Let cool in pans 10 minutes on a wire rack; remove from pans, and let cool completely on wire rack. **Yield:** 2 loaves, 28 servings (serving size: 1

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