

Dear CSA Member,

Finally, the month of July. We were sincerely glad to see this June go. The garden is starting to look lush and full and some of the summer time vegetables are ripening. One of my favorites, the summer squash is ready to harvest. There are four different kinds of summer squash that will fill the crates over the season. We pick the whole patch each time and so the varieties will get mixed as they are packed for the CSA shares. Zucchini is the dark green, Zephyr the yellow and green although a lot of the Zephyr this year is a light green, Sunburst Patty Pan is the scalloped flat yellow squash and Star Ship is the Scalloped green squash that is a bit more cup shaped. The Sunburst and Star Ship are great sliced, brushed with olive oil and grilled. They are also great to stuff.

We tried a new kind of spinach this year, Perpetual Spinach and have been very impressed. Sometimes we try a new vegetable or variety and are sorry we did. The Perpetual Spinach seems to be a real winner. The leaves are larger and lighter than the spinach you usually see in the store but it is so tender that the looks are deceiving. A really great thing about the variety is that it grows back and doesn't seem to be thrown by the heat.

Another new variety that we experimented with this year is the "Rat Tail Radishes" you will receive. We sent them to you on the plant and they look very much like their name implies. The long pods are the radish. Pick the radish pods off the plant and either snack on them raw or slice them and add to a salad like you would a radish that comes from the ground. The flavor is very much the same. The thin end of the "tail" is sometimes a bit tough and so I slice that off and add it to the compost. Enjoy the vegetables-Deb and Pete

This week's share: New Red Fire-red leaf lettuce-1 head Red Romaine-1 head Buttercruch-1 head
 Perpetual Spinach-1 bunch Bright Lights Swiss Chard-1 bunch Summer Squash Red Scallions-1 bunch
 Red Ace Beets with Greens-1 bunch Rat Tail Radishes-1 bunch

Grilled Zucchini-and-Summer Squash Salad with Citrus Splash Dressing

- 2 tablespoons grated orange rind 1/4 teaspoon crushed red pepper
- 3/4 cup fresh orange juice (about 3 oranges) 2 red onions
- 1/2 cup fresh lime juice (about 3 limes) 4 zucchini, each halved lengthwise
- 3 tablespoons honey 4 yellow squash, halved lengthwise
- 2 teaspoons olive oil 3 tablespoons thinly sliced fresh basil

Combine first 7 ingredients in a large zip-top plastic bag. Peel onions, leaving root intact; cut each onion into 4 wedges or mini-onions into halves. Add onion, zucchini, and yellow squash to bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally. Prepare grill.

Drain vegetables in a colander over a bowl, reserving marinade. Place vegetables on a grill rack coated with cooking spray, and grill for 8 minutes or until tender; turn and baste occasionally with 3/4 cup of the marinade. Place the vegetables on a serving platter; sprinkle with the basil. Serve the vegetables with the remaining marinade. from Cooking Light, June 2000

Spicy Greens

Steam your favorite combo of greens: spinach, beet tops, kale (discard the stem as it is bitter), red chard, collards, etc. Steam until just soft and drain well. Mix greens with spicy butter in a serving bowl.

Spicy Butter

Cream or melt into 1 stick of butter:

- 4 chopped scallions
- 4 chopped cloves of garlic
- 2 teaspoons sweet paprika
- 2 teaspoons cumin
- 1/2 teaspoon cayenne
- 1 tablespoon parsley
- 1 tablespoon cilantro
- 1/2 teaspoon mint leaves
- 1/2 teaspoon salt

Summer Vegetable Rice

- 1 1/2 cups long-grain white rice
- 3 tablespoons extra-virgin olive oil
- 1 medium yellow squash or zucchini, cut into half-moons
- 1 cup cherry tomatoes, halved
- 2 large scallions, thinly sliced
- Salt and freshly ground pepper
- 2 tablespoons chopped flat-leaf parsley

In a large saucepan of salted water, boil the rice until tender, about 15 minutes. Drain the rice well. Meanwhile, in a medium skillet, heat the olive oil. Add the squash, tomatoes and scallions, season with salt and pepper and sauté over moderately high heat, tossing, until lightly cooked, about 2 minutes. Add the parsley and rice and toss. Season with salt and pepper to taste. (6 SERVINGS)

Turnips with Swiss Chard

- 1 teaspoon olive oil
- 1 tablespoon slivered garlic
- 1 pound turnips, peeled, halved, and very thinly sliced
- 1 pound Swiss chard, washed, stemmed, and chopped
- 1 teaspoon chopped lemon zest
- 3 tablespoons fresh lemon juice
- Salt and freshly ground pepper

· In a large heavy skillet, heat the oil over medium heat. Add the garlic and sauté, stirring, until it starts to brown. Remove with a slotted spoon.

· Add the sliced turnip to the pan and sauté for 5 minutes, stirring, until it is just cooked and begins to brown.

