

Dear CSA Member,

The old saying warns to watch out what you wish for because you just might get it. Well, the rain has started and seems to be filling every thing to the brim. We recently transplanted fall crops and so the small plants love the rain although we're feeling a bit soggy.

A number of members have asked about the honey and maple syrup available for order separate from the share you receive each week. We rent honeybees from a local bee keeper to pollinate our crops. The bees are very active and help to produce the crops that we bring you each week. In addition to the pollination, the bees produce enough extra honey for the beekeeper to take from the hives to jar. The honey is what ever is in blossom when the bees are collecting pollen, so it is hard to say what kind of honey it is. I guess it is wildflower/vegetable blossom honey. The maple syrup is produced by a neighboring farmer that draws the sap from his maple trees in the late winter. The maple syrup is all Grade A, medium. I have never boiled sap and don't know much more than that about maple production except that it takes 40 gallons of maple sap to produce 1 gallon of maple syrup.

We have a couple new vegetables in your share this week. The broccoli is finally ready as well as the cabbage. We also picked radicchio and a sweet onion for your salad. The onions are a summer onion and won't keep for long. The Orient Express Eggplant has produced its first crop and so there is also eggplant to enjoy. The squash and cucumbers are still producing well, although it seems the bumper crop was last week. Enjoy the vegetables-Deb

**Vegetable Shares:**

2 Orient Express Eggplant	1 Bunch Basil	1 Radicchio	1 Bunch Scallions	8 Summer Squash	2 Broccoli
4 Cucumbers	1 Onion	1 Basket Beans	1 Escarole	1 Red Leaf Lettice	

**Fruit Shares:**

5 Peaches                      1 Basked Red currants

**A neighbor said that she likes to eat currants mixed with plain yogurt and honey. Sounds really good although I haven't) had a chance to try it. This is the last week for currants.!**

**BROCCOLI:** contains abundant pantothenic acid and vitamin A, which benefit rough skin; has more vitamin C than citrus; a high natural source of sulfur, iron, and B vitamins. If lightly cooked, broccoli will retain its rich chlorophyll content, which will counteract gas formation resulting from its sulfur

**STIR-FRIED BROCCOLI WITH GARLIC & GINGER**

2Tbsp peanut, sesame, or olive oil  
 2 thin slices of fresh ginger  
 1 lb broccoli, cut into 1-2 inch lengths; peel tougher stems  
 Salt to taste  
 3 Tbsp vegetable stock or water  
 3 garlic cloves, peeled and crushed or chopped garlic scape  
 1 tsp sesame oil

Heat oil over high heat; add ginger; stir once, add broccoli, salt and garlic. Stir vigorously for a minute, until broccoli turns bright green. Add stock; cover and cook on high for 1-2 minutes. Turn off heat, add sesame oil, stir to mix; serve hot  
*World Vegetarian, Jafrey*

**BROCCOLI, YOGURT, & TOASTED BREAD CRUMBS**

1 lb broccoli cut into florets  
 1/4 cup fine bread crumbs (whole wheat is best)  
 3 Tbsp olive oil  
 1 tsp chopped parsley or other herb  
 1 cup plain yogurt (drained) or sour cream

Steam the broccoli just until crisp-tender and immediately run under cold water. Drain and dry on paper towels. In a small skillet, heat the olive oil and add the breadcrumbs. Sauté until golden brown. Combine the crumbs with the parsley and salt. To serve, put bread crumbs in one small bowl and yogurt or sour cream in another. Dip broccoli in yogurt and breadcrumbs. *Mastercook*

**BEETS:** sweet flavor; strengthens the heart, calms the spirit, improves circulation, purifies the blood, benefits the liver, and moistens the intestines. Used with carrots for hormonal regulation during menopause; treats liver stagnancy and liver ailments in general, as well as constipation. Also treats nervousness and congestions of the vascular system. A silicon-rich vegetable.

**BEET MAYONNAISE DRESSING**

4 beets, cooked, quartered  
 1/4 cup beet cooking water  
 2 Tbsp vinegar  
 1 Tbsp onion, minced  
 5-6 Tbsp mayonnaise

**Combine ingredients and blend until smooth. Yield: 2 cup**

**BEETS AND WALNUT SALAD**

1 cup cooked beets  
 4-6 ounces of salad greens  
 1/4 cup finely chopped walnuts  
 1 Tbsp olive oil  
 1 Tbsp lemon juice, or balsamic vinegar, to taste

**Combine the ingredients in a serving bowl, toss well, and serve.**

**Member-to-member: If any member would like to post an announcement in our newsletter please submit via email and we will do our best to have it included the following week. Send to nscartalemi@aol.com, type in "member-to-member" in subject heading.**

