

Dear Member,

Tomatoes rule the share this week. The Sun Gold Cherry Tomatoes are at their peak and are probably the sweetest they have been. The slicing tomatoes are coming in by the bushels. Freeze some if you can't use all the tomatoes you will receive fresh. Slip off the skins by dunking them briefly in boiling water and then immersing them in cold water. Put the tomato in a zip lock freezer bag. I don't even bother taking off the skin most of the time because I think the skin holds many good things.

For once the beans have been maturing as we planned. Each year we plant three different kinds of string type beans. We pick varieties that have maturation dates that should ensure a long harvest period. Almost every year the beans all seem to mature at once and we are trying to pick them before they are too large. This year the beans are taking their turns and the Roma Beans are just right this week. These beans are great sliced into 1" pieces and steamed or boiled served with a little butter. They are also great in a vegetable type stew of onions, garlic, tomatoes, beans and what ever else you like. I let this all cook until everything is soft and serve over pasta.

Members have been asking about the Farm Visit for this year and we have decided to have it on September 10th. We have held the Farm Visit in October in the past but thought that there is so much more still going on in the garden in September and we would like to give members a chance to really see how the summer and fall vegetables grow. We'll dig a row of potatoes and probably also carrots for members to pick and we'll just have to see what else is ready for harvest. The time will be from 11:00 until 3:00 so bring a lunch and something to drink. I'll send directions next week. Hope you can make it. Enjoy the vegetables-Pete and Deb

SHARES INCLUDE: Potatoes-1 basket-first of the season Butter Crisp Lettuce-1 head New Red Fire Lettuce-1 head
Slicing Tomatoes-10 Sun Gold Cherry Tomatoes-1 basket Louisiana Long Green Eggplant-5 Lady Bell Peppers-8
Edamame-1 bunch Roma Beans-1 basket Summer Squash-3 Scallions- 1 bunch Genovese Basil-1 bunch
Optional Fruit Share-1 bag each Peaches, Red Clapp Pears, Shiro Plums

Couscous with Chickpeas, Tomatoes, and Edamame

1 tablespoon olive oil	1 (16-ounce) can chickpeas (garbanzo beans), drained and rinsed
1 cup fresh or frozen shelled edamame (soybeans)	1 (14.5-ounce) can diced tomatoes, undrained, or equiv. fresh
1/2 teaspoon crushed red pepper	3/4 teaspoon salt
4 garlic cloves, minced	1 cup uncooked couscous
2 1/4 cups water, divided	2 cups coarsely chopped green onions
1/4 cup chopped fresh basil	1 cup crumbled feta cheese

- Heat olive oil in a large skillet over medium heat. Add edamame, red pepper, and garlic; cook 3 minutes, stirring frequently. Stir in 1/2 cup water, basil, chickpeas, and tomatoes; simmer 15 minutes. Add 1 3/4 cups water and salt; bring to a boil. Gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Stir in onions and feta; toss well.

Edamame: EDIBLE SOYBEANS are related to, and have the same high nutritional values and protein levels as regular soybeans, but they're much easier to cook and are eaten in the fresh shell stage rather than dried. Fresh green soybeans freeze very well and are more easily digested than yellow soybeans. In Japan, they're served in their pods as a snack with beer, and popped out as needed, like peanuts.

TO PREPARE: Strip pods from branches, but don't shell them. Rinse and boil or steam them for about 5 minutes. Flush with cold water to cool pods, then shell by popping beans out of pods. Don't overcook; they're better when they are a little crisp. Dress with butter or any sauce. Or just serve in pods, pop them out and salt as you go.

CURRIED POTAO-TOMATO SALAD

5-6 med/lg potatoes
2/3 cup low-fat yogurt
1-2 tsp curry powder
3 medium tomatoes, diced
1/4 cup chopped cilantro

Microwave or bake potatoes in their skin until done but still firm. Then let cool to room temp.

Dice potatoes into 3/4 inch chunks, and place in serving container.

Combine yogurt and curry powder in a small bowl and stir together. Pour over the potatoes, add the remaining ingredients, and mix well. Cover and refrigerate until needed or serve at once.

VERSATILE STEAMED EGGPLANT Use in stews, for topping pizza, on French bread sandwiches topped with mozzarella cheese, spread with goat cheese or in wraps.

Ingredients: *1 medium onion, quartered and thinly sliced & 1 medium-large eggplant*

1. Combine onion with 1/4 cup water in deep saucepan or stir-fry pan. Bring to a simmer, cover, and cook over medium-low heat while preparing the eggplant.
2. Cut the eggplant into 1/2 inch thick slices, then peel it. Cut each slice in half crosswise, then slice into 1/4 inch thick strips. Add to saucepan along with another 1/2 cup water. Cover and steam, stirring occasionally, until eggplant is tender but not mushy, about 8 minutes. Keep bottom of saucepan moist, but not too liquidy, using a little more water if needed. Season with salt and pepper.

COLD FRESH TOMATO SOUP Use ripest tomatoes possible.

3 pounds tomatoes, quartered *1 cup tomato juice* *¼ cup chopped basil* *1-2 scallions, minced* *juice of ½ lemon*

Place all ingredients in a food processor and process to a chunky puree. Transfer to a serving container and serve at once, or cover and refrigerate until chilled, if desired.

BROILED DIJON TOMATOES

4 tomatoes, cut in half 1 Tbsp Dijon mustard ½ tsp water
2 garlic cloves, pressed ¼ tsp dry mustard

In a small bowl, combine the garlic, Dijon mustard, and dry mustard. Add the water, a little at a time, stirring as you do so. Put the tomatoes on a broiling pan and spread the mustard mixture over them. Broil the tomatoes under a preheated broiler for 3-4 mins until bubbly. Watch them carefully; they burn easily.

MILD GAZPACHO

4 cups tomato juice 1 cucumber ½ cup fresh parsley 1 tbsp low-sodium soy sauce
2 tomatoes 2 scallions 1 tsp basil
1 green pepper 2 celery stalks juice of ½ lemon

Cut veggies into large chunks. Put 2 cups juice in blender along with half of the vegetables. Blend well. Pour into a large jar. Repeat with remaining ingredients. Blend. Add to first batch. Mix well. Cover and chill at least 2 hrs to blend flavors. Serve cold.

Chunky Garden-Tomato Sauce

1 tablespoon olive oil 5 1/2 cups chopped seeded tomato 1 teaspoon sugar
1 cup chopped onion 1/4 cup chopped fresh basil 1/2 teaspoon salt
4 garlic cloves, minced 2 tablespoons chopped fresh oregano 1/4 teaspoon pepper

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic; sauté 3 minutes. Add remaining ingredients, and bring to a boil, stirring occasionally. Reduce heat, and simmer 10 minutes, stirring occasionally. Serve over pasta or polenta, or on crostini.

Roasted Summer Squash

2 cups thinly sliced yellow squash 1/8 teaspoon salt
1/2 teaspoon vegetable oil 1/8 teaspoon garlic powder
1/4 teaspoon paprika 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

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 fresh 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.