

Dear Member,

Summer weather just doesn't seem to want to leave this year. The days are warm and the sky has been bright blue. The warmth makes picking and washing carrots is so much more enjoyable.

I think you have probably had just about your fill of peppers for this year, but without a frost the plants just keep producing. There are three kinds of peppers in your share. The long red peppers are the Paprika Chili Peppers and they are hottish. They are great roasted and pureed and then added to taste to any sauce or dish you would like to add a bit of heat to. If you just don't like hot peppers, they are so beautiful that they look really nice just sitting on the table. The short almost heart shaped peppers are Lipstick Peppers, the heirloom sweet pepper and the long, blocky pepper is a Cubanelle Biscayne Frying Pepper.

New this week is the Red Russian Kale, the Acorn Winter Squash, Yellow Carrots and Sage. Sage is great with poultry and the yellow carrots are great in soups. They add a very nice flavor almost like parsnips. Enjoy the vegetables-Pete and Deb

Shares include: Yellow Carrots-1 bunch Acorn Winter Squash-1 Red Russian Kale-1 bunch Onions-4
 Red Potatoes-1 basket Broccoli-1 head Sage-1 bunch Paprika Chili Peppers-6
 Biscayne Frying Peppers-5 Lipstick Peppers-4 Optional Fruit Share-mixture of Apples, Pears and Stanley Prune Plums all in one bag. The new Pears are Bosc Pears. They are a fall pear that has a brownish skin and is very sweet when left out to ripen. The Stanley Prune Plums are a bit tart but will sweeten if left out of the refrigerator. They are good to eat fresh or cook with.

SPICY CARROT SALAD

2 lbs. carrots 1 tbsp. lemon juice 1 clove garlic 1/4 tsp. Cayenne 1 tsp. salt
 3/4 cup olive oil 2 tbsp. red wine vinegar 2 tbsp. chopped cilantro

Peel carrots and cut into julienne -- quick work with a Japanese mandolin. Mash the garlic clove with the salt, mix it with the vinegar, lemon juice, and cayenne. Whisk in the olive oil. Taste for seasoning and add more acid, salt or cayenne if needed. Toss with the carrots and cilantro.

RICE WINE AND SESAME-FRIED CARROTS (Ninjin No Shoyu Age)

1/2 lb. carrots (3-4) 1 tbsp. soy sauce 1 tbsp. mirin (sweet rice wine) 1 tsp. sesame oil toasted sesame seeds (optional)

Peel the carrots and cut into matchsticks. Mix soy sauce, mirin and sugar, stirring until the sugar has dissolved. Heat a small amount of sesame oil in a frying pan. Add carrots and stir-fry for 2 mins. Add mirin mixture and stir fry over medium heat until liquid has almost all evaporated. Divide among 4 small dishes. Sprinkle toasted sesame seeds over top, and serve.

Carrot Cake

- Sift together: 2 C flour 2 tsp baking soda 1 1/4 tsp salt 2 tsp cinnamon.
- Mix well together: 4 eggs 2 C sugar 1 C oil, or melted butter.
- Add to liquid mixture (beat well after each addition): 2 C grated carrots 2 C crushed pineapple (well drained)
 1 C walnuts, or fresh coconut and or 1 C chocolate chips.
- Add sifted dry ingredients. Mix well. Pour into greased and floured 9x13-inch pan. Bake at 350 F for 40 minutes.

SPICY RICE AND KALE

2 1/4 cups canned low-salt chicken broth or vegetable broth

1 1/2 teaspoons Creole or Cajun seasoning

1 cup converted white rice

4 ounces kale (about 1/2 large bunch), stems and ribs removed, leaves coarsely chopped (2 cups packed)

Bring broth and Creole seasoning to boil in heavy large saucepan. Stir in rice and kale and bring to boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes. Serves 4.

RICE WITH KALE AND TOMATOES Can be prepared in 45 minutes or less.

