

Dear Member,

The seasons are marching on and this will be the last of many of the summer vegetables. The tomato patch has now been picked clean and we are sending green and ripe tomatoes for your share. Members ask us for green tomatoes every year. If you don't want to use the tomatoes green, let them sit and they will ripen. This is also the last picking of Swiss Chard, Eggplant, Opal Basil, Jalapeno Peppers and Tomatillos.

The winter squash in your share this week is Butternut. I think it might be the overall favorite. Split the squash, scoop out the seeds and bake until tender. Some people also will steam smaller pieces until tender. Winter Squash can be used in any pumpkin recipe as well. Enjoy the vegetables-Pete and Deb

SHARES INCLUDE: Tomatillos-1 basket Sweet Peppers-a variety-6 Beets-1 basket
 Jalapeno Peppers-take them if you like. This variety is hot but not overpowering. Good with Tomatillos in Salsa Verde
 Swiss Chard-1 bunch Opal Basil-1 bunch Leeks-3 Butternut Winter Squash-1
 Orient Express Eggplant- 4 Optional Fruit Share-Cortland Apples, Gala Apples, Asian Pears all in one bag

Cortland Apples-the flatter, deeper red apple. Good for eating but great for applesauce. Cut, core but leave the skin on. Add a bit of water to the pot and boil until soft. Put through a food mill or mash. The skin makes a beautiful pink color. Gala Apples-a great eating apple. Asian Pears-this is the last of the Asian Pears.

RED DEVIL CAKE

1 1/4 cups beet puree (whirl cooked beets in blender: fresh cooked or canned.) 3 eggs 1 1/2 cups sugar (or honey)
 1/2 cup vegetable oil 1 tsp. vanilla 1/2 tsp. Salt 1 1/2 cups unbleached white flour
 3/4 cup cocoa powder 1 1/2 tsp. Baking soda

Preheat oven to 350 degrees. Generously oil the baking pan. In a large bowl, beat the eggs well. Thoroughly whisk in the sugar, oil, vanilla, salt and beet puree until very smooth. In a separate bowl, sift together the flour, cocoa, and baking soda. Add the dry ingredients to the wet ingredients a little at a time, whisking until smooth. Pour the batter into the prepared pan and bake for 45 to 50 minutes, until a knife inserted in the center comes out clean. Cool in the pan. Serve topped with confectioners sugar, whipped cream, or frosting. from a Mollie Katzen book

CARROT AND BEET SALAD WITH GINGER VINAIGRETTE

1/4 cup minced shallots 2 tbsp. minced peeled fresh ginger 1 clove garlic, minced
 1/4 cup rice vinegar (available at Asian markets and some supermarkets) 1 tbsp. soy sauce
 1/2 tsp. Asian toasted sesame oil Tabasco to taste 1/2 cup olive oil
 4 cups finely shredded carrots 4 cups finely shredded peeled raw beets (about 3/4 pounds)
 spinach leaves, washed thoroughly, for garnish if desired

In a blender puree shallot, ginger, and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco. With motor running add olive oil in a stream and blend until smooth. In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 6 plates and garnish with spinach leaves. Serves 6.

Tomato and Sweet Pepper Salad adapted from The Vegetable Market Cookbook by Robert Budwig

3 sweet peppers 4 ripe tomatoes 1/4 preserved lemon (or 2 tsp. grated zest with some of the lemon's juice)
 2 cloves garlic peeled and crushed pinch sweet paprika 1/2 teaspoon ground cumin
 1 tablespoon olive oil 1 tablespoon lemon juice 1 teaspoon salt 1/2 t black pepper

Grill or roast peppers, remove skins, cut into small cubes and set aside. Blanch tomatoes for 15-20 seconds in boiling water. Drain and remove skins and stems. Cut in half and remove seeds. Cut into small cubes. Rinse the preserved lemon under running water and remove the pulp. Cut the rind into fine dice. Arrange peppers, tomatoes and lemon in a dish. Mix remaining ingredients to make a dressing and pour over the salad. Mix well.

