

Dear Member,

I have been wanting to tell you a little about the varieties of tomatoes that we grew for you this year. Although tomato season is almost over, I think that it is interesting to know about the different kinds of tomatoes. There were three different categories: cherry, heirloom and slicing.

The cherry tomatoes were the Sun Gold Cherry. Sweet and delicious, cherry tomatoes grow in long clusters on the plants. The plants themselves are very long and unruly. We need to stake these tomatoes. Usually some of the first tomatoes to ripen, they also get to a point when they are just so ripe that we can't pick them and successfully transport them without them splitting.

Heirloom tomatoes are tomatoes that are open pollinated, or the seeds can be saved year to year and you will have the same kind of tomato from the seed. The varieties of heirlooms seem endless. We grew three different types of heirlooms this year. The Gold Queen are the bright yellow, medium sized tomatoes that have the best flavor. They tend to be a bit softer. Flora Lee are the long, pointed paste tomato that has almost no juice and very little seeds. These were given to me by their name sake, Flora Lee. They were in turn given to her by a neighbor that brought them from Sicily when he came to the United States. The last heirloom was a new variety that just didn't make it. The name was Kellogg's Breakfast. They are a huge, light yellow tomato that is so fragile I can't pick them and even get them to the barn without splitting. We won't grow these again.

Slicing tomatoes are the last. They are the standard red, round tomato that is a bit firmer. What would summer be without them. Enjoy the vegetables-Pete and Deb

**SHARES INCLUDE:** Leeks-3 Potatoes-1 basket Tomatoes-5 Peppers-6-this is a mix of all sweet varieties  
 Endive-1 this is small but it is good sautéed in olive oil with garlic and onion. I also like to add a tomato and serve over pasta.  
 Sugar Snap Carrots-1 bunch Basil-1 bunch Delicata Winter Squash-2-also known as Sweet Potato Squash. Microwave or cook in the oven whole. When soft to the touch it is done. Open, scoop out seeds and enjoy. Summer Squash or Cucumbers  
 Optional Fruit Share-1 bag with Nectarines and Asian Pears, 1 basket Red Raspberries (Finally we were able to get Asian Pears again this year. They are tricky to grow around here and for many years there was a crop failure. This year the frost, hail and rain were kind to them.)

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### Patchwork Roasted Potatoes (The Grains Cookbook by Bert Greene)

3T toasted wheat germ 3T fine fresh bread crumbs 3T fresh grated Parmesan cheese generous pinch of grated nutmeg  
 4T unsalted butter 1 pound potatoes salt and pepper to taste  
 Preheat the oven to 400 degrees. Lightly butter a baking dish. Combine the wheat germ, bread crumbs, cheese and nutmeg in a shallow bowl. Melt the butter in a medium-size saucepan. Remove from the heat. Peel the potatoes and cut each in half lengthwise. Then cut each half lengthwise into 4 crescents (a total of 8 slices per potato). Pat the potatoes dry with paper towels, and toss them in the melted butter until well coated. Then roll the potatoes in the wheat germ mixture, and place on the prepared baking dish. Bake until crisp and tender, 45-50 minutes. Sprinkle with the salt and pepper, and serve. Serves 4

### Potato Leek Vinaigrette (Sundays at Moosewood)

4 leeks *VINAIGRETTE* 1/2 C olive oil 1/4 C vinegar  
 4 medium potatoes 1 garlic clove, minced 1 1/2t chopped fresh dill  
 1 red bell pepper salt and pepper to taste

Wash the leeks well. Slice the bulb and the tender green parts into 1/2 inch pieces. Drop the sliced leeks into boiling water, cook them for about 5 minutes, drain, and set aside to cool. Cut the potatoes into 1 1/2 inch chunks. Drop them into boiling, salted water and cook until tender, but firm, about 10 minutes. Drain and set aside. Slice the red pepper into 1 inch strips. Whisk together the vinaigrette ingredients. Then combine the leeks, potatoes, and peppers in a serving bowl. Pour on the Vinaigrette and chill well before serving. Serves 4

### Potato Curry (Vegetarian Epicure by Anna Thomas)

6 med. size potatoes 3T Ghee (clarified butter) or oil 1t salt 1t cumin seeds 1/2 t mustard seeds (or ground mustard)  
 1t turmeric 1t ground coriander 1t cayenne pepper 2 C water 1C plain yogurt  
 2/3 C cooked (but not mushy) sweet peas

Peel the potatoes and dice them as evenly as you can. Heat the Ghee or oil and, when it is warm, add the spices. Let them simmer for 2-3 minutes, then add the potatoes and immediately stir them around and turn them over until they seem evenly coated with Ghee and spices. Continue this process for about 5-10 minutes more, so that some of the potato cubes are a little crisped. Add 2C of water, lower the heat, and simmer slowly for about 1/2 hour, giving an occasional, gentle stir. The potatoes should be tender by this time. Now add the yogurt and the green peas, and heat it all up together for another 5 minutes or so, and serve. Serves 4-6

## **BASIL PESTO**

3 Tablespoons pine nuts or almonds, lightly toasted  
1 lg. clove garlic, thinly sliced      1/3 Cup olive oil

1 Cup lightly packed basil leaves  
parmesan cheese      salt

2 Tbsp Italian parsley leaves

In a food processor (or blender), combine nuts, basil, parsley, and garlic. Pulse, until well chopped. With motor running, add oil in a stream. Transfer mixture to a bowl and stir in cheese and salt to taste. Store with a thin layer of oil to keep fresh and green. (The parsley helps keep the bright green color too.)