## SUMMER SQUASH AND BASIL SOUP

2 tablespoons olive oil

1 1/4 pounds summer squash, roughly chopped

1 large onion, chopped

6 cups Summer Vegetable Stock

1/2 cup julienned basil

1 1/2 tablespoons butter, softened

1 1/2 tablespoons flour

Salt and freshly ground pepper to taste

Juice of 1 lemon

\*Sour cream or plain yogurt as an accompaniment

Heat the oil in a large saucepan or stockpot, add zucchini and onion. Sauté for 5 minutes or until onions are translucent and zucchini is crisp tender. Then add stock, bring to a boil, reduce heat and partially cover and cook for 25 minutes. Add basil during the last 5 minutes of cooking. Mix the butter and flour together into a paste. Remove 1 cup of simmering stock and whisk in butter mixture until smooth. Add back into soup, stir until thickened. Remove soup from heat to a blender and puree until smooth. Taste and season with salt and pepper. Add lemon juice and serve with a dollop of sour cream or yogurt.

**CRUDITE PLATTER** Pick a selection of vegetables or do them all. This weeks vegetables are bold.

Kosher salt, as needed

**1/4 pound green or wax beans, trimmed**

**1 to 2 stalks broccoli, cut into florets**

1/2 pound asparagus, stalks peeled, woody ends trimmed

1/2 pound fresh sugar snap peas

1 fennel bulb, sliced into 1/4-inch wedges

1 bell pepper, stemmed, seeded, and cut into strips

1 yellow bell pepper, stemmed, seeded, and cut into strips

1 bunch radishes (about 10, with greens attached), washed

4 medium carrots, cut into 4-inch-long sticks

**1 to 2 small zucchini or summer squash, cut into spears**

**1 medium cucumber, peeled if waxed, cut into spears**

1 cup cherry or grape tomatoes

Bring a large pot of water to a boil and salt generously. Fill a large bowl with ice water and salt it generously as well. Drop the beans into the boiling water and cook, uncovered, until crisp-tender, about 2 minutes. Scoop them out of the water and immediately plunge the beans into the ice water, to stop their cooking and set the color. Cool, remove them from the ice bath, and pat dry. Repeat with the broccoli, cauliflower, or asparagus cooking each until crisp tender. If using sugar snaps or fennel they may be served raw or cooked depending on their flavor or your preference. *Attractively arrange all the vegetables on a large serving platter and serve with the dip of your choice.*

Dip, recipes follow

### DIP RECIPES

Roasted Red Pepper and Sun-Dried Tomato Dip:

1/2 cup roasted red peppers (about 4 ounces)

6 sun-dried tomatoes, packed in oil, drained

1/4 cup drained or Greek style yogurt, method follows

1 tablespoon extra-virgin olive oil

1/2 teaspoon honey

1/2 teaspoon kosher salt

1/4 teaspoon minced thyme, optional

1/8 to 1/4 teaspoon finely grated orange zest

Freshly ground black pepper

Combine all the ingredients in a blender, and process until smooth.

Serve now or refrigerate until ready to serve. Yield: about 1 1/2 cups

Basil Aioli:

1 clove garlic

1/4 teaspoon kosher salt

1 cup fresh basil leaves, washed

1 cup mayonnaise

2 tablespoons extra-virgin olive oil

1 tablespoon Dijon mustard

1 tablespoon water

1/2 teaspoon freshly squeezed lemon juice

Chop the garlic with the salt, and then use the flat side of the knife to mash and smear the mixture to a coarse paste. In a blender combine the garlic paste, with the remaining ingredients and process until smooth. Transfer the sauce to a bowl, cover and refrigerate for at least 30 minutes before serving so the flavors come together

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To make drained yogurt: Place 1/2 cup of plain whole or low-fat milk yogurt in a coffee filter set in a sieve or colander in the sink or over a bowl. Set aside for 1 to 2 hours until thickened. Discard the water whey and use the yogurt as desired

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### EGGPLANT SPREAD

1 medium, firm eggplant

1 clove garlic, cracked away from the skin

2 pinches ground allspice

Coarse salt and black pepper

1 handy flat-leaf parsley tops

A drizzle extra-virgin olive oil

1 whole grain baguette or other long crusty bread, sliced at bread counter

Preheat oven to highest setting, at least 500 degrees F. Cut 2 or 3 slits into whole eggplant. Place eggplant directly on the oven rack in the middle of the oven and roast the eggplant until it is tender, about 20 minutes. Keep the slits facing up so that the eggplant does not lose liquids as it roasts.

The roasted eggplant will look like a flat tire when you remove it from the oven. Using a sharp utility knife, carefully peel skin away from eggplant flesh. Add cooked eggplant flesh and juice to food processor and combine with garlic, allspice, salt, and pepper and parsley. Pulse grind the eggplant into a paste, add a drizzle of olive oil. Transfer to a serving dish. The seeds of the eggplant will make the spread resemble caviar eggs, and so the name: poor man's caviar. To serve, surround a bowlful of spread with crusty bread rounds.