

Dear Member,

This week the message has nothing to do with the garden unless you hold true that babies are found in the cabbage patch under a giant cabbage leaf. Our daughter Berkley and her husband Jim gave birth to our first grandchild during the last week. We have a sweet grandson, James Christopher and couldn't be happier. For members that have been with the farm since our beginnings in CSA farming this also goes full circle from our children being our only help on the farm to a new generation joining our family.

The vegetables are outstanding this week as well. Enjoy-Pete and Deb

Shares include: Lettuce-1 head **We planted third and forth plantings of lettuce to keep the supply going. It sure tastes good now after a break from all the early lettuce.** Sun Gold Cherry Tomatoes-1 basket Slicing Tomatoes- Tomatillos-1 quart basket
Onions-1 bunch Biscayne Frying Peppers-10 each Lilac Peppers-6 each Jalapenos-take them if you like Cucumbers-
Peppers are easy to freeze. Wash, slice and put in a zip lock freezer bag. Orient Express Eggplant-7 Parsley-1 bunch
Summer Squash-3 Edamame Soy Beans-1 bunch- **Pick pods from plant, wash, steam for 3 minutes, salt and pop the beans from the pod for a snack.** Early Jersey Wakefield Cabbage-this is the last of the early cabbage-2 small heads
Optional Fruit Share-1 bag each peaches, nectarines and Shiro Plums.

Baked Eggplant with Feta Cheese

1 Large Eggplant (or 2 medium) Olive Oil _ C Feta Cheese _ Finely Chopped and Packed Fresh Basil

Heat broiler or grill. Cut eggplant into _ - inch slices. Brush slices with olive oil and grill or broil until lightly browned on one side. Arrange on oiled baking sheet. Sprinkle cheese over slices. Bake in 350° oven 10 minutes or until cheese is bubbly and eggplant is soft. Sprinkle basil over eggplant and serve hot. Makes 4-6 servings.

Eggplant with Tomatoes

2 Thin slices Eggplant 2 tsp Butter 1/4 c Canned tomatoes 1/2 tsp Chives, chopped Salt and pepper to taste
-Brown the eggplant in butter. Add salt and pepper. Heat tomatoes in a separate pan and pour over eggplant. Sprinkle with chopped chives.

Eggplant Casserole

1 lg Eggplant 1 Egg beaten lightly 1/2 c Saltine cracker crumbs 1/2 tsp Worcestershire sauce
1 Onion chopped 1 c Milk 1/2 c Cheddar cheese grated Salt and pepper to taste

Peel eggplant. Slice or cube. Soak in salty water for 30 minutes. Drain. Cook in boiling water until barely tender. Drain thoroughly. Beat egg. Add milk, Worcestershire sauce, and salt and pepper to taste. Add eggplant, onion and half of the cracker crumbs. Mix together. Pour into buttered 1-1/2 quart casserole. Sprinkle with remaining cracker crumbs and grated cheese. Bake at 375 degrees for 30-40 minutes

TOMATILLO SALSA

1/2 lb tomatillos 1/4 c chopped onion 1 tb minced fresh cilantro 1 tb tequila 1 tb lime juice 1/2 ts crushed red pepper

Remove husks and stems from tomatillos. Position knife blade in food processor bowl, add tomatillos and remaining ingredients, and pulse 10 times or until chopped. Cover and set aside. Yield 1 1/2 cups

Tomatillo Salad Dressing

6 medium tomatillos 1/2 teaspoon honey or corn syrup
Small bunch of scallions, coarsely chopped (white part only) salt to taste
1/3 cup fresh cilantro or basil 2 cloves garlic
1" piece fresh ginger chopped 1/4 cup olive oil
1 tablespoon lime or lemon juice

Roast tomatillos, unhusked, for 10 to 15 minutes at 450. Husk and rinse. Blend all ingredients except tomatillos in a processor until smooth. Then add tomatillos and blend until the mixture becomes a slightly chunky puree. Serve on Romaine lettuce or watercress with grapefruit sections and sliced avocados. If dressing is too thick, add a little water or more lime juice.