ROASTED-GARLIC BASIL SAUCE

4 large garlic cloves 1 medium zucchini 3/4 cup packed fresh basil leaves
1/4 cup packed fresh flat-leafed parsley leaves 1/2 cup water 2 teaspoons fresh lemon juice

Preheat oven to 425°F. Wrap garlic cloves tightly in foil. Cut zucchini into 1/4-inch-thick slices and season with salt and pepper. Put foil-wrapped garlic and zucchini on a baking sheet and roast in middle of oven until garlic is tender and zucchini is pale golden, about 15 minutes. Unwrap garlic and cool. Have ready a bowl of ice water. In a saucepan of boiling water blanch basil and parsley 10 seconds and drain in a sieve. Refresh herbs in ice water to stop cooking and drain in sieve. Sauce ingredients may be prepared up to this point 1 day ahead and kept separately, covered and chilled. In a blender blend garlic, zucchini, herbs, water, and lemon juice until smooth, about 1 minute, and season with salt and pepper. Makes about 3/4 cup. Each 3 tablespoon serving about 14 calories and 0 grams fat. Gourmet September 1997

Honey Crunch Baked Apples

6 large apples, peeled, cored
1/3 cup granola type cereal
1/3 cup pitted dates
1/4 cup chopped walnuts or almonds
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
2 tsp lemon juice
6 tbsp honey
3 tbsp melted butter
3/4 cup apple juice or water

Place apples in a 9" square baking pan. In a bowl combine cereal, dates, nuts, spices, lemon juice and 3 tbsp honey. Spoon equal amounts of the filling into each apple, packing in lightly.

Stir together melted butter and remaining 3 tbsp honey, and apple juice. Pour over apples. Cover and bake in 350 oven for 30 minutes. Uncover, continue to bake, basting often with pan juices until tender when pierced. (about 35 more minutes). Serve warm or cool.

BUTTERNUT SQUASH SOUP

2 Tbsp olive oil 1 butternut squash peeled, chopped 2 large carrots, chopped 1 medium yellow onion
2 celery stalks 2 cloves of garlic, minced 1 Tbsp fresh ginger root, chopped 3-4 cups water to cover

-Saute carrots, onions, celery, garlic in oil. Add squash and ginger and saute for a few minutes, coating vegetables with oil. Cover with water and simmer for 30 minutes. Puree in blender until soothe. Add sea salt to taste and simmer for 5 more minutes in pot. Optional: Sprinkle in seeds of choice (sunflower, pumpkin, etc.)

SWISS CHARD WITH GARLIC AND OREGANO

After you rinse and drain the chard, there should be just enough water clinging to the leaves for it to wilt.

10 cup coarsely chopped Swiss chard (about 10 ounces) 1 garlic clove, minced 1/8 teaspoon salt
1 teaspoon olive oil 1/4 teaspoon dried oregano Dash of black pepper
2 teaspoons red wine vinegar

Rinse Swiss chard with cold water; drain chard well.

Heat oil in a large nonstick skillet over medium-high heat. Add garlic, and sauté 1 minute or until slightly golden. Add chard. Cover and cook 1 minute or until chard begins to wilt. Stir in oregano, salt, and pepper. Cover and cook 5 minutes or until tender, stirring occasionally. Remove from heat; stir in vinegar.

LEEK AND PEPPER HASH BROWN POTATOES

6 medium potatoes (more if small) Microwave potatoes until easily pierced with a fork but still firm. Cool and slice 1/2 inch thick.
1 large or 2 small leeks Trim tough green leaves and bottoms from leeks and discard. Slice leeks in half lengthwise, then
2 tbsp olive oil into 1/2 inch slices crosswise. Rinse well in colander. Heat 1 tbsp oil in skillet, add leeks sauté
1 bell pepper, finely diced until limp, 6-8 min. Add pepper and sauté, covered, until leeks are soft, 5-8 min. Add remaining
1 tbsp oil and potatoes. Raise heat and cook until potatoes are browned. Season.

BABA GHANOUJ *This classic dip is delicious on pita bread.*

2 medium eggplants 3-4 garlic cloves minced juice of 1/2 -1 lemon, to taste
1 tbsp olive oil 1/4 cup tahini (sesame paste) Salt and pepper, to taste

Preheat oven to 475. Place whole eggplants on foil-lined baking sheet. Bake, turning once or twice, until eggplants have completely collapsed, 40-50 min. Remove and let cool. When cool remove stems and slip off the peels. Heat oil in skillet and add garlic, sauté on LOW heat, 2 min until golden. Combine eggplant pulp, garlic, tahini, and lemon juice in a food processor. Process until mixture is a slightly chunky puree. Season and serve at room temperature.