## **Winter Squash Puree** Vegetarian Cooking for Everyone Deborah Madison

Easy, versatile and useful, leftovers can fill ravioli, turn into a soup, or be added to muffins, breads, biscuits, and waffles. Preheat oven to 375 F. Halve, seed, and bake 3 pounds pumpkin or winter squash until tender, approx. 30 - 40 mins. Scrape the flesh away from the skin, then beat until smooth with a large wooden spoon. This should be easy unless the squash is stringy, in which case, use a food processor or food mill. Stir in butter to taste and season with salt and pepper. Makes about 2 cups. To enrich the puree, grate Gruyère, Fontaine, or Emmentaler into it. Flavor with extra virgin olive oil, or dark sesame oil, or mix in sautéed onions.

## **BROILED LEEKS WITH BUTTERED BREAD CRUMBS**

3 med. Leeks (about 1 ½ pounds)      2 tbsp. unsalted butter      3 tbsp. fine dry bread crumbs

Trim leeks and discard most of dark-green parts. Cut leeks in half lengthwise and wash well, keeping halves intact. Steam leeks 15 minutes, or until tender. Arrange leeks, cut sides up, on a buttered baking sheet. Preheat broiler. In a small saucepan melt butter and stir in bread crumbs and salt and pepper to taste. Spoon bread crumb mixture onto leeks, patting down mixture with back of spoon to help adhere. Broil leeks 2 to 3 inches from heat until bread crumbs are golden brown, about 3 minutes. Serves 2 as a side dish. Gourmet, January 1999

## **CREAMY WHITE BEAN SOUP WITH LEEKS**

3 cans (19-ounce) white beans, rinsed well in a sieve  
1/4 tsp. dried tarragon or 2 t fresh  
2 cups chicken broth  
2 cups thinly sliced washed white and pale green part of leek  
3 cloves garlic, minced  
1/4 tsp. dried hot red pepper flakes, or to taste  
3 tbsp. olive oil  
3/4 cup half-and-half  
1 tbsp. fresh lemon juice

In a blender puree the beans in batches with the tarragon and the broth and strain the puree through a fine sieve into a bowl, pressing hard on the solids. In a large saucepan cook the leek, the garlic, and the red pepper flakes in the oil over moderately low heat, stirring occasionally, until the leek is softened and begins to turn golden. Add the puree, the half-and-half, the lemon juice, and salt to taste and simmer the soup, stirring, for 5 minutes.

## **SPICY CHICKEN WITH FRIED RICE**

½ lb. boneless chicken, cut in strips      1 cup string beans or summer squash, cut in 2" strips      1 tsp. minced garlic  
6 shredded chiles (I used a teaspoon of chili paste...)      2 cups cooked rice  
1 Tbsp. fish sauce (or a dash of Worcestershire instead)      1 tsp soy sauce      1 tsp. Sugar      20 basil leaves

Heat 2 tbsp. oil then stirfry the chiles and garlic until fragrant. Add chicken and veggies, stirfry until meat changes color. Add rice, fish sauce, soy sauce, sugar and basil leaves; stir fry and mix well. Serve.

## **BRAISED LEEKS WITH LEMON**

4 sm- med leeks, tough outer leaves discarded and leeks trimmed to about 7 inches long and cut lengthwise into quarters or eighths  
2 tbsp. unsalted butter      ¼ cup chicken broth      1 tsp. freshly grated lemon zest

In a shallow dish soak leeks in cold water to cover 15 minutes, rubbing occasionally to remove any grit. In a heavy skillet melt butter over moderate heat. lift leeks out of the water and with water still clinging to them add to skillet. Cook leeks, stirring occasionally, five minutes and add broth and zest. Braise leeks, covered, 5 minutes, or until very tender, and season with salt and pepper.

## **Maple Glazed Carrots**

8 medium sized carrots  
½ cup fresh orange juice  
3 tbsp maple syrup  
1 pinch of nutmeg  
3 tbsp butter

Cut carrots into sticks. Pour juice into skillet and heat on medium high. Add the carrots. Stir to coat carrots with juice. Cover and simmer until tender. Stir and add the rest of the ingredients. Uncovered cook for a few minutes longer. Stir and check for doneness.