

Dear Member,

Tomatoes are really filling the share and seem to be swallowing up our barn. They are just beautiful this year. My favorite summertime meal is diced tomatoes, a crushed clove of garlic, basil and mozzarella cheese, cubed in olive oil. Toss in hot pasta, top with grated Parmesan and you have all the best of summertime. The two varieties of peppers are Cubanelle Biscayne Peppers-the long yellow ones and Paprika Chili Peppers-the long red ones. The Cubanelle are sweet and mild. The Paprika are mildly hot with most of the heat in the ribs inside the pepper. The Paprika Peppers can be used fresh or dried and then ground for the most delicious paprika around. You can dry them whole or slice them and take the ribs out. I use a dehydrator that a neighbor gave me and it works great. A couple of the men that work for us said they make the best salsa-but it is on the hot side. So-enjoy all that summer has to offer. We hear the crickets and that means that the summer vegetables are slowly coming to an end. Enjoy-
Pete and Deb

Farm Visit -September 10th. - 11:00 until 3:00 bring a lunch and something to drink.

Shares include: Red Romaine Lettuce-1 head New Red Fire Lettuce-1 head Slicing Tomatoes-14 Edamame-1
Sun Gold Cherry Tomatoes-1 basket Louisiana Long Green Eggplant-3 Cubanelle Biscayne Peppers-6
Summer squash-3 Paprika Chili Peppers-4 Red Ace Beets-1 bunch Genovese Basil-1 bunch
Optional Fruit Share-1 bag each Peaches, Red Clapp Pears, Athena Melon

Beet Soup With Dill And Yogurt

1 tb oil 1 medium onion sliced 1 lb. beets - peeled and coarsely diced
1 qt. Chicken stock or low-sodium chicken broth 1 tsp salt 3/4 cup plain yogurt 2 tb chopped fresh basil

Heat oil in pan over low heat. Add onions and cook, stirring, about 12 minutes. Add beets and cook, covered, about 35 minutes, stirring occasionally, until beets are falling apart. Add stock and salt. Cover and bring to boil. Reduce heat and simmer 15 minutes. Strain and reserve liquid. Transfer beets to blender or food processor and puree until smooth. Return puree to pan and add reserved liquid. Pour hot soup into tureen and ladle soup into bowls in front of guests. Decorate each soup bowl with 2 tablespoons yogurt and sprinkle yogurt with chopped dill.

Sweet Peppers Soup

2 C Onion, chopped 1 T Butter, or Vegetable Oil 6 C Red & Green Bell Peppers 2 C Water or Vegetable Stock
1 C Sour Cream 1/3 C Fresh Dill, chopped 2 T Fresh Lemon Juice Salt & Pepper Seasoned Croutons (optional)
Cook onions in covered pot over medium heat in butter or oil until barley softened, about 3-4 minutes. Add peppers, cover and cook until just soft, stirring occasionally. Blend with water or stock, sour cream, dill, and lemon juice in food processor or blender. (Don't over-process; small pieces of peppers should remain). Return soup to pot and gently reheat, adding salt and pepper to taste. Serve topped with croutons, if desired. Makes 4-6 servings.

Barbecued Tempeh Sandwiches Smothered with Peppers and Onions

Tempeh is a soybean cake with a slightly nutty flavor that pairs well with the sweet and spicy barbecue sauce. You can prepare the sauce and slice the vegetables and tempeh ahead of time.

1/3 cup ketchup 1 tablespoon brown sugar 1 1/2 teaspoons vegetable oil 1 1/2 teaspoons cider vinegar
1 teaspoon Dijon mustard 1/4 teaspoon chili powder 1/4 teaspoon low-sodium soy sauce 1/4 teaspoon hot sauce
1 garlic clove, minced 1 (8-ounce) package tempeh 1 red bell pepper, cut in half 1 yellow bell pepper, halved
1 red onion, cut into 1/2-inch-thick slices Cooking spray 4 (1 1/2-ounce) hamburger buns

Prepare grill. Combine first 9 ingredients in a small bowl, stirring with a whisk. Cut tempeh in half lengthwise; cut slices in half. Brush tempeh slices, bell peppers, and onion with the ketchup mixture. Place on grill rack coated with cooking spray; grill 4 minutes on each side or until the tempeh is thoroughly heated. Remove the tempeh, bell peppers, and onion from grill. Cut bell peppers into 1/2-inch-wide strips; separate onions into rings.

Place 1 tempeh slice on bottom half of each bun. Top each tempeh slice with one-fourth of bell peppers, one-fourth of onion, and top half of bun.

