

Dear Member,

We couldn't of asked for a nicer day Saturday for the Farm Visit last. Members from every one of the nine CSA's that call us their farm were present. The weather was beautiful, the kids were full of energy and we had a wonderful time. Thank you to everyone that made the trip. Enjoy the vegetables-Pete and Deb

Shares include:

Ruby Red Perfection Cabbage-1 head Tomatillos-1 basket Cukes-2 Beets-1 bunch
 Tomatoes-5 Biscayne Yellow Frying Peppers-4 Orient Express Eggplant-4
 Pablano Peppers-4 *These are the traditional Mexican peppers used to make Chili Rellenos. Mildly hot*
 Cosmic Purple Carrots-1 bunch *We call these red carrots just to simplify things, but the seed name is Cosmic Purple. They are described as having a sweet and spicy flavor . They are really beautiful*
 Parsley-1 bunch *If you can't use the whole bunch during the week, cut the parsley and put in a freezer bag. Parsley will stay very green and flavorful in the freezer for use during the winter.*
 Lettuce-1 head *This is the last of the lettuce. Hot weather and deer pressure have taken their toll.*
 Optional Fruit Share-1 basket Concord Grapes, 1 bag Green Bartlett Pears, 1 basket Red Raspberries

Tomatillo Salsa

2 pounds Fresh tomatillos 1 cup Fresh cilantro -- minced
 1 cup Onion -- chopped 1/4 cup Fresh lime juice
 1 Or 2 hot peppers, cored Seeded and chopped. 1-2 cloves garlic salt and pepper to taste

Remove husks from tomatillos, wash thoroughly, dry and halve or quarter. Combine tomatillos, onions, chiles, and garlic in a non-reactive pan. Over med-high heat bring to boil, stirring frequently. Reduce heat to low and simmer, uncovered, for 20 mins. Cool a little or a lot then put into blender with cilantro and lime juice, blend away, salt to taste, and you have some GREAT salsa verde Mexicano.

LOOSE TOMATILLO SALSA RECIPE:

I roast them, along with onion, garlic, tomatoes and poblanos to make a roasted chile salsa, with toasted then soaked dried chiles (guajillos, anchos, negros, chipotles--mix 'n match). Puree it all with some cider vinegar, lime juice, salt and cilantro, then slow cook the puree for a couple of hours. Awesome

Chicken soup with tomatillos adapted from from *Splendid Soups*.

1 chicken cut into 8 pieces 1 lb tomatillos coarsely chopped 1 onion finely chopped
 3 cloves garlic finely chopped 2 jalapenos seeded and chopped 3 c chicken broth
 2 T chopped cilantro salt and pepper

Brown the chicken in a pan 8-10 minutes a side. Adjust the fat and lightly saute the onions and garlic. Add broth, tomatillos, jalapenos and chicken to pan. When chicken is done (~15 minutes) remove to cool. Skim any fat (I use a stick blender) and puree what is in the pan. The recipe calls for straining it, but I prefer it more 'peasant' and don't. Shred the chicken meat and return to the pan with the cilantro. Adjust salt/pepper (add cayenne if you need it) to taste and you have a great soup (I'll sometimes add a little lime juice to taste as well). Serve with sour cream and/or shredded cheese.

SWEET AND SOUR RED CABBAGE

2 tablespoons vegetable oil 1/2 onion, sliced 1/2 apple, peeled, cored, chopped
 4 cups thinly sliced red cabbage (about 3/4 pound) 1/4 cup apple cider vinegar
 1/4 cup sugar 1/4 teaspoon celery seed 1/4 cup diced Canadian bacon
 Heat oil in heavy large saucepan over medium-high heat. Add onion and apple and saute until golden, about 7 minutes. Add cabbage, vinegar, sugar and celery seed and cook until cabbage is crisp-tender and liquid is reduced to glaze, about 10 minutes. Mix in bacon. Season with salt and pepper. Serves 4.

RED CABBAGE AND CARROT SLAW

4 cups finely shredded carrot 1 tablespoon sugar, or to taste
 4 cups finely shredded red cabbage 1 teaspoon vegetable oil
 1/2 cup rice vinegar 1/2 teaspoon salt, or to taste

In a large bowl toss together the carrot and the cabbage. In a small bowl whisk together the vinegar, the sugar, the oil, and the salt. Just before serving add the dressing to the vegetables and toss the slaw well. Serves 6.

RED CABBAGE AND ORZO SOUP Can be prepared in 45 minutes or less.