Grilled Zucchini

2 medium zucchini 5 - 7 inches long Olive Oil Cumin Salt and pepper

Cut zucchini in half lengthwise. Make criss-cross hatches into the cut side of the flesh. Season with salt and pepper. Rub olive oil into the flesh as much or as little as you like. Sprinkle with cumin and grill on medium hot grill for about 5 minutes a side, or until done (some people like them crunchy some like them very tender. Serves 4

How to cook Edamame: Boil the pods in the unsalted or salted water for 10 minutes and then shell the beans inside, simply by squeezing beans out of the pods, for eating. This is the Japanese way to enjoy Edamame soybeans, excellent for snacks and appetizers. The cooked or uncooked pods can be stored in the freezer for later uses. In China and other areas, the shelled raw edible soybeans are cooked with meat or mixed with other vegetables for various dishes. Beans are very tasty and delicious

Edamame with Mustard Vinaigrette

1 1/2 tablespoons red wine vinegar
1 tablespoon Dijon mustard
1/2 teaspoon sea salt
1 teaspoon extra-virgin olive oil
1 pound edamame
1 cup thinly sliced red onion
1/2 cup finely chopped celery
1 tablespoon chopped fresh parsley

Combine first 3 ingredients in a large bowl, stirring with a whisk. Add oil, stirring with a whisk until well combined. Cook edamame in boiling water (see above). Add onion and celery to water for 1 minute. Drain well. Add edamame mixture to vinaigrette; toss well to coat. Stir in parsley. Chill 1 hour. 6 servings

Eggplant Casserole 4 servings

3 tb oil
1 lg onion, chopped
1 md eggplant, peeled and cubed
1/4 c green pepper, diced
11 oz tomato and mushroom sauce
1 tsp salt
1/2 tsp pepper
2 lg tomatoes, diced
1 1/2 c matzo farfel

Saute onions in oil til tender. Combine onions, eggplant, green pepper, tomato mushroom sauce and seasoning. Cook, covered, for 15 minutes or til eggplant is tender. Stir in tomatoes. In a 2 quart baking dish, arrange in alternate layers the vegetables and matzo farfel. Begin and end with the vegetables. Bake at 350 degrees (uncovered) for 25 minutes.

Aromatic cabbage

1 Cabbage; small 2 Onions; medium 3 tbsp Vegetable oil 1/2 tsp Cumin seeds, whole 1/2 tsp Fennel seeds, whole
4 tsp Sesame seeds 1/2 tsp -Salt

Remove coarse outer leaves from cabbage, quarter and core. Cut into fine fine shred, either by hand or with food processor. Set aside. Peel onions; cut in half lengthwise. Cut crosswise into thin half rings; set aside. In large wok or large wide pot over medium heat, heat oil. When very hot, add the cumin and the fennel seeds. As soon as the seeds turn a shade darker (just a few minutes) toss in the sesame seeds. Stir for a second before adding onions. Stir fry 2 or 3 minutes or 'til browned on the edges. Cover tightly and turn heat to low. Cook 2-3 minutes or 'til cabbage wilts. Uncover and cook over high heat, stir fry 5 minutes or 'til vegetables are very tender. SERVES: 6

Fresh Tomato-Onion Sauce

3 Tablespoons olive oil
1 cup finely diced yellow onions
2 plump garlic cloves, minced
4 pounds ripe tomatoes, peeled and chopped
Juice of 1/2 lemon
2 Tablespoons minced fresh flat-leaf parsley
1 teaspoon sugar
1-2 Tablespoons minced fresh basil
Salt and freshly ground black pepper

Heat olive oil in heavy-bottomed non-aluminum saucepan over low heat. Add onions and cook until translucent. Add garlic and sauté, stirring often, until golden. Add tomatoes, lemon juice, 1 Tablespoon parsley and sugar. Increase heat and ring sauce to a lively simmer. Cook for 15 minute add salt and pepper to taste, remaining parsley and fresh basil. Serve hot.

Tomato Brushetta

4 large cloves garlic, pressed or minced
4 medium-sized ripe tomatoes, cubed
2 tsp. olive oil
Salt & to freshly ground black pepper to taste
4 Tbs. minced fresh basil, plus more for garnish if desired
12 large slices whole grain bread, sliced about 1"thick

Stir together garlic and tomato to a coarse consistency. Add oil to a small skillet over moderate heat. Add tomato-garlic mixture; cook, stirring often, until liquid has reduced and mixture has thickened, about 10 minutes. Season with salt and pepper. Stir in basil; remove from heat. Toast bread on both sides. Spread with tomato mixture, garnish with basil if desired and serve immediately. Makes 12 servings