

Dear CSA Member,

The garden has turned toward the summer vegetables and there are new heat loving vegetables that are starting and cool weather vegetables that are finished. This will be the last week for lettuce until the fall planting starts to produce. We will plant the fall lettuce transplants tomorrow. Hopefully we can get them in and also direct seed the fall beets and turnips before it is supposed to start raining again. This will be our last transplanting and seeding for this year. It has been almost six months of starting plants from seed, planting them in the garden, harvesting and starting more seeds to plant again for another fall harvest.

New this week are the Burgundy Beans. They are a purple string bean that will turn green when you cook them. They have gotten a bit larger than we like but the rain has really been difficult for us to keep the beans picked. Beans grow like mad in the wet weather but they are also very susceptible to disease when touched when they are wet. We needed to wait until there was a break in the rain to pick them. You may need to slice them a bit thinner or use them in a soup or stew.

There is also a Athen Cantaloupe in your share. They still need a couple of days to really ripen up and I would leave them out on the counter-don't refrigerate them, until they smell like a melon. Peppers, Lilac and Biscayne are also in your share. The Biscayne are a heirloom frying variety and the Lilac are an early bell type pepper. Enjoy the vegetables-Deb

Cabbage-1 head	Athena Cantaloupe-1	Batavia Lettuce-1 head	Biscayne Frying Pepper-2
Lilac Pepper-3	Sweet Summer Onions-2	Summer Squash-8	Cucumbers-4 of each type
Swiss Chard-1 bunch	Beets-1 bunch	Burgundy Beans-1 basket	Cilantro-1 bunch
Optional Fruit Share: 1 bag Peaches, 1 bag Nectarines, 1 bag Shiro Plums			

CHARD FRITTATA PARMESAN

- 10-12 ounces fresh chard, well-washed and stemmed
- 3 eggs, beaten
- ¼ cup grated Parmesan cheese
- salt and ground pepper to taste
- Olive oil
- Steam chard in a large covered pot with only the water clinging to the leaves, until just wilted down. This will take about 3 to 4 minutes for chard and 1 minute for spinach; drain. When cool enough to handle, chop leaves.
- Combine the eggs, chard and cheese in a mixing bowl and stir together. Add a little salt and pepper and stir again.
- Heat just enough oil to coat the bottom of a 9-inch skillet. When hot, pour in the egg mixture. Cover and cook over medium heat until the bottom is golden brown and the top fairly set, about 5 minutes.
- Slide the frittata out onto a plate. Invert the skillet over the plate and quickly flip over so that the frittata goes back into the skillet, uncooked side down. Remove the plate, return the skillet to the heat, and cook the second side, uncovered, until golden brown.
- Slide frittata back onto plate, let cool for a few minutes, cut into wedges, and serve.

BEETS AND WALNUT SALAD

- 1 cup cooked beets
- 4-6 ounces of salad greens
- ¼ 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.

PIZZA MARGHERITA (with fresh tomatoes and basil)

- One 12-14 inch good-quality pizza crust
- 3-4 medium flavorful tomatoes, sliced about ¼ inch thick
- ¼ cup thinly sliced basil leaves, or to taste
- 1-1 ½ cups grated part-skim or regular mozzarella cheese
- 2 Tbsp grated fresh Parmesan cheese, optional
- Preheat oven to 425 degrees
- Place the crust on a pan. Arrange the tomatoes on the crust in concentric circles, and sprinkle with basil and mozzarella. If desired, top with Parmesan cheese and pepper.
- Bake until the cheese is bubbly, 8-10 minutes. Remove from oven, let stand for 2-3 min. and cut into 4-6 inch wedges, serve.

Basmati Pilaf With Almonds and Cilantro

- 2 teaspoons olive oil
- 1 (10 1/2-ounce) can beef broth
- 1/3 cup sliced almonds
- 1/4 cup chopped fresh cilantro
- 1 cup uncooked basmati rice
- 1/4 cup chopped green onions
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 3/4 cup water
- 1/4 teaspoon black pepper

Heat olive oil in a medium saucepan over medium heat. Add almonds, and sauté for 2 minutes or until lightly browned. Add the rice and garlic, and sauté for 2 minutes. Stir in the water and broth, and bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Remove from heat; stir in cilantro and the remaining ingredients.