Beets With Maple Syrup

8 beets, washed 1/2 cup maple syrup 4 tablespoons butter seasonings to taste, cinnamon, sugar, cloves

Bake the beets in moderate oven for about 45 to 50 minutes. Remove beets from oven and peel and slice them.

Put beets, butter, maple syrup and seasonings in a baking dish. Bake in moderate oven for about 15 minutes. Then serve.

TOMATO RECIPES

Tomatoes and lycopenes have been in the news due to more and more studies linking tomato and tomato-product consumption to reduced risks of many types of cancer. ENJOY !

Chile-Cheese Stuffed Tomatoes

4 medium tomatoes 1/2 c. sour cream 2 tsp. flour 1 tbsp. chopped green onion 1/2 c. shredded Cheddar cheese
3 tbsp. canned green chiles, drained

Cut tomatoes in half, horizontally; scoop out pulp, leaving shells intact. Discard pulp. Place shells upside down on paper towels to drain. Combine sour cream and rest of ingredients and spoon into tomatoes. Place in a greased 13 x 9 pan. Broil 5 1/2" from heat 4 minutes or until thoroughly heated.

Quick, Easy -N- Fast Tomato and Basil Pie Recipe

1 piecrust, unbaked 1 1/2 C. shredded Mozzarella cheese, divided 5 Roma or 4 medium tomatoes
1 C. loosely packed fresh basil leaves 4 cloves garlic, peeled 1/2 C. mayonnaise 1/4 C. grated Parmesan cheese
1/8 t. ground white pepper

Unfold piecrust according to package directions. Place in a 9-inch quiche or pie dish. Prebake according to package directions. Remove from oven. Sprinkle with 1/2 cup Mozzarella cheese. Adjust oven to 375°F. Cut tomatoes into wedges, drain on paper towels. Arrange wedges on top of melted cheese in the baked pie shell. In a food processor bowl, combine basil and garlic; process until coarsely chopped. Sprinkle over tomatoes. In a medium mixing bowl, combine remaining Mozzarella cheese, mayonnaise, Parmesan cheese and pepper. Spoon cheese over top, spreading evenly to cover basil mixture. Bake at 375°F. for 35-40 minutes, or until top is golden and bubbly. Serve warm. Sprinkle with basil leaves if desired. Serves 4-6 easily.

Oven-Fried Eggplant

1 medium eggplant (about 1 lb.) 3 tablespoons mayonnaise 3 tablespoons water 6 tbsp. grated parmesan cheese
1/4 cup Italian-seasoned bread crumbs

Cut skin off of the eggplant and slice in 3/8 to 1/2 inch slices. Put in ice water for 15-20 minutes. Blend mayonnaise and water together. Mix parmesan cheese and seasoned bread crumbs. Take the eggplant out of ice water and blot dry. Dip in mayo, then in bread crumbs. Arrange eggplant in a single layer on a nonstick baking pan. Bake in a preheated oven 475° F. for 5 minutes, turn over and bake for 3-4 minutes longer or until eggplant is golden and crisp on the inside and tender inside.

Garlicky Grilled Tomatoes

2 large, firm, ripe tomatoes, sliced 1 garlic clove, pressed 1 teaspoon minced fresh basil or 1/4 teaspoon dried basil
salt to taste freshly ground black pepper to taste 2 tablespoons olive oil

Season tomatoes with spices and grill alongside your favorites. These tomatoes are extra juicy and flavorful and are a wonderful addition to a meal cooked on the grill.

Tomato Basil and Brie Spread

4 ripe large tomatoes, seeded and cut into 1/2 inch cubes 1 pound brie, rind removed, cut into pieces
1 cup fresh basil leaves, cut into strips 3 cloves garlic, finely minced 2/3 cup olive oil 1 teaspoon salt
1/2 teaspoon freshly ground pepper

Combine all ingredients and let sit for 2 hours at room temperature. Serve with slices of French bread at room temperature so the Brie will spread.

Marinated Tomatoes

4 tomatoes, sliced 1 cup oil 1/4 cup red wine vinegar 1/4 teaspoon dry mustard 1 teaspoon salt
1/4 teaspoon pepper 1 garlic clove, crushed 1 tablespoon basil 1/2 teaspoon thyme
1/4 teaspoon marjoram 1 tablespoon green onion, chopped

Place sliced tomatoes in a serving bowl. Combine oil, red wine vinegar, dry mustard, salt, pepper, crushed garlic clove, basil, thyme, marjoram and chopped green onions; pour over the tomatoes. Toss lightly and chill for 1 hour before serving. Serves 6.