1/2 cup long-grain unconverted rice

1 small garlic clove, minced

1 tablespoon olive oil

a 14-ounce can plum tomatoes, drained, seeded, and chopped

2 cups finely chopped rinsed kale leaves

In a small heavy saucepan bring 1 cup water to a boil, add the rice and salt to taste, and cook the rice, covered, over low heat for 20 minutes, or until the liquid is absorbed and the rice is tender. In a heavy skillet cook the garlic in the oil over moderately low heat, stirring, until it is golden, add the tomatoes and the kale, and cook the mixture, stirring occasionally, for 3 to 5 minutes, or until the kale is tender. Fluff the rice with a fork and in a bowl combine well the rice, the kale mixture, and salt and pepper to taste. Gourmet 1990

Greens and Ricotta Pie

1 lg head kale (or other greens) about 1&3/4 pounds
1/2 teaspoon salt
3/4 cup low fat milk
1 Tablespoon olive oil
1/4 teaspoon coarsely ground black pepper
2 cups grated parmesan cheese
4 large eggs
2 tablespoons cornstarch
1 bunch green onions, sliced 1/4 inch thick
1 container (15 oz) part skim ricotta cheese

Preheat oven to 350 degrees F. Grease 9&1/2-inch deep dish glass pie plate. Trim off two inches from swiss chard stems, discard ends. Separate stems from leaves, thinly slice stems and coarsely chop leaves. In nonstick 12-inch skillet, heat oil until hot. Add sliced stems and cook 4 minutes or until tender, stirring frequently. Add green onions, salt, and pepper and cook 1 min. Gradually add chopped leaves until wilted and excess moisture evaporates, about 5 min. In a large bowl, with wire whisk or fork, mix eggs, ricotta, milk, parmesan and cornstarch. Stir in swiss-chard mixture. Transfer mixture to pie plate. Bake pie 40 minutes or until knife inserted 2 inches from center comes out clean. 6 servings.

Patchwork Roasted Potatoes (The Grains Cookbook by Bert Greene)

3T toasted wheat germ
4T unsalted butter
3T fine fresh bread crumbs
1 pound potatoes
3T fresh grated Parmesan cheese
salt and pepper to taste
generous pinch of grated nutmeg

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

RUSSIAN BEET & POTATO SALAD Serving Size : 4

1/2 c Egg, hardboiled & chopped
1/4 c Carrots, shredded
6 ea Scallions chopped
1 c Potato, cooked & diced
3/4 c Yogurt, plain
1/2 ts Salt
1 c Beets, cooked & diced
1/2 ts Black pepper
1 c Green peas, cooked
1/2 ts Cider vinegar

Mix all ingredients together in a large bowl. Cover, refrigerate to chill, and serve on a bed of lettuce or cabbage leaves.

VEGGIE MUFFINS

Prep Time: 5 minutes

Cooking Time: 15 minutes Yields: 6 muffins

Ingredients:

1 cup veggies, grated or finely chopped (whatever you like/have in your fridge)
2 eggs, beaten
2 cups spelt flour
1/2 cup parsley, finely chopped
1 cup soy or rice milk
Pinch of sea salt

Preheat oven to 325 degrees.

Mix all dry goods into a bowl. Make a well, add eggs and veggies. Mix lightly, gradually add milk. This is supposed to be lumpy so don't work too hard! Scrape into muffin tray that is lightly oiled. Bake for 12-15 minutes. Remove and allow to set for 10 minutes, then serve.

KALE AND CHICKPEA SOUP

1 medium onion, chopped (1 cup)
2 garlic cloves, chopped
1 bay leaf
1 tsp salt
1/8 tsp pepper
2 tbsp extra virgin olive oil
1 large boiling potato, peeled and cut into 1/2 inch pieces
3/4 lb kale, cut leaves off stems and finely chop in food processor (4 cups)
3 1/2 cups reduced sodium chicken broth (28 oz)
2 cups water
1 (14 oz) can of chickpeas, rinsed and drained
1/4 lb Spanish chorizo (cured spiced pork sausage) casing
discarded and sausage cut into 1/4 inch dice (1 cup)

Cook onion, garlic, bay leaf, salt and pepper in oil in a wide heavy pot over medium heat, stirring frequently, until onion and garlic are softened and beginning to brown, 5 – 7 mins. Add potato, kale, broth, water, and cook, partially covered, until potatoes are tender, 15-20 minutes. Reduce heat to low, then add chickpeas and chorizo and gently simmer, uncovered, 3 minutes. Discard bay leaf and season with salt and pepper.

SIGNUP FOR 2006- Don't forget to fill out the reenrollment forms. A discount is being offered on early signups for the 2006 season. Reserve your share now with your deposit and completed registration form. Please remember that CSA members agree to buy a share before the growing season begins.