WE NEED YOUR HELP! PLEASE VOLUNTEER TO SIGN MEMBERS IN FOR 1 ½ HOURS .SIGN UP AT PICK-UP SITE. THANK YOU

CHICKEN- PENNE SALAD WITH GREEN BEANS

2 cups uncooked penne (tube-shaped) pasta
 2 cups (1-inch) cut green beans (about 1/2 pound)
 2 cups shredded cooked chicken breast
 1/2 cup vertically sliced red onion
 1/4 cup chopped fresh basil
 1 1/2 teaspoons chopped fresh flat-leaf parsley
 1 (7-ounce) bottle roasted red bell pepper, drained and cut into thin strips
 2 tablespoons extra-virgin olive oil
 2 tablespoons red wine vinegar
 1 tablespoon cold water
 1/2 teaspoon salt
 1/2 teaspoon bottled minced garlic
 1/4 teaspoon black pepper

Cook pasta in boiling water 7 minutes. Add green beans; cook 4 minutes. Drain and rinse with cold water; drain. Combine pasta mixture, chicken, onion, basil, parsley, and bell pepper in a large bowl, tossing gently to combine. Combine oil and remaining ingredients in a small bowl, stirring with a whisk. Drizzle over pasta mixture; toss gently to coat

BEETS WITH CUCUMBER SALSA

1 cup finely chopped cucumber
 2 tablespoons minced fresh cilantro
 1 tablespoon chopped red onion
 2 tablespoons plain low-fat yogurt
 1 tablespoon red wine vinegar
 1/4 teaspoon coarsely ground black pepper
 1/8 teaspoon salt
 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.

ZUCCHINI, SANTA FE STYLE

1/4 cup olive oil	1/2 tsp salt	2 lb green zucchini, sliced lengthwise into strips
2 Tbsp balsamic vinegar	1/2 tsp black pepper	1 large bell pepper, cut into 1/2 inch strips
1/2 tsp minced garlic	1/4 tsp crushed red pepper	

Combine oil, vinegar, garlic, salt, pepper, and red pepper in a large shallow dish. Add vegetables and turn to coat. Marinate for 1-4 hrs, turning occasionally. Place in a broiler pan and broil until the veggies are tender, not more than 10 minutes. Serve hot or at room temp.

BRUSCHETTA WITH SAUTEED GREENS

1 Tbsp plus 12 tsp
 1 Tbsp minced garlic
 8 oz. greens, stems removed, leaves sliced
 4 slices country style bread, toasted each slice cut in half crosswise
 salt and pepper

Heat 1 tbsp oil in skillet over medium heat. Add garlic, stir for 15 seconds. Add greens and sauté until tender about 3 minutes. Place toasts on platter. Drizzle 1 1/2 tsp oil over each toast. Top with greens. Salt and pepper.

CARMALIZED CABBAGE AND NOODLES

1 TB butter
 4 TB extra virgin olive oil
 1 large sweet onion, thinly sliced
 2 cloves of garlic, minced
 1 head of green cabbage, cored and shredded
 1 TB honey
 1 tsp fresh ground pepper
 2 TB poppy seed
 1/4 pound whole wheat noodles (or soba or udon)
 Heat the butter and oil. Cook the onion until very soft, about 10 minutes. Add the garlic and cabbage and cook until limp, about 5 minutes. Stir in the honey and continue cooking until the cabbage turns golden brown, about 20 minutes. Stir in the pepper and poppy seed and toss with the noodles.

EASY RATATOUILLE

Sliced tomatoes
 1-2 heads garlic peeled and slivered
 zucchini, eggplant, onions, peppers, cut into 2 inch chunks
 Chopped fresh parsley
 Olive oil

Heat oven to 300. Starting with tomatoes, layer veggies and herbs in baking dish, filling it very full. Drizzle 1-2 tbsp olive oil over each layer. Cover and bake for 3 hours, If soupy uncover for last hour. Baste with liquid if you would like.

Variation: Sprinkle shredded mozzarella or grated parmesan cheese between layers.