3/4 cup chopped red cabbage 1 tablespoon olive oil 1 1/2 cups chicken broth
3 tablespoons orzo (rice-shaped pasta) 1 teaspoon soy sauce 4 thin lemon slices
1 tablespoon thinly sliced scallion greens

In a saucepan cook the cabbage in the oil over moderate heat, stirring, until it is tender, stir in the broth and 1/2 cup water, and bring the mixture to a boil. Add the orzo, simmer the mixture, stirring occasionally, for 6 to 8 minutes, or until the orzo is tender, and add the soy sauce and pepper to taste. Divide the soup between bowls and top each serving with half the lemon slices and half the scallion greens. Makes about 3 cups, serving 2.

SPICED RED CABBAGE Can be prepared in 45 minutes or less.

1 medium head red cabbage (about 2 1/2 pounds) 2 tablespoons vegetable oil
3 tablespoons sugar 1 cup dry red wine 1/4 cup red-wine vinegar 1 bay leaf
a 4-inch cinnamon stick 2 whole cloves

Quarter and core cabbage and cut into 1/4-inch-thick shreds. In a 7- to 8-quart heavy kettle cook cabbage in oil over moderate heat, stirring occasionally, 5 minutes. Stir in remaining ingredients and simmer, covered, stirring occasionally, until cabbage is tender, about 20 minutes. Discard cloves and, if desired, bay leaf and cinnamon stick. Season cabbage with salt and pepper. Cabbage may be made 3 days ahead and chilled, covered. Serves 8.

Parsley Salad from Chez Panisse Vegetables by A. Waters

Pluck the leaves from a large bunch of Italian parsley. Wash them and spin them dry in a salad spinner. Just before serving, drizzle with a small amount of olive oil, enough to coat the leaves; add a squeeze of lemon juice; and grate over a generous amount of Parmesan. Toss and season with salt and pepper. If you wish, garnish with a few thin curls of Parmesan shaved from the block of cheese with a cheese slicer or swivel bladed vegetable peeler.

Tabbouleh from Joy of Cooking

Combine in a large bowl: 1 cup medium bulgur and 2 cups boiling water. Cover and let stand for 30 minutes. Drain in a sieve, pressing with the back of a large spoon to remove the excess moisture, and return to the bowl.

Add: 4 large ripe tomatoes, finely chopped 1 cup chopped parsley sprigs 1 cup chopped soup celery
1 cup packed mint sprigs, chopped 1 bunch scallions, finely chopped 1 medium onion, finely chopped

Stir in: 1/2 t allspice, optional 1/2 t salt 1/4 t black pepper

Whisk together: 1/3 C fresh lemon juice and 1/3 C olive oil (extra virgin) add to the bulgur and toss to coat. Serve at room temperature

CHICK-PEA, GARLIC, AND PARSLEY DIP Can be prepared in 45 minutes or less.

a 19-ounce can chick-peas, rinsed and drained (about 2 cups) 1/4 cup water
2 garlic cloves, chopped and mashed to a paste with 1/2 teaspoon salt 3 tablespoons fresh lemon juice
1/2 cup packed fresh parsley leaves, washed well and spun dry 1/4 cup extra-virgin olive oil

Accompaniment: toasted pita wedges or toasted French bread slices

In a food processor blend all ingredients except oil until smooth. With motor running add oil in a slow stream. Season dip with salt. Serve dip with toasts. Makes about 2 cups.

FETA PINE-NUT DIP This recipe can be prepared in 45 minutes or less.

1/2 cup pine nuts 1/2 red bell pepper 1/2 cup packed fresh flat-leafed parsley leaves 6 ounces feta
1/4 teaspoon minced garlic 1 cup plain yogurt Preheat oven to 350°F.

In a shallow baking pan toast pine nuts, stirring occasionally, until golden, about 7 minutes, and transfer to a plate to cool. Separately chop nuts, bell pepper, and parsley and combine in a bowl. Crumble feta into a food processor and pulse until it resembles coarse meal. Stir feta into nut mixture with garlic, yogurt, and salt and pepper to taste. Serve dip with pita toasts or bagel chips. Makes about 2 cups.

ROASTED BEETS

Just cut them into chunks and roast them with olive oil, S & P until they are tender.

SIMPLE BEET SALAD WITH ONIONS

Grate scrubbed beets or cut into julienne; toss with chopped green onions and a vinaigrette you make or from a bottle in your fridge. Add toasted nuts and/or a sharp cheese (blue, Parmesan, feta). Serve alone or with lettuce.