· Turn the heat to medium-high and return the garlic to the skillet. Stir in the chard and zest; sauté for 1 to 2 minutes. Turn the heat off, cover, and steam for 5 minutes. Season with lemon juice and salt and pepper to taste. Serve immediately

ZUCCHINI AVOCADO SALSA This a delicious alternative to regular salsa and more nutritious. It is great with chips or as a topping for burritos, tacos, or quesadillas.

- 2 small zucchini, diced (about 2 cups)
- 1 cup fresh or frozen corn
- 3 green onions, sliced
- 2 medium avocados, peeled, pitted, and diced
- 2 tablespoons fresh lime juice (about 1 lime)
- 1 clove garlic, crushed
- 3 tablespoons minced fresh cilantro
- dash Tabasco sauce
- salt and black pepper to taste

Steam zucchini and corn together just for 2 or 3 minutes until colors are bright. Place in a bowl with remaining ingredients together and chill for at least one hour. Yield: About 3 cups
Variation: Add 1 to 2 cups diced tomatoes

CATALAN SPINACH This traditional, regional vegetable side dish is utterly simple and absolutely delicious. The addition of raisins and pine nuts is distinctively Catalan.

- 1/2 cup golden or regular raisins
- 1/3 cup olive oil
- 5 garlic cloves, flattened
- 3 large spinach bunches (about 30 ounces total), trimmed, rinsed, well drained
- 1/3 cup pine nuts

Place raisins in bowl. Cover with hot water and let soak 10 minutes. Drain. Heat olive oil in heavy large Dutch oven over medium heat. Add garlic and cook until golden, about 4 minutes. Discard garlic. Increase heat to high and add spinach. Cover and cook until wilted, stirring occasionally, about 5 minutes. Uncover, add raisins and pine nuts and stir until cooking liquid evaporates, about 4 minutes. Season spinach to taste with salt and pepper. Serve spinach immediately. Serves 8.

Baked Beet Salad

- 4 medium-sized beets
- 4 handfuls salad greens,
- 1/4 pound feta cheese, crumbled

Vinaigrette Dressing.

- 1 tablespoon rice wine vinegar
- 1/2 teaspoon Dijon-style mustard
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons finely chopped fresh chervil or 1 tablespoon tarragon
- Salt and freshly ground black pepper

Remove the tops of the beets and set aside to use in another dish. Wash the roots and put them in a casserole dish with a lid. Bake at 300 degrees for about 1 1/2 hours, or until tender. (If you are baking different-colored beets, cook them in separate casserole dishes, or the colors will bleed.) Remove the dish from the oven, let the beets cool, then peel and thinly slice them into julienne. Refrigerate until ready to use. Toss the greens with three-quarters of the vinaigrette and arrange them on a serving plate. Put the beets in a small bowl, pour the rest of the dressing over them and stir to coat the beets. Arrange the beets over the greens, and sprinkle feta cheese over the beets. Serves 4 to 6.

LETTUCE: Remember to wrap lettuce in a damp towel or put in perforated plastic bags in the crisper drawer of the refrigerator. Lettuce is supposed to last for only a few days, but we usually find that CSA lettuce is still great at the end of the week. Wash well in lots of cool water to remove grit. Lettuce can be lightly braised, stir fried, or sautéed, but remove it from pan after 15-30 seconds. Dress at the last minutes, or greens will become soggy.

ABOUT SWISS CHARD Swiss chard is a garden vegetable plant. Its leaves are eaten as greens. Swiss chard is related to the common beet plant. It resembles the beet, except that it does not have a large fleshy root. Swiss chard has a small woody root which cannot be eaten. The vegetable has fleshy leafstems, large leaves, and a dark green color. Some varieties of Swiss chard have pale yellow leaves and others have bright red leaves and leafstems. The plant has attractive, brilliant colors. Swiss chard is an excellent source of vitamin A and contains a fair amount of vitamins of the B complex and C. Like most leafy vegetables, Swiss chard is also rich in minerals.

BEETS: A SUPER-NUTRITIOUS CHOICE

Nutritionally speaking, beets are exceptional sources of essential vitamins and minerals. They are rich in calcium, iron, magnesium, potassium, vitamin C, thiamin, riboflavin, vitamin A and vitamin K (see "Better Than a Multi-vitamin," right). Beets store most of these nutrients in their leaves — which beet-eaters sometimes neglect — but recent investigations into their nutritional make-up bode well for the roots as well. Irwin Goldman, a beet geneticist at the University of Wisconsin-Madison, has shown that beet greens and beet roots are one of the best dietary sources of folate, which is one of the B vitamins.

RADISH IDEAS (besides just using in salads)

1. Slice and layer into sandwiches
2. Grate, mix with a little sour cream and serve over fish or vegetables
3. Cut into chunks and use as crudités
4. Radish canapes: Cut French bread into rounds; butter thinly, top with a paper-thin slice of radish
5. Puree; mix with yogurt as dip

